

LUNCH TUESDAY – SATURDAY

(served between 12-2.30pm only)

OPEN SANDWICHES

All our generously filled open sandwiches are served on either granary or white bread with our house slaw

Crab – Cromer Crab, dressed mixed leaf, pickled cabbage, beef steak tomato & lemon mayo - £16.50

Prawn - Prawns in a Marie rose sauce, dressed gem lettuce, diced cucumber, diced tomato and fresh lemon - £12

Pastrami - Sliced beef pastrami, dill pickles, Dijon mustard mayonnaise, sliced tomato and parmesan cheese - £12

Chicken Club - Grilled chicken, pancetta bacon, boiled egg, mayonnaise, gem lettuce and sliced tomato - £12

Goats Cheese - Warm grilled goats cheese, roasted beetroot, walnuts, hot honey and dressed mixed leaves - £10 (v)

ADD EXTRAS

Chunky chips or skinny fries - £5

Parmesan and truffle fries - £7

To Book Call: 01728 830221

Email: info@parrotandpunchbowl.co.uk



KIDS

STARTERS

Garlic Bread - £4 (v)

Mini Prawn Cocktail - £6 (GF)

Hummus with cucumber and pepper - £5

MAINS - All £8.50

Mini Fish and Chips with peas
(Swap for battered sausage or halloumi)

Chicken Goujons and chips

Macaroni Cheese (v)

Grilled Sausages with mashed potato and gravy

DESSERTS

Chocolate brownie and vanilla ice cream - £4.50

Ice Cream/Sorbet - ask for flavours

2 scoops - £4.50

SEE DAILY SPECIALS FOR FRESH FISH & OTHER DISHES

Food available Tuesday - Saturday

12 - 2.30pm & 5.30 - 8.30pm

Sunday 12pm - 4.30pm

DESSERTS

Cheesecake of the day - see specials - £7.50

Summer Pudding with clotted cream - £7.50

Chocolate Brownie with chocolate sauce and Chantilly cream - £7.50 (GF)

Vanilla Panna Cotta with raspberry coulis and a chocolate chip cookie - £7.50 (GFO)

Banoffee Pie - £7.50

Ice Cream - Selection of local ice cream & sorbet, please ask for available flavours - £7

COFFEE/TEA

Latte - £4

Flat White - £3.80

Cappuccino - £4

Americano - £3.50

Espresso, Single - £3 Double - £4.50

Macchiato - £3.50

Tea - ask for flavours - £3.50

Hot Chocolate with marshmallows - £5

SUNDAY LUNCH – 12PM - 4.30PM

Don't forget to book your Sunday lunch...

Sirloin of Beef - £19

Pork Loin - £18

Lamb Shank - £22

Celeriac - £18

Served with all the trimmings (GFO) (VE0)