

NIBBLES

Mixed Olives with sun blushed tomatoes and garlic - £5 (GF, VE)

Deep Fried Pickles with tartare sauce - £6 (V)

Hummus with toasted pitta bread - £7 (VE, GFO)

Homemade Bread with butters - £5 (VEO)

STARTERS

Soup of the Day - with homemade bread £7.50

Prawn Cocktail - Prawns in a Marie rose sauce with lettuce and homemade bread - £10 (GFO)

Prawn Pil Pil - Prawns and peppers cooked in chilli and garlic oil and bread - £12 (GFO)

Mixed Mushroom Pil Pil - £10 (VE, GFO)

Salt & Pepper Beef - Shallow fried crispy beef with pickled slaw, pink ginger and gochujang mayonnaise - £8.50 (GF)

Smoked Peppered Mackerel Pate - Potted mackerel pate, horseradish creme fraiche cornichons, capers and toasts - £9 (GFO)

Warm Goats Cheese - Goats cheese, roasted beetroot, walnuts and hot honey - £8 (GF, V)

Huevos Flamencos - Baked chorizo, tomato, peppers and garlic topped with a fried egg - £10

Please advise of any allergies/intolerances when ordering

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



MAINS

Fish & Chips - Beer battered hake, chunky chips, mushy peas and tartare sauce - £16
Add chip shop curry sauce - £3.50

Pork Chop - Grilled T-bone pork chop, garlic, capers, fried potato hash, seasonal greens and house meat gravy - £19 (GF)

Confit Duck - Chicken & thyme stuffed confit duck leg, dauphinoise potatoes, roasted vegetables and red currant sauce - £18 (GF)

Fish Pie - Mixed fish, prawns, boiled egg and peas in a creamy sauce, cheesy mash and seasonal greens - £17 (GF)

Penang Curry - Thai Penang mixed vegetable curry with steamed jasmine rice - £16 (VE, GF)
Add Chicken - £18 (GF)

Chicken Caesar Salad - Grilled smoked chicken, pancetta bacon, gem lettuce, Parmesan, anchovies, croutons and Caesar sauce - £18 (GFO)

Squash Stew - Butternut squash, lentil, kale and almond butter stew with crispy halloumi or vegan Feta - £17 (GF, V, VEO)

BURGERS

Parrot Burger - Beef patty, slow cooked beef shin, melted Cheddar cheese, mixed pickles and homemade burger sauce - £17

Halloumi Burger - Grilled hot honey halloumi, avocado, pickles and garlic mayonnaise - £16 (V)

All burgers are served in a brioche bun with skinny fries, lettuce, tomato and house slaw

STEAKS

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

RIB EYE, 8oz - £25

RUMP, 8oz - £21

CAULIFLOWER STEAK, in vegan miso butter - £16.50 (VE, GF)

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

SIDES

Chunky chips/ Skinny fries £5,
Buttered new potatoes - £5, 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