

APERITIF

ST GILES DIVERS EDITION GIN 57%	6.20
THE PARROT BLOODY MARY	4.50
ADNAMS MOSCOW MULE	5.30
PIMMS & LEMONADE	5.00
ADNAMS PROSECCO	5.00
APEROL SPRITZ	6.00

NIBBLES

MIXED OLIVES	3.50
SELECTION OF PUMP STREET BREAD	3.95
SMOKED GARLIC HOUMOUS WITH WARM PITTA	4.50
CHARRED SOURDOUGH WITH GARLIC BUTTER	2.95
CHRIS' TASTY NUTS & SEEDS	3.25



SIDES

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

BURGER BOX

6OZ BEEF BURGER, SMOKED BACON, MONTERAY JACK, CHIPOTLE MAYO	14.25
BUTTERFLIED SUFFOLK CHICKEN, TOMATO PESTO, MOZZERELLA	14.25
FALAFEL, HALOUMI, CUCUMBER AND MINT TZATZIKI	13.50
<i>ALL SERVED IN A BRIOCHE BUN WITH SALAD AND BEEF TOMATO, COLESLAW AND OUR OWN SEASONED FRIES</i>	

MAIN MEALS

GIN AND DILL CURED SALMON, KETA CAVIAR, TOAST, CRÈME FRAICHE, WATERCRESS	7.50
PAN SEARED SCALLOPS, PEA PUREE, PANCETTA, PEA SHOOTS	8.25
PLEASE ASK A MEMBER OF THE TEAM FOR TODAYS SOUP	5.95
HOT BUFFALO CHICKEN WINGS, BLUE CHEESE AND SOUR CREAM SAUCE	7.25
ROAST BEETROOT, SPINACH, SPRING ONIONS, PICKLED RADISH, PONZU ROASTED PUMPKIN SEEDS	6.95
KING PRAWN SALAD, RED ONION, MANGO AND CHILLI DRESSING	8.25

BAKED FILLET OF COD, GARDEN PEAS, SKIN ON FRIES, TARTARE SAUCE	14.25
SLOW COOKED GOAT CURRY, PILAF RICE, FLAT BREAD AND CARROT AND CHILLI PICKLE	13.95
BAKED WHOLE DOVER SOLE, CAPER AND PARSLEY BUTTER, GREEN BEANS AND NEW POTATOES	21.50
SAUTEED GNOCCHI, CHERRY TOMATOES, SPINACH, GARLIC AND COURGETTE, WATERCRESS	12.95
CRAB AND PEA RISOTTO, LEMON OIL, PEA SHOOTS, PARMESAN	14.95
SALTER AND KING 10OZ RUMP STEAK, BEEF TOMATO, FLAT MUSHROOM, SALAD AND FRIES	17.95
STIR FRIED SINGAPORE NOODLES WITH SUMMER VEGETABLES	12.95

DESSERTS

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

6.25

GOOSEBERRY AND ALMOND TART, VANILLA ICE CREAM

6.25

STRAWBERRY CHEESECAKE, GINGER NUT CRUMB

6.25

COCONUT RICE PUDDING BRULEE, POACHED PEACH AND RASPBERRIES

6.25

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

8.50

SELECTION OF SUFFOLK MEADOW ICE CREAM

4.95

KIDS

CHEESE BURGER AND FRIES

7.50

BAKED COD, PEAS, FRIES

7.50

CHEESE AND TOMATO FLATBREAD PIZZA

6.95

VEGETABLE RISSOTO

6.95

SANDWICHES

SERVED ON GRANARY BREAD AT LUNCH TIMES ONLY

ALL SANDWICHES

7.25

SUFFOLK CHEDDAR AND ONION CHUTNEY
SMOKED HAM, TOMATO AND WHOLE GRAIN MUSTARD
FISH FINGER AND TARTARE SAUCE

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

SUNDAY LUNCH

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

BOOK YOUR TABLE WITH A MEMBER
OF THE TEAM.



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 / 6PM - 8.30PM

SUN 12PM - 2.30PM



DRINK

MON - THUR 12PM - 2PM / 6PM - 10PM

FRI & SAT 12PM - 2PM / 6PM - 10PM

SUN 12PM - 5PM



01728 830221 PARROTANDPUNCHBOWL@HOTMAIL.COM

