

The Parrot

DRINK

MON-SAT 11AM-3PM / 6PM-11PM
SUN 11AM-CLOSE

EAT

MON-SAT 12PM-2.30PM / 6PM-8.30PM
SUN 12PM-4.30PM

TAG US



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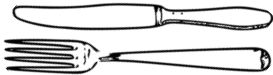
ADNAMS GIN & FEVERTREE TONIC
5.00

GLASS OF PROSECCO
125ML - 4.00

PIMMS AND FRUIT
1/2 PT - 4.50

ELDERFLOWER & GIN COOLER W/ MINT, CUCUMBER & SODA
4.30

MOSCOW MULE
5.30



SMALL BITES

SELECTION OF PUMP STREET BAKERY BREAD.....3.75

BOWL OF MIXED OLIVES.....3.25

TODAY'S SOUP W/ BREAD.....4.95

SUFFOLK CHICKEN AND PISTACHIO SALAD, SUN-BLUSHED TOMATOES, PARMESAN AND TOASTED SUNFLOWER SEEDS.....6.95/10.25

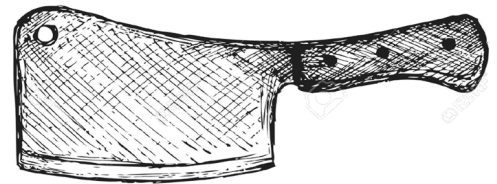
SMOKED MACKEREL FILLET, RED ONION AND CHIVE POTATO SALAD, ROCKET AND LIME.....6.95

SMOKED HAM HOCK AND ASPALL CYDER TERRINE, PICCALILLI, CIABATTA CRISP BREAD.....7.50

SUN-BLUSHED TOMATO, FETA AND OLIVE BRUSHETTA, TOASTED PINE NUTS, BASIL PESTO.....6.95



WE ARE ESPECIALLY PROUD THAT WE MAKE OUR OWN KETCHUP TO OUR UNIQUE RECIPE. I'M SURE YOU'LL AGREE THAT IT IS VERY TASTY INDEED.



GRILL

10^{oz} RIBEYE 20.50

8^{oz} FILLET 23.50

PORK T-BONE 15.50

ALL SERVED W/ OUR SPECIAL SEASONED SKIN-ON FRIES, PESTO BAKED BEEF TOMATO & WATERCRESS

MAINS

BAKED FILLET OF COD, SUMMER GREEN PEAS, SAUTEED POTATOES, LEMON AND CAPER BUTTER.....12.95

SPAGHETTI WITH TOMATO AND BASIL SAUCE, SPINACH AND PARMESAN.....10.50

ROAST CHICKEN BREAST, GREEN BEANS, TARRAGON MASH, WILD MUSHROOM AND MADERIA CREAM SAUCE.....12.75

CHARRED BARNESLEY LAMB CHOP, BROAD BEANS, CHERRY TOMATOES, PARMENTIER POTATOES, MINT SAUCE.....14.95

LOWESTOFT SEA BASS FILLET, CHORIZO, OLIVE AND GREEN BEAN FRICASSE, NEW POTATOES.....14.50

SUMMER VEGETABLE CURRY, CORIANDER BASMATI RICE, BOMBAY POTATOES.....11.50

BEEF, SMOKED DRY CURE BACON & MONTERAY JACK.....11.50

BRATWURST, CRISPY SHALLOTS, MATURE CHEDDAR, SWEETCORN RELISH.....10.75

SPICY CHICKPEA BURGER, RAITHA, CARROT & POMEGRANITE SALSA.....10.50

ALL OF OUR BURGERS ARE SERVED WITH THORPENESS SALAD, COLESLAW AND OUR SPECIAL SEASONED SKIN ON FRIES



CHECK OUR BOARDS FOR TODAY'S SPECIALS



SANDWICHES AVAILABLE AT LUNCH TIMES FROM SPECIALS BOARD



EXTRA TASTY FRIES?
THAT'S BECAUSE WE MAKE OUR VERY OWN SPECIAL SEASONING THAT WE SPRINKLE ALL OF OUR SKIN ON FRIES WITH.

STEAK FRITES

AN 8OZ SALTER AND KING RUMP STEAK, THORPENESS SUMMER SALAD, SPECIAL SEASONED SKIN ON FRIES
16.50

WINGS

SWEET CHILLI, GINGER AND SPRING ONION GLAZED CHICKEN WINGS, SALAD, SKIN ON FRIES
9.95

- # SIDES
- SEASONED SKIN-ON FRIES 3.00
 - GREEN BEANS W/ PESTO 3.00
 - BUTTERED NEW POTATOES 3.00
 - PEPPERCORN SAUCE 2.75
 - BOWL MIXED SALAD 3.00
 - CREAMY COLESLAW 2.50



THE OLD FAVOURITE

HONEY GLAZED, HAND SLICED HAM, FRIED DUCK EGG, SEASONED SKIN ON FRIES
10.50

DESSERTS

- UPSIDE DOWN VANILLA CHEESECAKE, POACHED RHUBARB AND RASPBERRY JELLY
- STICKY DATE PUDDING, HOT TOFFEE SAUCE, VANILLA BEAN ICE CREAM
- DEATH BY CHOCOLATE - DARK CHOCOLATE GANACHE, WHITE CHOCOLATE MOUSSE, CHOCOLATE SAUCE
- TIRAMISU WITH AMARETTO AND ESPRESSO
- STRAWBERRY BAKEWELL, CHERRY SORBET
- ALL 4.95
- SELECTION OF MARYBELLE ICE CREAM 4.50
- SELECTION OF BRITISH CHEESE, CRACKERS, CHUTNEY, GRAPES - 6.95

KIDS

- Smoked ham, fried egg, chips....5.75
- Baked cod, peas and chips ...5.95
- Cheese burger and chips6.50
- Spaghetti with tomato sauce5.95
- Cup of soup and bowl of chips5.25
- 2 Scoops ice cream....4.25

Our food ethos...

We are a small family owned and family operate business, we are proud members of our community and concerned citizens of this country. Our shared values and principles are central to our business and our values often go deeper than simply benefitting the family, but also the wider community in which we operate including projects supporting charities that fit our mission.

Our butcher in Aldeburgh ensures that all of our meat is not only sourced as locally as possible but also of the best quality. Our fish comes directly from the markets in Lowestoft sourced only from sustainable stocks. Our bread is from the famous Pump Street bakery in Orford and delivered fresh on a daily basis. Our greengrocer in Leiston is able to offer some top locally grown produce whilst during the warmer months we have daily deliveries of fruit and veg that has been cut just minutes before it arrives from the local allotment in Thorpeness. It doesn't stop with food - our offering on the bar also boasts some great local names. Aspall not only makes the vinegar you put on your chips but is much better known for its award winning cider. You can't come to Suffolk and not have a pint of Adnams, from Southwold just up the coast.

POST DINNER DRINKS



- CAPPUCCINO....2.50
- LATTE....2.50
- ESPRESSO....1.75
- DOUBLE ESPRESSO....2.25
- AMERICANO....2.25
- LIQUEUR COFFEE....4.50
- POT OF TEA....2.10
- PORT....3.25
- REMY MARTIN....3.50/25ML

