PARROT & PUNCHBOWL

SAMPLE SUNDAY LUNCH MENU

Sunday 12pm-4.30pm
Please advise of any allergies/intolerances when ordering
GF/GFO – Gluten free/Gluten free option
V/VO – Vegetarian/Vegetarian Option
VE/VEO – Vegan/Vegan Option

NIBBLES & STARTERS

Cauliflower & Onion Bhajis with mango chutney and mint yoghurt dips - £8 (GF, VE)
Prawn Cocktail with gem lettuce, tomato, cucumber, Marie Rose dressing & homemade bread - £11 (GFO)
Breaded Confit Duck Bon Bons with spring onions and plum and hoisin sauce - £10
Pork and Game Terrine with chilli jam and toasts - £9 (GFO)
Whipped Feta with roasted beetroot, walnuts, hot honey and toasts - £9 (GFO) (V)
Broccoli and Blue Cheese Soup with homemade bread - £8 (GFO)

ROASTS

Rib of Beef (served pink) - £19 **Pork Loin** with crackling - £18 **Lamb Shank** - £22 **Chicken Breast** - £18
All served with thyme, garlic and beef dripping roast potatoes, Yorkshire pudding, cauliflower cheese, braised red cabbage, buttered greens, honey roasted carrots and meat gravy (GFO)

Confit Garlic and Sage Butter Celeriac with thyme and garlic roast potatoes, Yorkshire pudding, braised red cabbage, buttered greens, honey roasted carrots, cauliflower cheese and a caramelised onion and red wine gravy - £18 (V) (VEO)
Children's Roasts – Sirloin of Beef, Pork or Chicken Breast - £10

OTHER MAINS

½ **Crispy Roast Duck** with dauphinoise potatoes, mixed vegetables and orange and Cointreau sauce - £22 (GF)
Pan Fried Seabass with crushed new potatoes, mixed greens and garlic and caper butter - £19 (GFO)
Cod Fillet Florentine (spinach and cheese sauce) with skinny fries and dressed mixed leaf - £19
Braised Beef and Vegetable Pie with chunky chips, garden peas and gravy - £18
Fish & Chips – Beer battered haddock with chunky chips and tartare sauce - £16 **(ADD MUSHY PEAS – £2)**
Parrot Burger - Beef patty, slow cooked BBQ beef shin, melted Cheddar cheese, mixed pickles, tomato, gem lettuce in a seeded brioche bun with homemade burger sauce and skinny fries - £17
Slow Cooked Beef Shin Lasagne with dressed mixed leaf and garlic bread - £18
Thai Green Chicken Curry with jasmine rice, spring onion & pickled ginger - £18
Swap for **Mixed Vegetable** (VE)

DESSERTS

Baked Blueberry & Chocolate Chip Cheesecake with chocolate sauce - £8.50
Sticky Toffee Pudding with vanilla ice-cream - £8.50
Eton Mess with fresh cream - £8.50 (GF)
Chocolate Brownie with chocolate sauce and Chantilly cream - £8.50 (GF)
Apple, Cinnamon & Raisin Crumble with custard - £8.50
Key Lime Pie - £8.50
Banoffee Pie - £8.50