

KITCHEN ITALIAN

APPETISERS

SELECTION OF MARINATED OLIVES AND ARTICHOKE €7
(V)

CRISPY CALAMARI A LA ROMANA €12
Served with lemon aioli [1.1, 4, 5, 9.3, 10, 12]

ROASTED RED PEPPER HUMMUS €8
Roasted red pepper Hummus, smoked paprika, artichoke heart, olives, sundried tomatoes, roasted chickpea. [1.1, 8, 11,] [VE]
[GF] option available

SHARING FLATBREADS

- SEA SALT AND OLIVE OIL €8
[1.1] (V)
- CASHEL BLUE CHEESE, HOT CHILI HONEY €8
[1.1, 4] (V)
- CLASSIC GARLIC €8
◦ Made with Irish butter and parsley [1.1, 4] (v)
- HEIRLOOM TOMATO BURRATA €14
[1.1, 4] (V)

*We suggest you add hummus[8, 11](v) to your
Sharing Flatbread €4*

SALADS

MEDITERRANEAN SALAD €14.50
Artichoke, olives, sundried tomato, red onion, mixed baby leaves, balsamic dressing [1.1, 8, 10, 11, 12] (V)

BURRATA SALAD €16
Burrata, heirloom tomato salsa, basil olive oil, homemade garlic bread [1.1, 4, 10, 12] (V)

CAESAR SALAD €16
Roast chicken, crispy bacon, herb croutons, parmesan shavings, basil Caesar dressing [1.1, 1.2, 1.3, 4, 5, 6, 8, 10, 12]

PASTA

TOMATO AND ROASTED RED PEPPER RIGATONI €17
Tomato and roasted red pepper ragout, heirloom tomatoes, basil [1.1] (V)

RAVIOLI €18
Stuffed with nduja and mozzarella, served in a creamy pesto sauce with grated parmesan [1.1, 4, 5, 8, 12, 14]

RIGATONI ALLA BOSCAIOLA €19
Roast chicken, smoked bacon, mushroom, prosecco cream sauce, parmesan [1.1, 4, 12]

PIZZA

12 inch authentic Italian style pizza, freshly prepared by our talented in house chefs.

CLASSIC MARGHERITA €15
San Marzano tomato sauce, buffalo mozzarella, fresh basil [1.1, 4, 5] (V)

THE HILL OF TARA €17
San Marzano tomato sauce, buffalo mozzarella, salami, prosciutto [1.1, 4, 5, 12]

THE ITALIANO €17
San Marzano tomato sauce, buffalo mozzarella, salami, prosciutto, red onion, sun dried tomatoes, basil pesto [1.1, 4, 12]

PARMIGIANA €16
San Marzano tomato sauce, ricotta, Cashel Blue Cheese, spinach, chili honey [1.1, 4] (V)

THE BIG SMOKE €17
BBQ base, Cajun chicken, red onion, roasted red pepper, buffalo mozzarella [1.1, 4, 8, 11]

BURRATO ITALIANA €18
Burrata and olive oil base, parmesan, basil oil, prosciutto, fresh rocket [1.1, 4, 12]

EXTRA TOPPINGS: Any meat €3 Any cheese or veg €2

All of our pizza's are served with our famous garlic aioli dip along with olive oil and balsamic vinegar [12]

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SIDES

SKINNY FRIES €5

PARMESAN TRUFFLE FRIES €6.50

KIDS

MARGARITA PIZZA €10

[1.1, 4, 5]

BBQ CHICKEN PIZZA €10

[1.1, 4, 8, 11]

PEPPERONI PIZZA €10

[1.1,4]

CHICKEN GOUJONS AND FRIES €8

[1.1, 10, 11]

PASTA €7

Tomato or pesto sauce, served with cheese [1.1, 5]

DESSERT

AFFOGATO €7

An Italian dessert of vanilla ice cream over which espresso has been poured

Add liquor

[4]

HOMEMADE CHEESE CAKE OF THE DAY €8

Served with chantilly cream & fresh strawberries.

[1.1, 1.4, 4, 5]

PANACOTTA€7

Vanilla & caramel panna cotta, crushed meringue, salt & caramel sauce.

May contain nuts

[2, 4, 5]

TIRAMISU €8

The classic Italian dessert

May contain nuts & peanuts

[4, 5]

TARTUFO €8

Gelato Martinucci pistachio truffle with pistachio cream centre served with white chocolate sauce & crushed pistachio.

[1.1, 2.1, 2.2, 2.7, 4, 5]

PASTRIES

ALL BUTTER CROISSANT

€3.75

[1.1, 4, 5]

ALMOND CROISSANT

€4

[1.1, 2.1, 4, 5]

DANISH

€4.50

[1.1, 4, 5]

FRESHLY BAKED SCONES

€4.50

[1.1, 2, 4, 5]

At Gourmet Food Parlour, we take pride in using the finest ingredients to create our dishes. For the past 18 years, we have sourced our produce and meats locally whenever possible and continue to be proud to support local farmers and businesses, ensuring the freshest, highest-quality ingredients for your enjoyment.

Some of our local suppliers include

Keeling's Farm, Toonsbridge, Keoghs Farm, Herefordshire Farms

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

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DRINKS

WHITE WINE

OPAWA SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND [12] €9 / €37

The palate is refreshing and intense, displaying crisp citrus notes and passionfruit flavours.

DE PAULO PINOT GRIGIO, TRIESTE, ITALY [12] €8.5/€33

Straw colour, this pinot grigio displays a long-lasting fruity bouquet.

MORGAN BAY CHARDONNAY, CALIFORNIA USA [12] €8.5/€33

This Chardonnay has a bright gold appearance with a fresh clean nose of lemon, pear and apple.

CUATRO RAYAS LASECA VERDEJO, RUEDA, SPAIN [12] €32

Straw yellow with green hues, bright, fresh and balanced aromas, typical of the variety.

RED WINE

DOPPIO PASSO PRIMITIVO, SALENTO PUGLIA, ITALY [12] €7.5 / €32

A dense bouquet of black fruits such as cherries, blackberries and plums, complemented by inviting cocoa notes.

MAISON DE LA VILLETTE CABERNET SAUVIGNON, FRANCE [12] €8.5 / €33

Elegant notes of liquorice, roasted coffee beans and dark chocolate melted with fruity aromas of black cherries and a spicy touch of cinnamon.

CATENA MALBEC, VISTA FLORES MENDOZA, ARGENTINA [12] €10 / €42

Elegantly structured showing ripe blackberry and blackcurrant fruit flavours and plenty of peppery spice,

MARQUES DE CACERES EXCELLENS CUVÉE ESPECIAL TEMPRANILLO, RIOJA SPAIN [12] €9 / €34

Bouquet of ripe fruit and refined oak confirming its meticulous ageing in barrel.

BUBBLES

BOLLINGER SPECIAL CUVÉE, CHAMPAGNE, FRANCE [12] €120 BOTTLE

Bollinger's style is for structure with racy minerality. The nose opens up with green apple, yeasts and elegant, creamy citrus fruits. The palate is well structured with citrus notes mingling with orchard fruits, and firm with impeccable acidity. Layers of flavour and refined texture, with a lingering finish.

SANTA MARGHERITA PROSECCO FRIZZANTE, VENETA, ITALY [12] €9 / €35

Its brilliant hue and inviting, faintly citrus-like aromas lead into a palate that is agreeably fresh and fruity. The light, elegant perlage freshens the palate and makes this wine excellent for pairing even with quite complex dishes.

ROSÉ

MARQUES DE CACERES EXCELLENS ROSÉ, RIOJA, SPAIN [12] €9 / 35

The Marques de Caceres Excellens rose is an attractive, pale rosé colour with rose petals and refined notes of peaches on the nose. Silky-smooth and balanced in the mouth with delicate flavours of mature white peaches and pears. Its character comes through delicately on tasting with a touch of vivacity highlighting its freshness. Succulent with a nice finish.

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HOT DRINKS

ESPRESSO	€3.20
AMERICANO	€3.70
CAPPUCCINO [4]	€4.10
LATTE [4]	€4.10
FLAT WHITE [4]	€4
MOCHA [4]	€4.30
CHAI LATTE [4]	€4.10
HOT CHOCOLATE [4]	€4.30
IRISH BREAKFAST TEA	€3.50
ORGANIC TEA SELECTION	€3.75
Camomile / Peppermint / Earl Grey	
Green Tea / Decaf	

Parlour House Blend coffee used, supplied and blended in Ireland by Findlaters

COLD DRINKS

HOMEMADE SMOOTHIES	
Berry Nice	€6
Mixed berries, banana, milk, honey [4]	
Tropical	€6
Papaya, pineapple, mango, kiwi, coconut	
KEELINGS FRESH JUICES	€4.50
APPLE/ORANGE	
WILD ORCHARD LEMONADES	€4.50
CLOUDY / PINK LEMONADE	
ALL ABOUT KOMBUCHA	€4.50
GINGER & LEMON ORGANIC / RASPBERRY	
MINERALS	€3.75
COKE / COKE ZERO / 7UP / 7UP FREE / CLUB ORANGE	
FIOR UISCE WATER	€2.75 /
STILL OR SPARKLING	€5.50
SICILIAN LEMONADE	€7
Freshly squeezed lemon juice, basil, soda	
PEACH & MINT LEMONADE	€7
Freshly squeezed lemon juice, peach, mint, soda	
APEROL SPRITZ	€10
Aperol liqueur, Prosecco, soda water	
LIMONCELLO FIZZ	€10
Limoncello liqueur, prosecco	
AMALFI SPRITZ	€10.50
Elderflower liqueur, strawberry, mint, prosecco, soda water	
AMARETTO SOUR	€12
Amaretto liqueur, lemon juice, bitters	