



The Parrot ~ Daily Menu

~ Friday 5th December 2025 ~

Starters & Nibbles

- Wild mushroom and tarragon soup**, truffle oil, warm seeded roll (v, gfa) 570 kcal 7.45
- Beef, bacon, stout and thyme faggot**, parsnip purée, horseradish crumb (gf) 350 kcal 8.95
- Deep-fried Brie**, bramble chutney, roasted plum salad (v, gf) 403 kcal 8.95
- Poached and smoked salmon rilette**, apple remoulade, seeded toast 346 kcal 9.95
- Chicken, apricot and tarragon terrine**, piccalilli, vegetable salad (gfa) 238 kcal 9.95
- Wild mushroom, shallot and tarragon suet pudding**, celeriac and truffle purée, red wine jus (vg, gf) 409 kcal 8.45
- Nocellara, Gaeta, Cerignola olives (vg, gf) 222 kcal 5.95 Warm breads, oil, balsamic (vg) 558 kcal 6.45
- Maple BBQ chicken wings (gf) 645 kcal 8.45 Venison and cranberry chipolatas (gf) 306 kcal 8.25
- Crispy baby squid with sriracha mayo 500 kcal 8.25 Chickpea hummus, flatbread (vg) 583 kcal 7.5
- Halloumi fries, harissa mayonnaise (v, gf) 703 kcal 7.95 Sweet chilli king prawns, ciabatta 719 kcal 9.25

Light Bites

- Portobello mushroom, chive, bacon and cheddar quiche**, apple, celery, grape salad (gf) 885 kcal 14.25
- Fillet steak sandwich**, Dijon tarragon mayonnaise, balsamic onions, sun blush tomatoes, fries 962 kcal 17.45
- Salmon and smoked haddock fishcake**, chorizo and chick pea stew, poached egg, saffron aioli (gf) 806 kcal 15.45
- Five spiced crispy duck salad**, watermelon, cashew nuts, teriyaki and ginger dressing (gf) 716 kcal 15.95

Mains

- Roast turkey** with traditional accompaniments (gf) 1249 kcal 25.45
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 873 kcal 18.95
- Malaysian salmon and prawn laksa curry**, noodles, pak choi, edamame, coriander 926 kcal 21.95
- Buttercross farm pork and leek sausages**, buttered mash, onion gravy (gf) 946 kcal 17.95
- Pan-fried trout fillet**, Parmentier potatoes, samphire, mussels and herb sauce (gf) 706 kcal 25.95
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1380 kcal 18.95
- Slow-roasted Gressingham duck leg**, thyme and garlic potato terrine, cherry jus (gf) 978 kcal 22.95
- Beer battered fish and chips**, mushy peas, tartare sauce (gf) 1278 kcal 18.95
- Harissa roasted sweet potato, spiced beluga lentils**, coconut labneh, pickled chillis (vg, gf) 623 kcal 17.95
- Seared venison loin, gnocchi galette**, caramelised roast onion, red wine jus (gf) 811 kcal 27.95
- Red pepper and goat's cheese tortellini**, smoked almond romesco, basil dressing (v) 974 kcal 18.95
- Venison, Port, bacon and rosemary pie**, colcannon mash, bourguignon sauce (gf) 1139 kcal 19.95
- Lentil, shallot and celeriac pie**, hasselback potatoes, cranberry, red wine gravy, greens (vg, gf) 1288 kcal 17.95
- Bavette "steak frites"** béarnaise sauce, watercress salad (served pink) (gf) 1350 kcal 25.95
- 8oz dry-aged sirloin steak**, peppercorn sauce, portobello mushroom, tomato, truffle and Parmesan fries (gf) 1319 kcal 33.95

Sides

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| Chunky chips (vg, gf) 535 kcal 5.5 | Garlic bread, cheese (v) 634 kcal 5.95 | Fries (vg, gf) 377 kcal 5.75 |
| Mixed salad (vg, gf) 100 kcal 5.45 | Garlic bread (v) 426 kcal 5.95 | Broccoli, chilli, almonds (v, gf) 291 kcal 6.75 |
| Buttered vegetables (v, gf) 175 kcal 5.45 | Truffle parmesan fries (gf) 450 kcal 6.95 | Onion rings (gf) 289 kcal 5.25 |

pudding & Cheese

Christmas pudding, brandy sauce (v, gf) 743 kcal 8.95

Banoffee crumble cheesecake, bananas, salted caramel sauce 840 kcal 9.25

Blackberry and apple crumble tart, mulled wine syrup, blackcurrant sorbet (vg, gf) 555 kcal 8.75

Black Forest Arctic slice, boozy cherries (v) 467 kcal 8.95

Toasted waffle, orange marmalade ice cream, clementine and dark chocolate sauce (v) 759 kcal 8.95

Triple chocolate brownie, chocolate sauce, vanilla ice cream (v, gf) 899 kcal 8.95

Sticky toffee pudding, toffee sauce, vanilla ice cream (v, gf) 652 kcal 8.75

Cheese, biscuits, quince, carrot and apricot chutney, grapes and celery, select from below (v) 474 kcal

Blacksticks Blue (v, gf) 98 kcal / Brie Plaisir De Roy (v, gf) 104 kcal / Wookey hole cave-aged cheddar (v, gf) 125 kcal /

Tunworth (gf) 94 kcal / Cornish Yarg Wild Garlic (v, gf) 94 kcal

Five cheeses (v) 474 kcal 14.95

Three cheeses (v) 308 kcal 12.95

One cheese (v) 164 kcal 5.95

Cheshire Ice Creams & Sorbets

Choose any of the below for 2.75 per scoop

Chocolate (v, gf) 127 kcal

Vanilla (v, gf) 125 kcal

Strawberry (v, gf) 124 kcal

Cherry (v, gf) 131 kcal

Honeycomb (v, gf) 137 kcal

Salted Caramel (v, gf) 135 kcal

Raspberry Ripple (v, gf) 128 kcal

Coconut (v, gf) 131 kcal

Orange Sorbet (vg, gf) 86 kcal

Cherry Sorbet (vg, gf) 83 kcal

Lemon Sorbet (vg, gf) 74 kcal

Bramley Apple Sorbet (vg) 65 kcal

Passion Fruit Sorbet (vg, gf) 71 kcal

Raspberry Sorbet (vg, gf) 68 kcal

Blackcurrant Sorbet (vg, gf) 68 kcal

Mango Sorbet (vg, gf) 62 kcal

Small Pudding & a Hot Drink

Choose a mini version of our puddings with a hot drink of your choice

Triple chocolate brownie, vanilla ice cream, chocolate sauce (v, gf) 580 kcal 9.25

Sticky toffee pudding, vanilla ice cream (v, gf) 385 kcal 9.25

Coffee & Hot Drinks

All hot drinks are served with a Gluten-Free flapjack

Americano (vg, gf) 4.2

Latte (v, gf) 4.4

Flat white (v, gf) 4.4

Cappuccino (v, gf) 4.4

Espresso (vg, gf) 3.9

Double espresso (vg, gf) 4.2

Hot chocolate (v, gf) 4.7

Irish coffee (v, gf) 8.45

Selection of tea (v, gf) 4.4

Children's Mains

Beef burger, melted cheese, chips, salad 641 kcal 8.95

Beer battered fish goujons, chips and peas (gf) 500 kcal 8.95

Chicken goujons, chips, peas (gf) 746 kcal 8.95

Penne pasta, tomato sauce, cheese (v, gf) 714 kcal 7.45

Children's Puddings

Chocolate brownie, vanilla ice cream (v, gf) 482 kcal 5.95

Sticky toffee pudding, vanilla ice cream (v, gf) 462 kcal 5.95



Additional Menu Information

We always advise you to speak to a member of crew if you have any food allergies or intolerances.

For calories and allergen information please scan this QR or ask a crew member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten; however, as we handle many allergens in our busy kitchens, we therefore cannot guarantee all traces of allergens are completely removed.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.