

KITCHEN ITALIAN

DAY MENU

APPETISERS

SOUP OF THE DAY €9

Served with toasted sourdough, ask your server
[1.1, 1.2, 1.3, 1.4, 4, 14]

CRISPY CALAMARI A LA ROMANA €14

Served with lemon aioli [1.1, 4, 5, 9.3, 10, 12]

ARANCINI AL POMODORO €13

Crispy fried risotto ball filled with marinara & mozzarella, shaved
Parmesan, pesto drizzle [1.1, 4, 5, 8, 12, 14]

SCAMORZA BONBON €12.5

Smoky cheese in a crispy coating, spicy tomato chutney
[1.1, 4, 5, 8, 10, 12, 14]

ROASTED RED PEPPER HUMMUS €12

Roasted red pepper hummus, smoked paprika, artichoke hearts,
olives, roasted chickpeas served with homemade flat bread
[1.1, 8, 11,] (VE) [GF] option available

SHARING FLATBREADS

SEA SALT AND OLIVE OIL €8.5 [1.1] (V)

CLASSIC GARLIC €8.5

Made with butter and parsley [1.1, 4] (V)
Add Fior Di Latte €3

FESTIVE FLAT BREAD €11

Brie, dried cranberry, rosemary sea salt [1.1, 4, 12] (V)

EVERYTHING SMOKED SALMON FLATBREAD €17

Freshly baked sourdough flatbread, smoked salmon, dill &
lime cream cheese, red onion, rocket and basil infused olive
oil
[1.1, 4, 6, 8, 10, 12]

SALADS

PISTACHIO BURRATA SALAD €18.5

Burrata, heirloom tomato and basil salsa, crushed pistachio, sea
salt and truffle oil flatbread [1.1, 2.7, 4, 10, 12] (V)

CAESAR SALAD €19

Roast chicken, crispy bacon, herb croutons, Parmesan shavings,
basil Caesar dressing
[1.1, 1.2, 1.3, 4, 5, 6, 8, 10, 12]

SIDES

FRIES €5.5

TRUFFLE FRIES €7
[1.1, 4, 10]

EXTRAS

EXTRA TOPPINGS

MEAT €3 | CHEESE €2 | VEG €2

PASTA

RIGATONI CIPRIANI ALLA BOSCAIOLA €22

Roast chicken, smoked bacon, mushrooms, prosecco cream
sauce, Parmesan. Made with Cipriani's organic egg rigatoni
[1.1, 4, 5, 8, 10, 12]

CRUSHED PISTACHIO & PESTO GNOCCHI €18

Pan-seared gnocchi, garlic & basil pesto and sun-dried tomato
topped with crushed pistachio [1.1, 2.7, 8, 12] (VE)
Add Burrata €5 [4] | Add chicken €5

TAGLIOLINI ALLA VODKA €18

Tossed in a creamy and vibrant, San Marzano tomato-based
sauce infused with vodka, seasoned with fresh herbs and
parmesan. Made with Cipriani's organic egg tagliolini
[1.1, 4, 5, 8, 10, 12]
Add chicken €5 | Add Prawns €5

PIZZA

12-inch authentic Italian pizza, freshly made by our skilled chefs.

CLASSIC MARGHERITA €16

San Marzano tomato sauce, fior di latte, fresh basil
[1.1, 4, 5] (V)

THE ITALIANO €18

San Marzano tomato sauce, fior di latte, salami,
prosciutto, red onion, sun-dried tomatoes, basil pesto
[1.1, 4, 12]

CAPRICCIOSA €18.5

San Marzano tomato sauce, roast ham, fior di latte,
sliced mushroom, artichokes, marinated olives [1.1, 4,
5, 12]

PEPPERONI PICANTE €18

San Marzano tomato sauce, spicy pepperoni, fior di
latte, red onion, hot honey drizzle
[1.1, 4, 8, 10, 12]

THE BIG SMOKE €18

BBQ base, Cajun chicken, fior di latte, red onion,
roasted red pepper [1.1, 4, 8, 11]

BURRATA ITALIANA €19

Burrata and olive oil base, Parmesan, basil oil,
prosciutto, rocket [1.1, 4, 12]

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

KITCHEN ITALIAN

DAY MENU

KIDS MENU

MARGHERITA PIZZA €10

[1.1, 4, 5]

HAM & CHEESE PIZZA €12

[1.1, 4, 8, 11]

PEPPERONI PIZZA €12

[1.1,4]

CHICKEN GOUJONS AND FRIES €10

Crispy chicken goujons with fries served with ketchup

[1.1,1.2,1.3,10,12]

RIGATONI PASTA €10

Served with butter or pesto, side of grated Parmesan cheese

[1.1,4,5,8,10]

KITCHEN ITALIAN SUNDAE €8

Vanilla ice cream, berry coulis, fresh cream, topped with berries

Available to order for children 12 and under

HOT DRINKS

ESPRESSO €3.25

AMERICANO €3.80

CAPPUCCINO [4] €4.40

LATTE [4] €4.30

FLAT WHITE [4] €4.20

MOCHA [4] €4.50

CHAI LATTE [4] €4.40

HOT CHOCOLATE [4] €4.40

IRISH BREAKFAST TEA €3.75

ORGANIC TEA SELECTION €3.75

CAMOMILE / PEPPERMINT /EARL GREY

GREEN TEA / DECAF

PARLOUR HOUSE BLEND COFFEE USED,
SUPPLIED AND BLENDED IN IRELAND BY
FINDLATERS

DESSERT

AFFOGATO €7

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

[4]

Add Amaretto Disaronno liquor [2.2]

HOMEMADE CHEESECAKE OF THE DAY €8.5

Served with Chantilly cream

[1.1,1.2,1.3,1.4,4,5]

TIRAMISU €8.5

The classic Italian dessert

[1.1,4,5,8]

MERINGUE HAZELNUT SEMIFREDO €8.5

Served with Chantilly cream, white chocolate flakes

[1.1,2.2,3,4,5,8]

At Gourmet Food Parlour, we prioritise high-quality ingredients by sourcing locally for 19 years, Our fare is shaped by long-standing relationships with Irish producers, where local ingredients are sourced via sustainable practices. From the farm to your table, we serve only the freshest seasonal produce, along with premium Irish beef and chicken. Healthy, nutritious, and always full of flavour.

ALLERGEN KEY

The above MENU contains allergens, as indicated in the key below.

1. CONTAINS GLUTEN (1.1 Wheat 1.2 Rye 1.3 Barley 1.4 Oats) | 2. CONTAINS 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. CONTAINS PEANUTS | 4. CONTAINS MILK | 5. CONTAINS EGGS | 6. CONTAINS FISH | 7. CONTAINS CRUSTACEANS (7.1 Crab 7.2 Prawns 7.3 Lobsters 7.4 Crayfish) | 8. CONTAINS SOYBEANS | 9. CONTAINS MOLLUSCS (9.1 Mussels 9.2 Oysters 9.3 Squid 9.4 Snails) | 10. CONTAINS MUSTARD | 11. CONTAINS SESAME SEEDS | 12. CONTAINS SULPHUR DIOXIDE & SULPHITES | 13. CONTAINS LUPIN | 14. CONTAINS CELERY

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

KITCHEN ITALIAN

SIGNATURE BREAKFAST

EGGS & TOAST €10.5

Creamy scrambled or poached free-ranged eggs served with toasted crusty sourdough and a side of basil pesto

MIXED BERRY & NUT GRANOLA €10

Greek style yoghurt, homemade forest fruit compote, seed & nuts granola, honey drizzle, fresh berries [1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 4, 8, 12]

KITCHEN ITALIAN BREAKFAST €16.5

Poached free-ranged egg, prosciutto crudo, rocket, tomato & basil, thick cut sourdough toast, basil infused olive oil [1.1,1.4,5,10,12]

ROMANA OMELETTE €16

Buffalo mozzarella, sun-blushed tomatoes, fresh basil, sauté potatoes[1.1, 4, 5, 12]
Add crispy streaky bacon €3.5 [12]
Add prosciutto crudo €4 [12]

EVERYTHING SMOKED SALMON FLATBREAD €17

Freshly baked sourdough flatbread, smoked salmon, dill & lime cream cheese, red onion, rocket and basil infused olive oil
[1.1,4,6,8,10,12]

CRÊPES €14

Sicilian Lemon curd, crumbled meringue, fresh berries [1.1,4,5,8,12]

KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €9

Creamy scrambled free-ranged egg, fresh rocket served with toast [1.1, 4, 5]

CRÊPE TOAST WITH NUTELLA AND STRAWBERRIES OR LEMON & SUGAR €8

[1.1, 2.2, 4, 5, 8] *may contain sesame

Available to order for children 12 and under

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[1.1] (V)

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RIGATONI PASTA €10

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KITCHEN ITALIAN SUNDAE €8

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AFFOGATO €7

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Add Amaretto Disaronno liquor [2.2]

HOMEMADE CHEESECAKE OF THE DAY €8.5

Served with Chantilly cream [1.1,1.2,1.3,1.4,4,5]

TIRAMISU €8.5

The classic Italian dessert May contain nuts & peanuts [1.1,4,5,8]

MERINGUE HAZELNUT SEMIFREDO €8.5

Served with Chantilly cream, white chocolate flakes [1.1,2.2,3,4,5,8]

SIDES

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TRUFFLE FRIES €7 [1.1,4,10]

EXTRAS

EXTRA TOPPINGS
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IRISH BREAKFAST TEA

ORGANIC TEA SELECTION
CAMOMILE / PEPPERMINT /EARL GREY
GREEN TEA / DECAF

PARLOUR HOUSE BLEND COFFEE
USED, SUPPLIED AND BLENDED IN IRELAND BY FINDLATERS

PASTRIES

CLASSIC CROISSANT
€3.75 [1.1, 4, 5]

ALMOND CROISSANT
€4.5 [1.1, 2.2, 4, 5]

SCONE SELECTION
€4.5 [1.1, 2, 4, 5]

FIND US ON LEVEL 2