

The Parrot

EAT

MONDAY—SATURDAY 12PM-2PM / 6PM-8.30PM SUNDAY 12PM-2.30PM

**TAG
US**



APERITIF

ST GILES DIVERS EDITION
GIN...57%
6.20

THE PARROT BLOODY
MARY
4.50

ADNAMS MOSCOW MULE
5.30

ADNAMS PROSECCO
5.00



SMALL BITES

SELECTION OF PUMP STREET
BREAD.....3.95

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

HARRISA SPICED HOUMOUS, WARM PITTA.....4.50

PAN SEARED SCALLOPS, CRISP PANCETTA, PEA PUREE.....8.50

SPICY BUFFALO CHICKEN WINGS, BLUE CHEESE SAUCE.....7.50

RABBIT, PORK AND SMOKED BACON TERRINE, APPLE AND OLIVE CHUTNEY,
SOURDOUGH CRISP BREAD.....7.50

SAUTEED SQUID, SWEET CHILLI, ROCKET, CRISPY NOODLES.....7.25

ROAST BEETROOT, PUMPKIN SEEDS, VEGAN HALLOUMI, SPINACH.....7.25

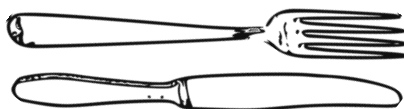
DID YOU KNOW YOU CAN NOW
BUY OUR DELICIOUS KETCHUP
TO TAKE HOME



Feeling Festive?

Ask about our Christmas Prix Fixe menu

MAINS



100Z RIBEYE STEAK, GARLIC FLAT MUSHROOM,
CHERRY TOMATOES, FRIES, SALAD22.95

AL'S CURRIED GOAT, PILAU RICE, SWEET CARROT
CHUTNEY AND FLATBREAD.....14.95

CHARRED CHICKEN BREAST BURGER, CHIPOTLE
MAYO, MONTERAY JACK, FRIES, 'SLAW.....14.75

60Z BEEF BURGER, SMOKED BACK BACON, BLUE
CHEESE, RED PEPPER JAM, 'SLAW, FRIES.....13.95

BAKED COD TAIL, GREEN PEAS, SEASONED FRIES,
TARTARE SAUCE.....14.75

BUTTERNUT SQUASH AND 5 SPICE RISOTTO,
CHESTNUT CRUMB, MIZUNA SALAD.....12.75

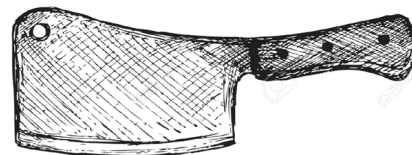
BRAISED SHOULDER OF LAMB, THYME ROASTED
ROOTS, CHAMP MASH, TOMATO JUUS.....14.50

COURGETTE LINGUINE, ROAST PEPPERS, PUMPKIN
SEEDS, SPINACH, TOMATO PESTO.....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

COLESLAW.....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

DEATH BY CHOCOLATE—CHOCOLATE BROWNIE, CHOCOLATE GANACHE, WHITE CHOCOLATE MOUSSE.....5.75

KEY LIME PIE, PASSIONFRUIT CURD.....5.75

WILD BLACKBERRY AND APPLE CHEESECAKE.....5.75

POACHED PEAR, CHOCOLATE SAUCE, HONEY COMB ICE CREAM.....5.75

SEVILLE MARMALADE BRIOCHE BREAD AND BUTTER PUDDING, VANILLA CUSTARD.....5.75

KIDS

Smoked ham, fried egg, chips....6.95

Butternut risotto....6.50

Baked cod, new potatoes, peas...7.50

Cheese burger, 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.

SANDWICHES

SMOKED HAM, TOMATO, BABY LEAF
SUFFOLK CHEDDAR, TOMATO RELISH
FISH FINGER AND TARTARE SAUCE

ALL 6.95

ON PUMP STREET 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



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.



AT THE PARROT WE CONTINUE TO WORK HARD TO MAKE
SURE THAT WE ARE AS SAFE AS POSSIBLE FOR OUR
CUSTOMERS WHEN THEY VISIT AND OUR TEAM WHEN
THEY WORK.

PLEASE ENSURE THAT YOU ADHERE TO OUR GUIDELINES
AND PROCEDURES FOR YOUR OWN SAFETY AND THE
SAFETY OF THOSE AROUND YOU.

WE HAVE A SANITISING STATION IN THE BAR FOR WHEN
YOU ARRIVE.

WE ASK THAT YOU REMAIN SEATED AT YOUR TABLE
DURING YOUR VISIT. IF YOU NEED ANYTHING PLEASE ASK
A MEMBER OF STAFF WHO WILL LOOK AFTER YOU.

EVERYTHING ON YOUR TABLE HAS BEEN SANITISED
INCLUDING THE CHAIR BACKS. THE TEAM WORKS HARD
TO MAKE SURE THAT HIGH TOUCH AREAS SUCH AS DOOR
HANDLES, CREDIT CARD MACHINE, TELEPHONE, BEER
PUMPS AND COFFEE MACHINE ARE ALL SANITISED
REGULARLY THROUGH OUT THE SHIFT.

OUR MENUS ARE SINGLE USE, SO WE WILL LEAVE THEM
ON YOUR TABLES UNTIL YOU HAVE FINISHED YOUR MEAL
THEN THEY ARE DISPOSED OF.