

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 €13

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

PRAWN PICCATA €14

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

ARANCINI AL POMODORO €12.5

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

SCAMORZA BONBON €11

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

ROASTED RED PEPPER HUMMUS €11.5

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

ANTIPASTO €14.5

Marinated olives, sundried tomato, artichoke hearts, basil
pesto, homemade flat bread
[1.1, 8, 11,]

LOADED FOCACCIA €17

Cherry tomato focaccia topped with prosciutto crudo,
burrata, rocket, crushed pistachio, balsamic glaze
[1.1, 2.7, 4, 5, 8, 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]

SALADS

PISTACHIO BURRATA SALAD €18

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

CAESAR SALAD €18

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

PASTA

RIGATONI CIPRIANI ALLA BOSCAIOLA €21.5

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, 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. Cipriani's Tagliolini, made from the finest durum
wheat semolina, embodies Italian culinary heritage in every bite.
[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 €15.5

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

THE ITALIANO €17.5

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

CAPRICCIOSA €17.5

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

PEPPERONI PICANTE €17

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

THE BIG SMOKE €17

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

BURRATA ITALIANA €18

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]

SIDES

FRIES €5.5

TRUFFLE FRIES €7
[1.1, 4, 10]

EXTRAS

EXTRA TOPPINGS

MEAT €3 | CHEESE €2 | VEG €2

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

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]

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 19 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

SIGNATURE BREAKFAST

EGGS & TOAST €10.5

Creamy scrambled or poached eggs served with toasted crusty sourdough and a side of basil pesto [1.1, 1.2, 1.3, 1.4, 4, 5, 11, 12]

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]

KITCHEN ITALIAN BREAKFAST €16.5

Poached 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]

PASTRIES

CLASSIC CROISSANT €3.75

[1.1, 4, 5]

ALMOND CROISSANT €4.5

[1.1, 2.2, 4, 5]

SCONE SELECTION €4.5

Served with fresh cream and raspberry jam [1.1, 2, 4, 5]



KIDS BREAKFAST

SCRAMBLED EGG AND TOAST €9

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

CRÊPE 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

KITCHEN ITALIAN

BREAKFAST

HOT DRINKS

ESPRESSO	€3.25
AMERICANO	€3.80
CAPPUCCINO [4]	€4.40
LATTE [4]	€4.40
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

COLD DRINKS

HOMEMADE SMOOTHIES

BERRY NICE €7
Mixed berries, banana, milk, honey [4]

TROPICAL €7
Papaya, pineapple, mango, kiwi, coconut

KEELINGS FRESH JUICES €5
Apple/Orange

ALL ABOUT KOMBUCHA €4.50
Ginger & Lemon Organic / Raspberry

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

WATER €2.75 /€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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[GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN



KITCHEN ITALIAN

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]

€8.5/€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.

BUBBLES

SERENA SPAGO, PROSECCO €9.5 / €36

Brilliant hue and inviting, faintly citrus-like aromas

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.

KITCHEN ITALIAN

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

HOT DRINKS

ESPRESSO	€3.25
AMERICANO	€3.80
CAPPUCCINO [4]	€4.40
LATTE [4]	€4.40
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	

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	€2.75 /€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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[GF] GLUTEN FREE • [V] VEGETARIAN • [VE] VEGAN

KITCHEN ITALIAN

SIGNATURE BREAKFAST

EGGS & TOAST €10.5

Creamy scrambled or poached 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]

KITCHEN ITALIAN BREAKFAST €16.5

Poached 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 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

APPETISERS

SOUP OF THE DAY €9

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

CRISPY CALAMARI A LA ROMANA €13

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

PRAWN PICCATA €14

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

ARANCINI AL POMODORO €12.5

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

SCAMORZA BONBON €11

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

ROASTED RED PEPPER HUMMUS €11.5

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

At Gourmet Food Parlour, we prioritize high-quality ingredients by sourcing locally for 19 years, supporting local farmers and businesses. Some suppliers include Keeling's Farm, Toonsbridge, Keoghs Farm, and Herefordshire Farms.

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

ANTIPASTO 14.5€

Marinated olives, sundried tomato, artichoke hearts, basil pesto, homemade flat bread [1.1, 8, 11,]

LOADED FOCACCIA €17

Cherry tomato focaccia topped with prosciutto crudo, burrata, rocket, crushed pistachio, balsamic glaze [1.1,2.7,4,5,8,12]

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]

SALADS

PISTACHIO BURRATA SALAD €18

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

CAESAR SALAD €18

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

PASTA

RIGATONI CIPRIANI ALLA BOSCAIOLA €21.5

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. [1.1,4,5,8,10,12]

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

TAGLION ALLA VODKA €18

Tossed in a creamy and vibrant, San Marzano tomato-based sauce infused with vodka, seasoned with fresh herbs and parmesan. Cipriani's Taglion, made from the finest durum wheat semolina, embodies Italian culinary heritage in every ridged tube. [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 €15.5

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

THE ITALIANO €17.5

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

CAPRICCIOSA €17.5

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

PEPPERONI PICANTE €17

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

THE BIG SMOKE €17

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

BURRATA ITALIANA €18

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]

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

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 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

FRIES €5.5

TRUFFLE FRIES €7 [1.1,4,10]

EXTRAS

EXTRA TOPPINGS
MEAT €3|CHEESE €2|VEG €2

HOT DRINKS

ESPRESSO

AMERICANO

CAPPUCCINO [4]

LATTE [4]

FLAT WHITE [4]

MOCHA [4]

CHAI LATTE [4]

HOT CHOCOLATE [4]

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