

# KITCHEN ITALIAN

## DAY MENU

### APPETISERS

#### SOUP OF THE DAY €9

Ask your server [1.1,1.2,1.3,1.4,4,14]

#### SELECTION OF MARINATED OLIVES AND ARTICHOKE €7 (V)

#### CRISPY CALAMARI A LA ROMANA €12.5

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

#### ROASTED RED PEPPER HUMMUS €11.5

Roasted red pepper Hummus, smoked paprika, artichoke hearts, olives, sundried tomatoes, roasted chickpeas [1.1, 8, 11,] (VE) [GF] option available

#### PRAWN PICCATA €14

Sauteed prawns with garlic butter and capers, lemon served with toasted ciabatta [1.1, 4, 7.2, 12]

#### ARANCINI AL RAGU €12.5

Crispy fried risotto balls filled with ragu, served with tomato and chilli Jam [1.1,4,5,12,14]

### SHARING FLATBREADS

#### SEA SALT AND OLIVE OIL €8.5

[1.1] (V)

#### CASHEL BLUE CHEESE, HOT CHILLI HONEY €9.5

[1.1, 4 ](V)

#### CLASSIC GARLIC €8.5

Made with butter and parsley [1.1, 4] (V)

#### HEIRLOOM ARTICHOKE €11.5

Fresh mozzarella, roast garlic oil [1.1,4]

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

### SALADS

#### BURRATA SALAD €16.5

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

#### CAESAR SALAD €18

Crispy bacon, herb croutons, parmesan shavings, roast chicken, basil Caesar dressing [1.1, 1.2, 1.3, 4, 5, 6, 8, 10, 12]

#### ITALIAN BOWL €16

Grilled courgette, heirloom cherry tomato, mix leaves, roasted peppers, marinated olives, artichokes, shaved parmesan pesto drizzle. [4,8,10,11,12]  
Add chicken + €4

### PASTA

#### TOMATO AND ROASTED RED PEPPER RIGATONI CIPRIANI €17

Tomato and roasted red pepper ragout, heirloom tomatoes, Fresh basil. Cipriani's Rigatoni, made from the finest durum wheat semolina, embodies Italian culinary heritage in every ridged tube. (V) Add sautéed prawns +€4.5 [1.1,7.2,8,10]

#### GIANT TORTELLONI €17.5

Stuffed with asparagus and ricotta, served in a creamy pesto sauce with fresh grated parmesan [1.1,4,5,8,10,12]

#### RIGATONI CIPRIANI ALLA BOSCAIOLA €19

Roast chicken, smoked bacon, mushrooms, prosecco cream sauce, parmesan. Cipriani's Rigatoni, made from the finest durum wheat semolina, embodies Italian culinary heritage in every ridged tube. [1.1,4,8,10,12]

### PIZZA

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

#### CLASSIC MARGHERITA €15.5

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

#### THE SPIRE €17

San Marzano tomato sauce, buffalo mozzarella, sliced mushroom, pancetta, marinated olive [1.1, 4, 5, 12]

#### THE ITALIANO €17.5

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

#### THE BIG SMOKE €17

BBQ base, Cajun chicken, red onion, roasted red pepper, buffalo mozzarella [1.1, 4, 8, 11]

#### NDUJA €17

San Marzano tomato sauce, nduja sausage, buffalo mozzarella, honey [1.1, 4,5]

#### BURRATO ITALIANA €18

Burrata and olive oil base, parmesan, basil oil, prosciutto, fresh 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]*

### SIDES

#### FRIES €5.5

TRUFFLE FRIES €7  
[1.1,4,10]

### EXTRAS

#### EXTRA TOPPINGS

MEAT €3|CHEESE €2|VEG €2

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## DAY MENU

### KIDS MENU

#### 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, 4, 5]

### DESSERT

#### AFFOGATO €7

An Italian dessert of vanilla ice cream over which espresso has been poured  
Add liquor  
[4]

#### HOMEMADE CHEESECAKE OF THE DAY €8.5

Served with chantilly cream & fresh strawberries.  
[1.1,1.2,1.3,1.4,4,5]

#### PANNACOTTA €8

Vanilla & caramel panna cotta, crushed meringue, salt & caramel sauce.  
May contain nuts  
[2, 4, 5]

#### TIRAMISU €8.5

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

#### TARTUFO HAZELNUT €8.5

Gelato Martinucci truffle, served with white chocolate sauce, raspberry dust  
[1.1, 2.1, 2.2, 4, 5]

### 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

At Gourmet Food Parlour, we prioritize high-quality ingredients by sourcing locally for 18 years, supporting local farmers and businesses. Some suppliers include Keeling's Farm, Toonsbridge, Keoghs Farm, and Herefordshire Farms.

#### 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

## BREAKFAST

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### SIGNATURE BREAKFAST

#### SCRAMBLED EGG AND TOAST €10

Creamy scrambled egg served with a side of toasted sourdough bread and rocket

[1.1,4,5,10,12] Add streaky bacon €3.5

#### MIXED BERRY & NUT GRANOLA €10

Yoghurt, homemade mixed berry compote, granola, maple syrup drizzle, fresh berries [1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3, 8]

#### PROTEIN START €16

Free range creamy chives scrambled eggs, smashed avocado, streaky bacon, tomato and chilli jam, sourdough toast

[1.1,1.4,4,5,10,11,12]

#### KITCHEN ITALIAN BREAKFAST €15.5

Free range poached egg, prosciutto crudo, rucola, 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]

#### WILD MUSHROOMS ON TOAST €14.5

Sauteed wild mushrooms, shaved parmesan, crispy onion, pesto on toasted granary bread [1.1, 1.2, 1.3, 1.4, 4][VE]

Add streaky bacon €3.5 [12]

Add prosciutto crudo €4 [12]

#### FRENCH TOAST €15

Crispy bacon and maple syrup [1.1,4,5,8,12]

Or

Tiramisu style

Chocolate and coffee ganache, chocolate shaving, whipped mascarpone cream, chocolate powder [1.1,4,5,8,12]

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### KIDS BREAKFAST

#### SCRAMBLED EGG AND TOAST €7

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

#### FRENCH TOAST WITH NUTELLA AND STRAWBERRIES OR MAPLE SYRUP €6.5

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



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## BREAKFAST

### HOT DRINKS

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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

### 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

**ALL ABOUT KOMBUCHA** €4.50  
Ginger & Lemon Organic / Raspberry

**MINERALS** €3.75  
Coke / Coke Zero / 7up /7up Free / Club  
Orange

**FIOR UISCE WATER** €5.50  
Still or Sparkling

**SICILIAN LEMONADE** €7  
Freshly squeezed lemon juice, basil, soda

**PEACH & MINT LEMONADE** €7  
Freshly squeezed lemon juice, peach, mint, soda

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## DRINKS

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### 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]**

€8.5 / €34

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 / €34.5

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.

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### 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.

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### 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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## DRINKS

### COCKTAILS

#### 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

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Apple/Orange	
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 / €5.50
Still or Sparkling	
SICILIAN LEMONADE	€7
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Freshly squeezed lemon juice, peach, mint, soda	

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