



The Parrot

Sunday Childrens Menu

Starters

- Nocellara, Gaeta, Cerignola olives** (vg, gf) 222 kcal 5.95
Chickpea hummus, flatbread (vg) 588 kcal 7.50
Halloumi fries, tomato relish (v, gf) 554 kcal 7.45
Garlic bread with cheese (v) 316 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
Chicken goujons, chips, peas (gf) 746 kcal 8.95
Battered fish and chips, peas (gf) 670 kcal 9.95
Pork and leek sausage, mash, garden peas (gf) 596 kcal 8.95
Penne pasta, tomato sauce, cheese (v, gf) 714 kcal 8.95

Desserts

- Hot waffle, honeycomb ice cream** (v) 475 kcal 5.95
Chocolate brownie, vanilla ice cream (v, gf) 482 kcal 5.95
Sticky toffee pudding, vanilla ice cream (v, gf) 462 kcal 5.95
 Hot chocolate, whipped cream, marshmallows Hot chocolate (v, gf) 299 kcal 4.70
 (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) 62 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

