

# GOURMET FOOD PARLOUR

## lunch menu

### sandwiches

**SUPERFOOD WRAP** 8.50  
Quinoa, butternut squash, mixed leaves, hummus, beetroot,  
toasted wrap [VE] [1]  
Add: Feta + 1.00 | Chicken + 2.00

**TRADITIONAL TUNA** 8.50  
Tuna, Dubliner cheddar, vine tomato, red onion, aioli,  
toasted ciabatta [1,4,5,6]

**CAJUN CHICKEN WRAP** 8.50  
Cajun chicken, Dubliner cheddar, red onion, rocket, tomato,  
toasted wrap [1,4,5,8,10]

**GRILLED GOAT'S CHEESE** 8.50  
Goat's cheese, sundried tomatoes, rocket, red onion marmalade,  
toasted ciabatta [V] [1,4,8,10,12]

**FAMOUS ROAST CHICKEN** 8.50  
Roast chicken, stuffing, garlic aioli, spring onion, Bretzel granary [1,4,5,8,11]

**TURKEY REUBEN** 8.50  
Roast turkey, Swiss cheese, vine tomatoes, mixed leaves, chipotle aioli,  
toasted Bretzel sourdough [1,4,5,10,12]

**GFP CLUB** 8.50  
Roast chicken, Irish ham, vine tomatoes, lettuce, red onion marmalade,  
garlic aioli, soft floured roll [1,4,5,8,10,11,12]

**GFP HAM & CHEESE** 8.50  
Irish ham, Dubliner cheddar, Dijon aioli, red onion, rocket,  
toasted Bretzel sourdough [1,4,10,11]

**ADD A CUP OF SOUP [15]** 3.00

we use Heinz seriously good mayonnaise!

### salads

**THE FAMOUS CLONAKILTY** 13.00  
Clonakilty black pudding, Irish bacon, mixed leaves, cucumber, red onion,  
vine tomatoes, balsamic dressing [1,8,12]

**SUPERFOOD**  12.00  
Quinoa, beetroot, butternut squash, pomegranate, mixed leaves,  
citrus dressing, toasted seeds [VE] [GF] [8]  
Add: Chicken + 2.00 | Smoked salmon [6] + 2.00

**CHICKEN & BACON CAESAR** 13.00  
Roast chicken, Irish bacon, Cos lettuce, croutons, parmesan shavings,  
Caesar dressing [1,4,5,6,8]

**GRILLED GOAT'S CHEESE** 13.00  
Beetroot, apple, toasted walnuts, rocket, aged balsamic [V] [GF] [2,4]

gluten free bread available

### the main event

**SPICY BUFFALO OR STICKY BOURBON WINGS** 14.00  
Celery sticks, Cashel blue cheese or ranch dip, rustic fries  
[1,4,5,8,9,10,11,12,14]

**BURGER IN A BOWL**  14.50  
Irish Hereford beef burger, goat's cheese, spinach, sundried tomatoes,  
red onion, olives, cucumber, choice of pesto, balsamic or relish dressing  
[GF] [2,4,5,8,11,12] [Please allow 15 minutes]

**SIGNATURE BEEF BURGER** 14.50  
Irish Hereford beef burger, streaky Hickory bacon, Dubliner cheddar, lettuce,  
beef tomato, tomato relish, garlic aioli, brioche bun, rustic fries  
[1,4,5,10,12] [Please allow 15 minutes]

**SCAMPI & CHIPS** 16.00  
Golden crumbed prawns, rustic fries, citrus salad, tartar sauce [1,7,10]

**PARLOUR PASTA PLATE** VARIES  
Please ask your server [15]

**CAJUN CHICKEN QUESADILLAS** 14.50  
Monterey Jack, guacamole, sour cream, salsa, rustic fries [1,4,5,8,12]

**BBQ PORK QUESADILLAS** 14.50  
Tobacco onions, Monterey Jack, salsa, sour cream,  
rustic fries [1,4,8,10,12]

**STEAK SAMBO** 16.00  
Sirloin steak cooked to your liking, fried egg, tobacco onions,  
chipotle aioli, toasted ciabatta, rustic fries [1,4,5,12]

**FALAFEL PLATE** 14.00  
Falafel balls, hummus, roast beets, cucumber & rocket salad,  
tzatziki [VE] [GF]

**THREE BEAN THAI RED CURRY** 13.00  
Steamed basmati rice [VE] [GF] [8,14]  
Add: Chicken + 2.00 | Prawns [7] + 3.00

### upgrade your fries

Sweet potato fries + 1.00 | Waffle fries + 2.00 | Patatas bravas + 2.00

### something extra

Homemade soup, rustic bread [15] 6.00

Garlic bread [1,4] 3.50

Rustic fries, garlic aioli [1,5] 4.00

Sweet potato fries, garlic aioli [1,4,5] 5.00

Waffle fries, chipotle aioli [1,5,10,12] 5.00

Patatas bravas, salsa, garlic aioli [1,5,8] 5.50

if you have an allergy, please speak to a member of our team as our food is made to order and we will do our best to accommodate you

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## lunch menu

### prosecco

PROSECCO	GLASS	BOTTLE
Massottina, Prosecco Frizzante	8.00	32.00
BELLINI	9.00	
KIR ROYALE	9.00	
MIMOSA	9.00	

### wines

WHITE	GLASS	BOTTLE
HOUSE   El Muro, Macabeo	6.00	23.00
HOUSE   Goldwater, Sauvignon Blanc	6.50	26.00
Il Bucco, Pinot Grigio		27.00
Butterfly Ridge, Riesling		28.00
RED		
HOUSE   El Muro, Tempranillo Garnacha	6.00	23.00
HOUSE   Butterfly Ridge, Shiraz Cabernet	6.50	26.00
Butchers Block, Malbec		27.00
Il Bucco, Montepulciano d'Abruzzo		27.00
ROSÉ		
Caves de l'Angevine Rosé d'Anjou	7.50	28.00

### refreshments

Wild Orchard Juices Apple   Orange   Carrot & apple	3.50
Wild Orchard Smoothies Strawberry   Blackberry & blueberry   Mango	3.50
Lemonades Regular lemonade   Pink lemonade   Rhubarb & ginger	3.75
Kombucha Ancient Chinese naturally carbonated & refreshing beverage Pear   Ginger	4.50
Soft Drinks Coke   7UP   Club Orange   San Pellegrino Diet Coke   7UP Free   Coke Zero	2.75 2.50
Still or sparkling filtered water	1.00

### foodflicker symbol

FoodFlicker is dedicated to providing tasty & nutritious recipes combined with the latest nutrition & performance science. Look out for the logo, these are FoodFlicker approved dishes!

### hot cup

#### COFFEE

Espresso	2.25
Americano	2.70
Flat white [4]	3.00
Cappuccino [4]	3.00
Café latte [4]	3.00
Café mocha [4]	3.00
Chai latte [4]	3.00
Hot chocolate with marshmallows [4]	3.50
Shot of vanilla, hazelnut [2] or caramel	+70
Make it a decaf	+50
Add soya [8] or almond milk [2]	+50

#### TEAS

Irish breakfast tea	2.50
Java Republic Tea Pillows Peppermint   Earl grey   Green tea   Chamomile   Wild berry	2.75

### dessert corner

Gourmet cookies [1,4,5,8]	2.75
Selection of muffins [1,4,5,8]	3.50
Belgian chocolate squares [1,4,5,8] Chocolate biscuit cake   Rocky road   Malteaser square   Toblerone square	3.25
Lemon meringue [1,2,4,5]	5.50
Toblerone cheesecake [1,4,5,8]	5.50
Salted caramel cake [1,4,5,8]	5.90
GLUTEN FREE OPTIONS	
Chocolate brownie [GF] [2,4,5,8]	4.00
Banana & walnut cake [GF] [2,4,5]	4.00
Carrot cake [GF] [2,4,5]	4.00
Peanut & caramel Snickers cake [GF] [2,3,4,5,8]	4.00
Raspberry roulade [GF] [4,5]	5.50
Dairy free chocolate fudge cake [GF] [5]	5.50

[GF] gluten free | [V] vegetarian | [VE] vegan

### the supporting acts

PALLAS FOODS | KEELINGS | BRETZEL BAKERY  
EMILE PATISSIER | WILD ORCHARD | LA ROUSSE  
TINDAL WINES | CLASSIC DRINKS | O'BRIENS  
WRIGHTS SEAFOOD | GREENBEAN | HEINZ  
FOODCO | MUSGRAVES

### allergen keys

1. Contains gluten 2. Nuts 3. Peanuts 4. Milk 5. Eggs  
6. Fish 7. Shellfish/crustaceans 8. Soybeans 9. Molluscs  
10. Mustard 11. Sesame seeds 12. Sulphur dioxide  
13. Lupin 14. Celery 15. Varies (please ask your server)