

APERITIF

ST GILES DIVERS EDITION GIN 57%	6.20
THE PARROT BLOODY MARY	4.50
ADNAMS MOSCOW MULE	5.30
WHISKEY MAC	4.00
PIMMS & LEMONADE	5.00
ADNAMS PROSECCO	5.00
APEROL SPRITZ	5.20

NIBBLES

MIXED OLIVES	3.50
SELECTION OF PUMP STREET BREAD	3.95
LEMON AND PAPRIKA HOUMOUS WITH WARM PITTA	4.50
CHARRED SOURDOUGH WITH GARLIC BUTTER	2.95
CHRIS' TASTY NUTS & SEEDS	3.25
KIMCHI TOAST	4.95



SIDES

OUR SEASONED SKIN ON FRIES	3.25	BUTTERED NEW POTATOES	3.00
GARDEN VEGETABLES	3.00	CREAMY COLESLAW	2.75
MIXED GREEN SALAD	3.50	PEPPERCORN SAUCE	3.50

MAIN MEALS

BAKED FILLET OF PLAICE, GARDEN PEAS, SKIN ON FRIES, TARTARE SAUCE	13.50
SLOW COOKED GOAT CURRY, PILAF RICE, FLAT BREAD AND CARROT AND CHILLI PICKLE	13.95
SALTER AND KING BEEF BURGER, SMOKED BACON, MONTERAY JACK CHEDDAR, CHIPOTLE MAYO, BRIOCHE BUN, COLESLAW, SALAD, FRIES	14.25
SEARED SEA TROUT, PRAWN AND CAPER CREAM, SAMPHIRE AND BRAISED FENNEL	17.50
BRAISED DUCK LEG, GREEN BEANS, SAUTEED POTATOES, GREEN PEPPERCORN SAUCE	15.50
BAKED AUBERGINE, VEGETABLE COUS COUS, BROCCOLI, ALMONDS, PIQUANT SAUCE	13.50
LAMB BARNESLEY CHOP, BUTTERED CABBAGE, BOULANGERE POTATOES, MINTED JUS	17.25
RISOTTO PRIMA VERA, WATER CRESS, FETA, SUNFLOWER SEEDS	13.50

STARTERS

AL'S GRAVADLAX, KETA CAVIAR, BLINI, CRÈME FRAICHE, WATERCRESS	7.50
6 HOUR BRAISED PIG CHEEK, CARAMALISED APPLE, CHARRED POTATO	7.95
PAN SEARED SCALLOPS, PEA PUREE, PANCETTA, PEA SHOOTS	8.25
PLEASE ASK A MEMBER OF THE TEAM FOR TODAYS SOUP	5.50
STICKY CHICKEN WINGS WITH SOY, HONEY, SESAME AND SPRING ONIONS	7.25
TURMERIC ROAST CAULIFLOWER, SPINACH, SPRING ONIONS, PANZA SAUCE	6.95
KING PRAWNS WITH GARLIC AND CHIVE BUTTER, WILTING GEM LETTUCE	8.25

CHECK THE CHALK BOARD FOR
TODAYS STEAKS FROM

salter & king
CRAFT BUTCHER

DESSERTS

DEATH BY CHOCOLATE - CHOCOLATE BROWNIE, CHOCOLATE GANACHE,
WHITE CHOCOLATE MOUSSE

6.25

LEMON AND LAVENDAR POSSET, SHORTBREAD BISCUITS

6.25

ORANGE AND LEMON CHEESECAKE, GINGER NUT CRUMB

6.25

WARM STICKY DATE PUDDING, SALTED TOFFEE SAUCE, VANILLA ICE CREAM

6.25

A SELECTION OF EAST ANGLIAN CHEESE, CRACKERS, QUINCE JELLY
AND APPLE

8.50

KIDS

CHEESE BURGER AND FRIES

7.50

BAKED PLAICE, PEAS, FRIES

7.50

CHEESE AND TOMATO FLATBREAD PIZZA

6.95

VEGETABLE RISSOTO

6.95

SANDWICHES

SERVED ON PUMP STREET GRANARY BREAD AT LUNCH
TIMES ONLY

ALL SANDWICHES

7.25

SUFFOLK CHEDDAR, TOMATO AND ONION CHUTNEY
SMOKED BACON, BABY LEAF AND TOMATO
FISH FINGER AND TARTARE SAUCE

CRISPY DUCK TORTILLA WRAP, HOISIN, CUCUMBER
AND SPRING ONIONS

7.75

POST DINNER TIPPLE

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

THE PARROT PUZZLER

JOIN CHRIS EVERY SUNDAY
EVENING ON FACEBOOK AS HE
PUTS YOU THROUGH YOUR
PACES WITH 20 PUB QUIZ
QUESTIONS.

BE SURE TO LIKE US AND
SHARE WITH YOUR FRIENDS.

DID YOU KNOW..

YOU CAN NOW BUY OUR
DELICIOUS HOME MADE
KETCHUP AT THE BAR. ALONG
WITH OUR TASTY CHIP
SEASONING, WHICH GOES
GREAT WHEN ADDED TO SO
MANY THINGS YOU COOK AT
HOME. ASK A MEMBER OF THE
TEAM FOR MORE INFO.

GIFT VOUCHERS ALSO AVAILABLE.

EAT

MON - SAT 12PM - 2PM / 5PM - 7PM

SUN 12PM - 3PM

DRINK

MON - THUR 12PM - 2PM / 5PM - 9PM

FRI & SAT 12PM - 2PM / 5PM - 10PM

SUN 12PM - 5PM

01728 830221 PARROTANDPUNCHBOWL@HOTMAIL.COM



SUNDAY LUNCH

WE OFFER A DELICIOUS ROAST SIRLOIN
OF BEEF EVERY SUNDAY LUNCH.

BOOK YOUR TABLE WITH A MEMBER OF
THE TEAM.

