



The Parrot ~ Daily Menu

~ Wednesday 7th January 2026 ~

Starters & Nibbles

- Leek and potato soup**, warm seeded roll (v, gfa) 592 kcal 8.25
- Deep-fried Brie**, bramble chutney, roasted plum salad (v, gf) 403 kcal 8.95
- Chicken liver pâté**, carrot and apricot chutney, toasted bloomer (gfa) 514 kcal 8.95
- Thai prawn cakes**, Asian dipping sauce, chilli, spring onion salad (gf) 268 kcal 9.95
- Korean fried broccoli**, kimchi, sesame, gotcha ketchup dressing (vg, gf) 201 kcal 8.45
- Potted poached and smoked salmon** with capers, samphire salad, toasted sourdough (gfa) 425 kcal 9.95
- Nocellara, Gaeta, Cerignola olives (vg, gf) 222 kcal 5.95 Warm breads, oil, balsamic (vg) 558 kcal 6.45
- Spicy chorizo, honey, red wine (gf) 618 kcal 7.95 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

- Goats cheese, red pepper, blushed tomato quiche**, crème fraîche new potato salad (v, gf) 829 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

- Braised shoulder of lamb**, minted potato cake, rosemary gravy (gf) 1113 kcal 26.95
- Slow-roasted Gressingham duck leg**, thyme and garlic potato terrine, cherry jus (gf) 978 kcal 22.95
- Honey and thyme glazed goats cheese salad**, chicory, beetroot, sun-dried tomato pesto, toasted pine nuts (gf) 683 kcal 17.95
- 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
- Malaysian salmon and prawn laksa curry**, noodles, pak choi, edamame, coriander 926 kcal 21.95
- Buttermilk fried chicken burger**, pancetta, guacamole, gochujang ketchup, mayo, pickled red onion, fries 1292 kcal 19.95
- Crispy beef salad**, sweet chilli sauce, roasted cashew nuts (gf) 873 kcal 18.95
- Mushroom bourguignon pie**, red wine gravy, sauteed greens (vg, gf) 1059 kcal 16.95
- Red pepper and goat's cheese tortellini**, smoked almond romesco, basil dressing (v) 974 kcal 18.95
- Beef, ale and potato pie**, mash, buttered greens, red wine gravy (gf) 1319 kcal 18.45
- Beer battered fish and chips**, mushy peas, tartare sauce (gf) 1278 kcal 18.95
- Steak burger**, beer onions, grilled pancetta, Monterey Jack, spiced tomato mayonnaise, fries 1380 kcal 18.95
- 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

Bread and butter pudding, vanilla ice cream, apricot sauce (v) 645 kcal 8.95

Tiramisu trifle, espresso, Tia Maria soaked sponge, mascarpone cream (v, gf) 555 kcal 8.95

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

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

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

Black Forest Arctic slice, boozy cherries (v) 467 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

Cherry (v, gf) 131 kcal

Honeycomb (v, gf) 137 kcal

Salted Caramel (v, gf) 135 kcal

Raspberry Ripple (v, gf) 128 kcal

Orange Sorbet (vg, gf) 86 kcal

Cherry Sorbet (vg, gf) 83 kcal

Lemon Sorbet (vg, gf) 74 kcal

Passion Fruit Sorbet (vg, gf) 71 kcal

Raspberry Sorbet (vg, gf) 68 kcal

Blackcurrant Sorbet (vg, gf) 68 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 8.95

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

Please speak to a member of crew if you have any food allergies or intolerances before ordering. 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.

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