



The Parrot ~ Daily Menu

Daily Menu

~ Tuesday 19th March 2024 ~

Starters and Nibbles

- Leek and potato soup**, warm sourdough bread (v, gfa) 643 kcal 7.95
- Miso glazed belly pork**, edamame bean purée, roast shiitake, pickled jalapeño, toasted sesame (gf) 328 kcal 9.45
- Beetroot carpaccio**, whipped macadamia, salted caramel walnuts (vg, gf) 446 kcal 8.25
- Sea bass taco**, guacamole, pickled red onions, coriander, lime (gf) 399 kcal 9.95
- Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 586 kcal 9.25
- Garlic and rosemary baked Camembert**, carrot and apricot chutney, warm ciabatta for two (v) 1059 kcal 15.95
- Italian mixed olives (vg, gf) 278 kcal 5.25
- Hummus, seeded thins (v, gf) 497 kcal 6.25
- Crispy squid, sweet chilli mango 422 kcal 7.95
- Bang bang chicken wings (gf) 800 kcal 7.95
- Warm breads, oil, balsamic (vg) 559 kcal 5.95
- Prawns pil pil, roquito peppers, crostini (gfa) 567 kcal 8.45
- Chicken and ginger gyoza, hoi sin 294 kcal 7.45
- Halloumi fries, chilli jam (v, gf) 585 kcal 7.45

Light Bites

- Quiche lorraine**, crème fraîche new potato salad (gf) 979 kcal 14.25
- Fillet steak sandwich**, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 1001 kcal 16.95
- Goat's cheese, harrisa roasted squash salad**, with pomegranate and apricot salad (v, gf) 670 kcal 14.45
- Salmon and smoked haddock fishcake** chorizo and chick pea stew, poached egg, saffron aioli (gf) 756 kcal 14.95

Mains

- Buttercross farm pork and leek sausages**, buttered mashed potatoes, onion gravy (gf) 924 kcal 17.45
- Deep fried cod in beer batter**, chips, mushy peas, tartare sauce (gf) 1257 kcal 18.45
- Appleby's Cheshire cheese, onion and potato pie**, green vegetables, white wine mustard sauce (v, gf) 1207 kcal 17.45
- 8oz bacon chop**, fried egg, grilled pineapple and chunky chips (gf) 912 kcal 18.25
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1391 kcal 18.45
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 779 kcal 17.45
- Wild mushroom tortellini**, butternut squash purée, artichoke crisps (vg) 652 kcal 18.95
- Malaysian king prawn curry**, coconut rice, pak choi, warm flatbread 762 kcal 19.45
- Chicken, wild mushroom pie**, buttered mash, green vegetables, white wine and tarragon sauce (gf) 1407 kcal 18.95
- Buttermilk fried chicken burger**, pancetta, guacamole, hot sauce, mayo, pickled red onion, fries 1414 kcal 17.95
- Hake fillet**, cray fish and samphire risotto, chorizo crust (gf) 539 kcal 23.95
- Braised shoulder of lamb**, dauphinoise potatoes, rosemary gravy (gf) 1077 kcal 25.95
- Braised beef feather**, sour cream and chive mash, roasted red onion, goulash sauce (gf) 568 kcal 21.45
- 7oz fillet steak**, pepper sauce, portobello mushroom, tomato, chunky chips (gf) 1205 kcal 34.95

Sides

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| Mixed salad (vg, gf) 99 kcal 4.95 | Chunky chips (vg, gf) 535 kcal 4.95 | Garlic bread, cheese (v) 633 kcal 5.95 |
| Garlic bread (v) 426 kcal 4.95 | Fries (vg, gf) 377 kcal 5.25 | Onion rings (vg, gf) 250 kcal 4.75 |

pudding and Cheese

Mascarpone and lemon cheesecake, raspberry sorbet (v) 510 kcal 8.95

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) 958 kcal 8.45

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 752 kcal 8.65

Hot waffle, caramelised banana, toffee sauce, honeycomb ice cream (v) 796 kcal 8.45

Glazed passion fruit tart, mango purée, coconut ice cream 533 kcal 8.45

Tiramisu, chocolate sauce, espresso ice cream (v) 608 kcal 9.

A selection of British cheeses, biscuits, quince, chutney, grapes, celery (v) 626 kcal 15.25

Cheshire Ice Cream

Vanilla (v, gf) 127 kcal , Chocolate (v, gf) 127 kcal , Strawberry (v, gf) 122 kcal , Honeycomb (v, gf) 137 kcal , Salted Caramel (v, gf) 135 kcal , Raspberry Ripple (v, gf) 128 kcal , Vegan Vanilla (vg, gf) 75 kcal , Vegan raspberry ripple (vg, gf) 157 kcal , Vegan chocolate (vg, gf) 80 kcal

Sorbets

Lemon Sorbet (vg, gf) 74 kcal , Passion Fruit Sorbet (vg, gf) 60 kcal , Milk chocolate sorbet (v, gf) 100 kcal ,

Bramley Apple Sorbet (vg, gf) 65 kcal , Raspberry Sorbet (vg, gf) 68 kcal , Cherry Sorbet (vg, gf) 83 kcal ,

Blackcurrant Sorbet (vg, gf) 68 kcal

One scoop (vg, gf) 0 kcal 2.5 , Two scoops (vg, gf) 0 kcal 5. , Three scoops (vg, gf) 0 kcal 7.5

Coffee and Hot Drinks

Americano (vg, gf) 4.

Latte (v, gf) 4.25

Flat white (v, gf) 4.25

Cappuccino (v, gf) 4.25

Espresso (vg, gf) 3.45

Double espresso (vg, gf) 3.75

Hot chocolate (v, gf) 4.5

Irish coffee (v, gf) 7.95

Selection of tea (v, gf) 4.

Small pudding and a Hot Drink

Waffle, honeycomb ice cream, toffee sauce (v) 490 kcal 8.45

Sticky toffee pudding, vanilla ice cream (v, gf) 433 kcal 8.45

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) 580 kcal 8.25

Children's Mains

Beef burger, melted cheese, chips, salad 621 kcal 8.95

Penne pasta, tomato sauce, cheese (v, gf) 461 kcal 7.45

Chicken goujons, chips, peas (gf) 806 kcal 8.95

Cod goujons, chips and peas (gf) 476 kcal 8.95

Children's Puddings

Hot waffle, banana, honeycomb ice cream (v) 307 kcal 5.45

Chocolate brownie, vanilla ice cream (v, gf) 518 kcal 5.25

Sticky toffee pudding, vanilla ice cream (v, gf) 515 kcal 5.95

Adults need around 2000 kcal a day. We always advise you to speak to a member of staff if you have any food allergies or intolerance. We are happy to provide you with the allergen guidelines to support you in making your own menu choice; however we cannot recommend or tell you what is suitable for you to eat or drink. We declare the main fourteen allergens, but we are unable to give information on allergens outside of this. Where we offer gluten free dishes, controls are in place to ensure that dishes contain less than 20ppm gluten. There may be a risk of cross contamination during the processing stage of the ingredients by our suppliers and in our busy kitchen. This means that we can never guarantee a dish is completely free from any allergens or specific ingredients.
v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.