

GOURMET SOUP SELECTION *Changes Daily*

Soups Small 400ml €3.75

Family Size 1 litre €7.50

- Thai Sweet Potato (GF,DF,V)
- Chicken & Vegetable broth (GF,DF)
- Moroccan Tomato & Chickpea (GF,DF,V)
- Healthy Greens (GF,DF,V)
- Chunky Italian Minestrone (GF,DF,V)
- Vegetable & Red Lentil (GF,DF,V)
- Cream of Mushroom (GF)
- Cream of Vegetable (GF)

PATES /DIPS

- Award Winning Chicken Liver Pate (GF) **€3.90**
- Award Winning Smoked Salmon Pate (GF) **€3.90**
- Pickled Cucumber (GF,DF,V) **€3.90**
- Basil & Sundried tomato Pesto (GF,DF,V) **€3.90**
- Roasted Red Pepper & Sundried
Tomato Pesto (GF,DF,V) **€3.90**
- Spicy Tomato dip (GF,DF) **€2.90**
- Traditional hummus (GF,DF,V) **€2.90**
- Flavoured Hummus (GF,DF,V) **€3.50**
- Cashel Blue Cheese Dip (GF) **€3.90**

SWEET SELECTION *Changes Daily*

- Carrot cake cream cheese icing slice **€3.20**
- Moist chocolate cake slices **€3.20**
- Baked custard tarts **€2.50**
- Lemon drizzle gateaux slice **€3.95**
- Famous Homemade Apple strudel **€3.95**
- Rocky road biscuit cake (GF) **€2.90**
- Caramel squares (GF) **€2.90**
- Carrot Cake Slice (GF, DF, V) **€2.90**
- Belgian chocolate brownies (GF) **€3.20**
- Raspberry & Almond Madeira Slice (GF)
- Salted Carmel Profiteroles box of 6 for **€5.00**
- Box of 12 Mini Eclairs **€5.50**

HEALTHY TREATS *Free from Refined Sugar*

- Granola Bars (DF) **€2.90**
- Chocolate Date Banoffee slice (GF,DF,V) **€2.90**
- Sticky peanut slice (GF,DF,V) **€2.90**
- Orange butternut squash brownie (GF,DF,V) **€2.90**
- Paradise bars (GF,DF,V) **€3.50**

SWEET TARTS

7cm €2.50 11cm €3.90 22cm €13.95 28cm €25

- Raspberry & White Chocolate
- Pear & Almond Frangipane Tarts
- Raspberry & Almond Tarts
- Salted Carmel Hazelnut & Dark Chocolate

DESSERTS

- Carrot Cake Log **€8.50**
- Luxury Chocolate Log (DF, V) **€8.50**
- Raspberry Roulade (GF) **€12.95**
- Banoffee Roulade (GF) **€12.95**
- Lemon Roulade (GF) **€12.95**
- Small Chocolate Cake **€15.00**

CAKES

Large Cakes Serve 10-12 People

- Apple Strudel with Ceme Anglaise **€28.00**
- Death By Chocolate Cake **€35.00**
- Salted Caramel Gateaux **€45.00**
- Chocolate Mousse Gateaux **€45.00**

**GOURMET
PANTRY //**
Taste The Difference...

t. (021) 470 9215

**e. gourmetpantrykinsale@gmail.com
4 Market Street, Kinsale, Co. Cork**

www.gourmetpantry.ie

**GOURMET
PANTRY //**
Taste The Difference...

**DELI & STORE
MENU**



t. (021) 470 9215

www.gourmetpantry.ie



SWEET PASTRIES

Fresh scones with butter & jam	€1.90
Plain Croissants/Almond croissants	€1.90/€2.90
Triple chocolate pain au chocolate	€2.90
Warm cinnamon brioche buns	€3.20

SAVOURY PASTRIES

Award Winning Spinach & Feta rolls	€3.20
Vegan Spiced Chickpea Rolls *(DF,V)	€3.20
Gourmet Sausage Rolls	€3.50
Cornish Pasties/Steak & Ale Pies	€5.20

GOURMET PANTRY BREADS

Wholemeal soda bread	€3.75
Treacle & sesame bread	€3.75
Treacle walnut & fruit	€4.50

ARBUTUS SOURDOUGH BREADS

White sourdoughs *(DF,V)	€3.50
Mature Sourdough Loaf *(DF,V)	€4.50
Brown sourdough bread *(DF,V)	€4.50
Multi seed sourdough *(DF,V)	€3.75
Healthy Gluten Free Seeded loaf *(GF,DF,V)	€4.90

QUICHES

Medium €5.20 Large €12.50

*Quiche Lorraine
Broccoli, Feta & Tomatoe
Roasted Vegetables
Mushroom, Leek & Vintage Cheddar*

VEGAN SELECTION €6.50 (FROZEN)

Thai Massaman cashew nut curry (GF,DF,V)
Sweet Potato & lentil shepherd's pie (GF,DF,V)
Chilli Lentil & Bean Mix (GF,DF,V)
Sweet Potato Chickpea & Kale Stew (GF,DF,V)
Luxury Nut Roast large tray €12.95

GOURMET ROLLS FROM €5.90

with soup combo €8.50

Available Daily 10am - 2pm

Marinated chicken with basil mayo sundried tomato on pesto ciabatta

Baked ham, vintage cheddar wholegrain mustard mayo, beef tomatoes

Brie Cheese, Caramelised onion , roasted vegetables , organic leaves

Coronation chicken wrap, mixed salad in a tomato wrap

Roast Turkey Crown , Cranberry coleslaw, vintage cheddar , organic leaves

Ardsallagh goats cheese, roasted vegetables, horizon leaves

Falafel with hummus roasted vegetables, organic leaves, tomatoes *(DF,V)

Spiced beef, brie cheese, roasted tomato relish, horizon leaves

Tuna sweetcorn, vintage cheddar, horizon leaves, roasted vegetables

GOURMET MEALS

Small 350g €6.95 Large 550g €10.95

Changes Seasonally

Beef & Brandy Stroganoff (GF)

Beef Bourguignon (GF,DF)

Chicken Korma (GF)

Thai Red Chicken Curry (GF,DF)

Thai Green Chicken Curry (GF,DF)

Coconut Sweet Chilli Chicken (GF,DF)

Chicken & Chorizo Paella (GF,DF)

Chicken & Broccoli Pasta Bake

Cowboys Chilli (GF,DF)

Moroccan Lamb Tagine (GF,DF)

Homemade Beef lasagne small €6.50

Homemade Beef lasagne large €12.95

Large Family Size €35

Bourbon BBQ Chicken Wings €6.50 (GF,DF)

SALAD BAR €3.75/5.90 COMPOSTABLE TUB

Fresh Salad Changes Daily

Moroccan cous cous with roasted vegetables, seeds & herbs *(DF,V)

Rustic Coleslaw cabbage, carrots, parsley, chives, wholegrain mustard mayo (DF,GF)

Baby Potato spring onion, chives, parsley, mint, wholegrain mustard mayo (DF,GF)

Harissa spiced Bulgur wheat & chickpeas (DF,V)

Spiced basmati coconut rice, coriander, peppers (DF,V,GF)

Broccoli cherry tomato, feta cheese & toasted sunflower seeds (GF)

Tandoori chickpea salad with roasted peppers lemon & herbs (DF,V,GF)

Carrot & courgette with toasted seeds, French dressing (DF,V,GF)

Broccoli, cranberry, vintage cheddar, red onion, seeds, French dressing (GF)

Pearl barley , beetroot, balsamic dressing, crispy onions (DF,V)

Puy lentil salad with butternut squash , balsamic dressing (DF,V,GF)

Red cabbage & carrot salad with Dijon French dressing sesame seeds (DF,V,GF)

Lebanese tabbouleh bulghur wheat, cucumber, lemon, mint, dill, tomatoes (DF,V)

Organic horizon leaves , roasted vegetables, sundried tomatoes ,toasted seeds (DF,V,GF)

LUNCH BOX

Choose 1 with Organic horizon leaves, & 2 salads from our Salad Bar €8.90

Marinated garlic & oregano chicken fillets

Hand carved sliced turkey crown

Hand carved Honey Baked Ham

Organic Falafels

Ardsallagh goats cheese

Sausage Rolls