



The Parrot

Children's Menu Sunday

~ Tuesday 19th May 2026 ~

Starters

- Gordal olives** (vg, gf) 139 kcal 5.95
Red pepper and tomato hummus, flatbread (vg) 504 kcal 6.95
Halloumi fries, tomato relish (v, gf) 554 kcal 7.45
Garlic bread with cheese (v) 314 kcal 3.45
Pigs in blankets, gravy (gf) 423 kcal 8.25

Mains

- Roast beef (served pink)** with Yorkshire pudding (gfa) 696 kcal 14.95
Roast porchetta, pork and apple stuffing, crackling, apple sauce 747 kcal 14.45
Battered fish and chips, peas (gf) 594 kcal 9.95
Chicken goujons, chips, peas (gf) 746 kcal 8.95
Penne pasta, tomato sauce, cheese (v, gf) 714 kcal 8.95

Desserts

- Hot waffle, honeycomb ice cream** (v) 474 kcal 5.95
Chocolate brownie, vanilla ice cream (v, gf) 482 kcal 5.95
Sticky toffee pudding, vanilla ice cream (v, gf) 461 kcal 5.95
Hot chocolate, whipped cream, marshmallows Hot chocolate (v, gf) 299 kcal 4.7 (gf) 471 kcal 5.95

Cheshire Ice Creams & Sorbets

Choose any of the below for 2.95 per scoop

- Chocolate (v, gf) 127 kcal Honeycomb (v, gf) 137 kcal Raspberry Ripple (v, gf) 128 kcal
Strawberry (v, gf) 124 kcal Salted Caramel (v, gf) 135 kcal Vanilla (v, gf) 125 kcal

- Cherry Sorbet (vg, gf) 83 kcal Mango Sorbet (vg, gf) 82 kcal Raspberry Sorbet (vg, gf) 68 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

