

The Parrot

DRINK

TUE-SAT 11AM-2.30PM/6PM-11PM
SUN 11AM-5PM

EAT

TUE-SAT 12PM-2PM / 6PM-8.30PM
SUN 12PM-2.30PM

TAG US



APERITIF



ST GILES DIVERS EDITION
GIN...57%...6.20

THE PARROT BLOODY
MARY...4.50

ADNAM'S MOSCOW MULE...
5.30

WHISKEY MAC...4.00

CHRIS' GINGER GIN...3.00

ADNAM'S PROSECCO...4.50

SMALL BITES

SELECTION OF TWO MAGPIES

BREAD.....3.95

BOWL OF MIXED OLIVES.....3.50 TODAY'S SOUP W/ BREAD.....5.50

ROAST SHALLOT AND CHERMOULA HOUMOUS, WARM PITTA.....4.50

PAN SEARED SCALLOPS, CAULIFLOWER PUREE, OLOROSO RAISINS, MIZUNA
LEAF.....8.25

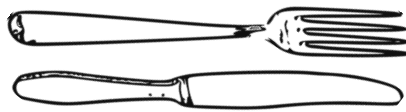
BEETROOT AND KIDNEY BEAN FALAFEL, COCONUT RAITA.....7.25

SLOW BRAISED PIG CHEEK, TOASTED BRIOCHE, MUSTARD CREAM, CRISPY
LEEKS.....7.50

SMOKED CHICKEN, CRISP NOODLES, HAZELNUT AND CUCUMBER SALAD,
SWEET CHILLI DRESSING..... 7.95

BAKED GOATS CHEESE DRIZZLED WITH TRUFFLED HONEY, BLACK PEPPER
CROUTES.....7.25

MAINS



CRISP DUCK LEG, CARAWAY HISPI CABBAGE,
GARLIC POTATOES, PEPPERCORN SAUCE.....14.50

6OZ VENISON BURGER, SMOKED BACON, SUFFOLK
BLUE CHEESE, TOMATO CHUTNEY, CELERIAC
'SLAW, SEASONED FRIES, SALAD.....13.95

10OZ SALTER AND KING RUMP STEAK, SALAD,
SEASONED FRIES.....18.50

ROAST CANNON AND BRAISED BREAST OF LAMB,
SPROUTING BROCCOLI, RAINBOW CARROTS,
FONDANT, REDCURRANT JUS.....15.95

CHECK THE BOARD FOR TODAY'S FISH, SEASONED
FRIES, PEAS AND TARTARE SAUCE.....POA

AUBERGINE AND CHICKPEA CURRY, CAULIFLOWER
RICE, BOMBAY SWEET POTATO, LIME PICKLE.....12.75

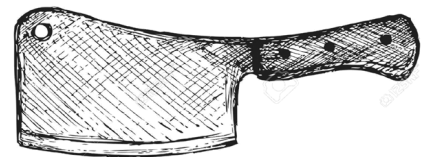
PAN-FRIED STONE BASS FILLET, CHORIZO, BLACK
OLIVES, TOMATO AND GREEN BEAN FRICASEE.13.95

ORZO PRIMAVERA, CREAMED ARTICHOKE HEARTS,
GREEN VEGETABLES, SUN DRIED TOMATO PESTO,
SOY ROASTED PUMPKIN SEEDS.....12.75

STEAKS

CHECK THE CHALK BOARD FOR
TODAYS STEAKS FROM

Salter & King
CRAFT BUTCHER



SIDES

SEASONED SKIN ON FRIES.....3.00

PEPPERCORN SAUCE.....3.00

MIXED WINTER VEG.....3.00

MIXED SALAD.....3.00

BUTTERED NEW POTATOES.....3.00

CELERIAC 'SLAW.....3.00



CHECK OUR BOARDS FOR TODAY'S SPECIALS



DESSERTS

- SELECTION OF MARYBELLE ICE CREAM4.95
- SELECTION OF BRITISH CHEESE, CRACKERS, CHUTNEY, GRAPES ..7.50
- TRY THE CHEESE BOARD WITH SUFFOLK ICED CIDER.... 50ML..... 3.75
- SEVILLE MARMALADE AND BRIOCHE BREAD AND BUTTER PUDDING, VANILLA ICE CREAM.....5.50
- ALMOND AND PINEAPPLE RICE PUDDING, LIME CURD.....5.50
- MILLIONAIRES CHESTNUT TART, HONEY COMB ICE CREAM.....5.75
- POACHED RHUBARB AND STEM GINGER SYLLABUB, LANGUE DE CHAT.....5.50
- AL'S B52 - KAHLUA SPONGE, BAILEYS BAVAROIS, ORANGE JELLY AND CREAM.....5.75

KIDS

- Back bacon, fried egg, chips...6.95
- Orzo, vegetable, tomato pesto...6.50
- Breaded fish, new potatoes, broccoli...7.50
- Cheese 'n' tomato pitta pizza, fries...7.50
- 2 Scoops ice cream...4.25



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.

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 Two Magpies in Aldeburgh 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.

SANDWICHES

- SMOKED CHICKEN, TOMATO MAYO, MIZUNA LEAF
- CORONATION EGG AND CRISP LETTUCE
- FISH FINGER AND TARTARE SAUCE
- ALL 6.95**
- ON TWO MAGPIES GRANARY BREAD
- AVAILABLE AT LUNCH TIMES ONLY

POST DINNER DRINKS



- CAPPUCCINO...2.70
- LATTE...2.70
- ESPRESSO...2.00
- DOUBLE ESPRESSO...2.50
- AMERICANO...2.50
- LIQUEUR COFFEE...5.50
- POT OF LOOSE LEAF TEA...2.50
- TAYLORS PORT...3.25
- REMY MARTIN...3.50/25ML
- TIPSY AFFOGATTO...5.25



tea people  ASK ABOUT OUR RANGE OF LOOSE LEAF TEA FROM THE TEA PEOPLE

WE ALSO HAVE DAIRY FREE MILK ALTERNATIVES AVAILABLE FOR COFFEE AND TEA

EXTRA TASTY FRIES?

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

