

APERITIF

APEROL SPRITZ
8.00

ROSE PROSECCO
5.50

WHITE PEACH BELLINI
6.50

SEEDLIP AND FEVERTREE
5.60

ADNAM'S GIN AND ELDERFLOWER
COOLER
6.50

PIMMS AND LEMONADE
7.00

NIBBLES

MIXED OLIVES
4.00

HARVEY AND CO BREADS
4.50

ROAST GARLIC HOUMOUS WITH
WARM PITTA
4.95

CHARRED SOURDOUGH WITH
GARLIC BUTTER
3.75

CHRIS' TASTY NUTS & SEEDS
2.80



SIDES

OUR SEASONED SKIN ON FRIES
3.95

GARDEN VEGETABLES
3.95

MIXED GREEN SALAD
3.95

BUTTERED NEW POTATOES
3.95

CREAMY COLESLAW
4.00

PEPPERCORN SAUCE
4.00

MAIN MEALS

BAKED FILLET OF HADDOCK, GARDEN PEAS, SKIN ON FRIES, TARTARE SAUCE
16.95

SLOW COOKED GOAT CURRY, PILAF RICE, FLAT BREAD AND CARROT AND
CHILI PICKLE
16.25

PAN SEARED TOFU, CHERRY VINE TOMATOES, BLACK OLIVES, COURGETTI,
BASIL PESTO, TOASTED PINE NUTS
15.75

BUTTERFLIED CHICKEN BURGER, CHILLI CHEESE, GUACAMOLE, CORN
COBETTE, BRIOCHE BUN, SALAD, SKIN ON FRIES
16.95

ROAST LEMON SOLE, CHARRED COURGETTE, WATERCRESS,
NEW POTATOES, ROMANESCO SAUCE
18.50

SALTER AND KING 10OZ RUMP STEAK, BEEF TOMATO, FLAT MUSHROOM,
SALAD AND FRIES
23.95

SPICED FALAFEL BURGER, HALLOUMI, TZATZIKI, BRIOCHE BUN,
COLESLAW, SALAD, SKIN ON FRIES
15.95

BARNESLEY LAMB CHOP, ROSEMARY PEARL BARLEY, RUNNER BEANS, PEA
AND SPINACH FRICASSEE
18.95

6OZ SALTER AND KING BEEF BURGER, SMOKED BACON, MONTERAY JACK,
CHIPOTLE MAYO, PICKLED GHERKIN, BRIOCHE BUN, COLESLAW, SALAD,
SKIN-ON FRIES
16.50

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

STARTERS

SMOKED CHICKEN, BRAISED SULTANAS, CORONATION DRESSING
8.25

PAN SEARED SCALLOPS, PEA PUREE, PANCETTA, PEA SHOOTS
9.50

PLEASE ASK A MEMBER OF THE TEAM FOR TODAY'S SOUP
6.50

CHARRED VEGETABLE TERRINE, TORTILLA CRISPS, MICRO HERBS
7.95

STICKY PORK BELLY, ROAST PINEAPPLE AND RED PEPPER
8.50

SMOKED CREVETTES, SWEET CHILLI MAYO, PICKLED RED ONION
9.25

DESSERTS

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

6.85

ALMOND MILK PANNACOTTA, STRAWBERRY CRUMBLE

6.85

POACHED PEACH UPSIDE DOWN CAKE, MACERATED RASPBERRIES,
VANILLA ICE CREAM

6.85

BLUEBERRY CHEESECAKE, GINGERNUT CRUMB

6.85

A SELECTION OF EAST ANGLIAN CHEESE, CRACKERS, RED ONION
MARMALADE AND GRAPES

8.50

SELECTION OF SUFFOLK MEADOW ICE CREAM

5.75

KIDS

CHEESE BURGER AND FRIES

8.50

BAKED HADDOCK, PEAS, FRIES

8.95

CHEESE AND TOMATO FLATBREAD PIZZA, FRIES

7.75

5OZ RUMP STEAK, MUSHROOM, FRIES

10.50

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

2.90

LATTE

2.90

ESPRESSO

2.40

DOUBLE ESPRESSO

3.00

AMERICANO

2.70

LIQUEUR COFFEE

6.00

POT OF LOOSE LEAF TEA

2.70

TAYLORS PORT

3.70

REMY MARTIN

4.90/25ML

TIPSY AFFOGATTO

7.75

THE PARROT PUZZLER

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

SUBSCRIBE TO THE PARROT
PUZZLER YOUTUBE CHANNEL.

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

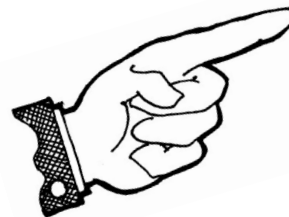
SUN 12PM - 2.30PM

DRINK

MON - SAT 12PM - 10PM

SUN 12PM - 5PM

01728 830221 PARROTANDPUNCHBOWL@HOTMAIL.COM



SUNDAY LUNCH

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

£17.25 EVERY SUNDAY

BOOK YOUR TABLE WITH A MEMBER OF THE TEAM.