NIBBLES

Mixed Olives with pickled garlic - £5 (GF, VE)
Deep Fried Pickles with tartare sauce - £6 (V)
Homemade Bread with butters - £5 (V, VEO)
Homemade Hummus with pitta bread - £7.50 (VE)

STARTERS

Soup of the Day with homemade bread - £8
Prawn Cocktail with gem lettuce, tomato, cucumber, Marie Rose dressing & homemade bread - £11 (GFO)
Tempura Tiger Prawns with sweet chilli dip - £12
Cauliflower & Onion Bhajis with mango chutney and mint yoghurt dips - £8 (GF, VE)
Salt & Pepper Chicken - Shallow fried crispy chicken with pickled slaw, pink ginger and gochujang mayonnaise - £9 (GF)
Whipped Feta with roasted beetroot, walnuts, hot honey and toasts - £9 (GFO) (V)
Breaded Confit Duck Bon Bons with spring onions and plum and hoisin sauce - £10
Creamy Garlic Mushrooms with homemade bread - £8.50 (GFO) (V)

Please advise of any allergies/intolerances when ordering

GF/GFO – Gluten free/Gluten free option
V – Vegetarian VE/VEO – Vegan/Vegan Option

PARROT & PUNCHBOWL

MAINS

Fish & Chips - Beer battered haddock, chunky chips and tartare sauce - £16
MUSHY OR GARDEN PEAS – ADD £2
GLUTEN FREE FISH & CHIPS – ADD £2
Fish Pie - Smoked haddock, salmon, prawns, boiled egg & peas in a creamy sauce with a cheesy mash top and mixed vegetables - £18
Slow Cooked Beef Short Rib with wholegrain mustard mash and meat & vegetable gravy - £22 (GF)
½ Roasted Duck with dauphinoise potatoes, mixed greens and orange & Cointreau sauce - £22 (GF)
Slow Cooked Beef Shin Lasagne with dressed mixed leaf and garlic bread - £18
Panko Breadcrumbed Chicken Katsu Curry with jasmine rice, spring onion & pickled ginger - £18
Swap for **Aubergine** (VE)
Roast Chicken, Smoked Gammon & Mushroom Pie with chunky chips, peas and gravy - £17
Warm Goats Cheese Salad with clementine orange, roasted squash, beetroot, toasted pumpkin seeds and hot honey dressing - £18 (GF) (V)

BURGERS

Parrot Burger - Beef patty, slow cooked BBQ beef shin, melted Cheddar cheese, gherkins and homemade burger sauce - £17
Halloumi Burger - Grilled hot honey halloumi, guacamole, pickles and garlic mayonnaise - £17 (V)

All burgers are served in a seeded brioche bun with lettuce, tomato & skinny fries

STEAKS

Grilled steaks all served with chips or skinny fries, grilled tomato, mushroom and dressed salad

FILLET, 8oz - £28
RIB EYE, 8oz - £26
RUMP, 10oz - £23
CELERIAC STEAK in miso butter - £17 (VEO) (GF)

Add a sauce or butter - Peppercorn sauce £3, Blue cheese sauce £3, Marmite butter £2, Garlic butter £2

SIDES

Chunky chips £5, Skinny fries £5,
Creamy Garlic Mushrooms £6, Mac and cheese £6,
Seasonal vegetables £5, Dressed salad £5
Garlic bread £5 add cheese £6

SEE DAILY SPECIALS FOR FRESH FISH & OTHER DISHES

Food available Tuesday – Saturday
12-2.30pm & 5.30 – 8.30pm
Sunday 12pm – 4.30pm