The Parrot

Mother's Day Menu

Two courses £34.95, Three courses £41.95

Starters and Nibbles

Parsnip and apple soup, creme fraiche, warm seeded roll (v, gfa) *520 kcal*

King prawn cocktail, buttered seeded bread (gfa) *576 kcal*

Duck fritter, plum sauce, pak choi and radish salad, szechuan pepper crisp (gf) *357 kcal*

Basil panna cotta, heritage tomato salad, gazpacho dressing (vg) *327 kcal*

Baked camembert, truffle honey, walnuts, rosemary, focaccia croutes (v) *846 kcal*

Chicken liver pâté, onion marmalade, toasted bloomer (gfa) *571 kcal*

Crispy panko crusted salmon, pea purée, sauce vierge (gf) *399 kcal*

Mains

All roasts are served with duck fat roast potatoes, seasonal vegetables and gravy

Roast beef (served pink), with Yorkshire pudding (gfa) *1181 kcal*

Roast shoulder of lamb, rosemary red wine gravy (gf) *1468 kcal*

Roast porchetta, (slow roasted belly) sage and apple stuffing, apple sauce *1200 kcal*

Beetroot, spinach and Beluga lentil Wellington, hasselback potatoes, redcurrant and red wine jus (vg) *458 kcal*

Smoked haddock, hake, King prawn and mussel chowder, samphire and chives (gf) *571 kcal*

Cauliflower Milanese, spicy black olive and tomato linguine, garlic oil, rocket (vg) *724 kcal*

Pan fried sea bass, braised fennel, baby potatoes, samphire, fish velouté (gf) *720 kcal*

Slow roasted duck leg, bubble and squeak, peas, broad beans, cavolo nero (gf) *910 kcal*

Sides

Cauliflower cheese (v, gf) *383 kcal* 7.25

Pigs in blankets, gravy (gf) *423 kcal* 8.25

Buttered Mash (v, gf) *287 kcal* 4.45

Puddings

Prosecco and passion fruit trifle, toasted coconut, pineapple crisp (vg, gf) *469 kcal*

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

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

Tiramisu Arctic slice, espresso and Tia Maria syrup (v) *474 kcal*

Apple and cinnamon pie, vanilla custard (v, gf) *499 kcal*

Hot waffle, caramelised banana, salted caramel sauce, honeycomb ice cream (v) *763 kcal*

Selection of British Cheese, spiced apricot chutney, biscuits *528 kcal*

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.

The Parrot - www.theparrotinn.co.uk - 01306 775 790