

## Individual Dishes

### Breads & Dips €7.5

Rustic breads, basil pesto, sundried tomato pesto, hummus [1.1,4,12] [V] [GF option available]

### Patatas Bravas €7.5

Potato cubes drenched in a spicy tomato salsa, garlic aioli [V] [1.1,5]

### Beef and Chorizo Meatballs €10

Marinara sauce, fresh oregano, sweet red peppers, mozzarella cheese, warm crusty focaccia [1.1, 4, 5, 10, 12, 14]

### Parma Ham Crostini €10

Blue cheese mousse, wild rocket, warm figs with organic honey, roast cherry tomatoes [1.1, 4, 12] [GF option available]

### Sautéed Chorizo & Red Wine €9.5

Chunks of spicy chorizo in a rich glaze of garlic, honey and red wine [1.1,8,10,12,14] [GF option available]

### Louisiana Chicken Wings €10

Black and white sesame seeds, celery, blue cheese aioli [1.1, 4, 5, 8, 11, 12, 14]

### Wild Mushroom Crostini €9.5

Sautéed herby wild mushrooms, dressed rocket [1.1, 4, 8,12] [VE] [GF option available]

### Falafel Tacos €10

Falafel, rocket, red onion, pomegranate seeds [1.1, 11] [VE]

### Roasted Figs and Goats Cheese €10.5

Roast figs, crumbled goats cheese, roast beetroot, honey drizzle, toasted nuts [2.1,2.2,2.3,2.4,2.5,2.7,2.8,12] [GF] [V]

### Salt & Pepper Calamari €11

Red onion, mixed peppers, fresh chilli & lime, chipotle mayo [1.1, 4, 5, 7, 8]

### Asparagus Tortellini €11.5

Fresh egg pasta with asparagus filling, sage butter [1.1,4,5,8,10,12] [V]

### Lemon Salted Cod Croquettes €11.5

Salted Atlantic cod, creamy mash, lemon and garlic aioli [1.1,4,5,6,8,12,14]

### Prawns Pil Pil €13

Served with organic yoghurt scented with lemon, spring onions & fresh chillies [1.1, 4, 5, 7.2] [GF option available]

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## Sharing Option for Two

**€50**

### First Round

Bread & Dips with choice any 2 tapas dishes

### Second Round

Choice of any 2 tapas dishes

### Bottomless Bravas Included

**Upgrade to include a bottle of Wine or Cava for €20**

# Tapas

at

## GOURMET FOOD PARLOUR

### ALLERGEN KEY

1. GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) 2. NUTS (2.1 Almonds 2.2 Hazelnuts 2.3 Walnuts 2.4 Cashews  
2.5 Pecan Nuts 2.6 Brazil Nuts 2.7 Pistachio Nuts 2.8 Macadamia/Queensland nut) 3. PEANUTS 4. MILK 5. EGGS 6. FISH  
7. CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish) 8. SOYBEANS 9. MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails)  
10. MUSTARD 11. SESAME SEEDS 12. SULPHUR DIOXIDE & SULPHITES 13. LUPIN 14. CELERY

[GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN

All precaution is taken while preparing food in our kitchens. Our kitchen is NOT a nut and gluten free environment

[www.gourmetfoodparlour.com](http://www.gourmetfoodparlour.com)