

## APERITIF

0% GORDONS GIN & FEVERTREE

5.50

SEEDLIP AND FEVER TREE

5.50

WHITE PEACH BELLINI

6.00

ROSE PROSECCO

5.50

HAIG CLUB ORANGE & GINGER ALE

5.80

TIKI PINEAPPLE RUM & LEMONADE

4.30

## NIBBLES

MIXED OLIVES

3.95

HARVEY AND CO BREADS

4.50

ROAST GARLIC HOUMOUS WITH

WARM PITTA

4.95

CHARRED SOURDOUGH WITH

GARLIC BUTTER

3.50

CHRIS' TASTY NUTS & SEEDS

2.80



## SIDES

OUR SEASONED SKIN ON FRIES

3.50

GARDEN VEGETABLES

3.50

MIXED GREEN SALAD

3.60

BUTTERED NEW POTATOES

3.50

CREAMY COLESLAW

3.00

PEPPERCORN SAUCE

3.80

## MAIN MEALS

BAKED FILLET OF PLAICE, GARDEN PEAS, SKIN ON FRIES, TARTARE SAUCE

16.25

SLOW COOKED GOAT CURRY, PILAF RICE, FLAT BREAD AND CARROT AND

CHILI PICKLE

15.75

VEGETABLE CANNELLONI, ALMOND BECHAMEL, ROCKET SALAD

14.50

PORK TENDERLOIN, POTATO ROSTI, GREEN BEANS, WILD MUSHROOM

SAUCE

17.50

PAN FRIED RED MULLET, BOMBAY POTATOES, SPINACH, SAUCE VIERGE

16.50

SALTER AND KING 10OZ RUMP STEAK, BEEF TOMATO, FLAT MUSHROOM,

SALAD AND FRIES

23.95

LEEK AND CAULIFLOWER TART FINE, SESAME ROAST SPROUTING

BROCCOLI, NEW POTATOES

14.50

BRAISED LAMB SHOULDER, CHORIZO BOULANGIERE POTATOES,

CHANTENAY CARROTS, TOMATO JUS

15.95

6OZ SALTER AND KING BEEF BURGER, SMOKED BACON, MONTERAY JACK,

CHIPOTLE MAYO, PICKLED GHERKIN, BRIOCHE BUN, COLESLAW, SALAD,

SKIN-ON FRIES

15.50

**IF YOU HAVE ANY ALLERGIES OR INTOLERANCES PLEASE MAKE A MEMBER OF THE TEAM AWARE.**

## STARTERS

SMOOTH CHICKEN LIVER PARFAIT, SWEET TOMATO CHUTNEY,  
GRANARY TOAST

8.25

PAN SEARED SCALLOPS, PEA PUREE, PANCETTA, PEA SHOOTS

8.95

PLEASE ASK A MEMBER OF THE TEAM FOR TODAY'S SOUP

6.50

BEETROOT ARANCINI WITH VEGAN FETA, ORANGE MAYO

7.95

HONEY, LEMON AND GINGER CHICKEN WINGS

7.95

SMOKED TROUT RILLETTE, CELERIAC REMOULADE, CRISP BREAD

8.75

## DESSERTS

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

6.85

HAZELNUT BAVAROIS, LANGE DU CHAT

6.85

FISHER'S GIN AND LIME CHEESECAKE, ELDERFLOWER JELLY

6.85

STICKY BANANA CAKE, CARAMEL SAUCE, PLANT BASED ICE CREAM

6.85

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

8.50

SELECTION OF SUFFOLK MEADOW ICE CREAM

5.75

## KIDS

CHEESE BURGER AND FRIES

8.25

BAKED PLAICE, PEAS, FRIES

8.25

CHEESE AND TOMATO FLATBREAD PIZZA, FRIES

7.50

VEGGIE CANNELLONI

7.50

## SANDWICHES

SERVED ON GRANARY BREAD

LUNCH TIMES ONLY

ALL SANDWICHES

7.25

SUFFOLK CHEDDAR AND ONION CHUTNEY

PRAWN AND SWEET CHILI MAYO

SMOKED HAM AND COLESLAW

## POST DINNER TIPPLE

CAPPUCCINO

2.80

LATTE

2.80

ESPRESSO

2.20

DOUBLE ESPRESSO

3.00

AMERICANO

2.65

LIQUEUR COFFEE

6.00

POT OF LOOSE LEAF TEA

2.60

TAYLORS PORT

3.50

REMY MARTIN

3.50/25ML

TIPSY AFFOGATTO

5.65

## 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.

## BOOK THE OUTSIDE INN

THE OUTSIDE INN IS THE  
PERFECT COSY SPOT TO HAVE  
A SPECIAL PARTY OR  
CELEBRATION. WITH SPACE  
FOR UP TO 60 GUESTS WE CAN  
CATER FOR MOST NEEDS.

BOOK FOR 40 GUESTS OR  
MORE FOR EXCLUSIVE USE OF  
THIS AMAZING SPACE.

EMAIL FOR MORE INFO

EAT

MON - SAT 12PM - 2PM / 6PM - 8.30PM

SUN 12PM - 2.30PM

DRINK

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

SUN 12PM - 5PM

01728 830221 PARROTANDPUNCHBOWL@HOTMAIL.COM



## SUNDAY LUNCH

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

£16.25 EVERY SUNDAY

BOOK YOUR TABLE WITH A MEMBER OF THE TEAM.