


## APERITIF

APEROL SPRITZ  
8.25 

ROSE PROSECCO  
5.65 

WHITE PEACH BELLINI  
6.50 


SEEDLIP AND FEVERTREE  
5.60 


ADNAM'S GIN AND BLACKCURRANT  
FIZZ   
7.00

EAST COAST VODKA & BIG TOM  
6.50 


## 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 



ASK ABOUT  
OUR CHRISTMAS  
PARTY MENU  
AND FESTIVE  
EVENTS

## 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

ROAST FILLET OF COD, GREEN BEANS, LEMON AND CAPER CREAM,  
NEW POTATOES  
18.50


SLOW COOKED GOAT CURRY, PILAF RICE, FLAT BREAD AND CARROT AND  
CHILI PICKLE  
17.25

SQUASH, CHICKPEA AND POMEGRANATE TAGINE, SWEET PICKLED  
VEGETABLES, SPICED BULGAR WHEAT   
15.95

ROAST LAMB RUMP, TENDERSTEM BROCCOLI, WHITE BEANS AND TRUFFLE,  
BRAISED POTATOES  
18.95

SALMON, MUSSEL AND CLAM LINGUINE, SPINACH, CHILI AND PRESERVED  
LEMON  
16.95

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

BETROOT AND SHALLOT RISOTTO, SHREDDED KALE, PLANT BASED FETA  
15.95 

SUFFOLK PORK LOIN STEAK, SAVOY CABBAGE, BLACK PUDDING MASH,  
APPLE PUREE, MUSTARD GRAVY  
17.95

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. WE MAY BE ABLE TO MAKE  
SUBSTITUTIONS FOR CERTAIN ALLERGIES SO PLEASE DO ASK.**

## STARTERS

SEARED WOOD PIGEON BREAST, BRAISED RED CABBAGE, PARSNIP CRISPS  
8.50

PAN SEARED SCALLOPS, PEA PUREE, PANCETTA, PEA SHOOTS  
9.75

PLEASE ASK A MEMBER OF THE TEAM FOR TODAYS SOUP  
6.50

SPICED VEGETABLE SAMOSA, SMOKED AUBERGINE PUREE  
7.95 

PRESSED HAM HOCK TERRINE, PICCALILLI, TOAST  
8.25

HOT SMOKED SALMON PATE, PICKLED BEETROOT RELISH, BLACK PEPPER  
CROUTES  
8.75


## DESSERTS

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

7.45

VANILLA CRÈME BRULEE, APPLE AND BLACKBERRY COMPOTE,  
SHORTBREAD BISCUIT

7.45

STICKY GINGERBREAD TOFFEE PUDDING, TOFFEE SAUCE, PLANT BASED  
VANILLA ICE CREAM 

7.45

PEAR AND FRANGIPANE TART, CARDAMON CUSTARD

7.45

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

9.50

SELECTION OF SUFFOLK MEADOW ICE CREAM AND SORBET

5.95

## KIDS

CHEESE BURGER AND FRIES

8.50

BAKED COD, 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

7.75

SUFFOLK CHEDDAR AND ONION CHUTNEY

PRAWN AND SWEET CHILI MAYO

SMOKED HAM AND COLESLAW

## POST DINNER TIPPLE

CAPPUCCINO

3.20

LATTE

3.20

ESPRESSO

2.40

DOUBLE ESPRESSO

3.00

AMERICANO

3.00



GO FOR PLANT BASED MILK AND  
SAVE 30P ON YOUR COFFEE

LIQUEUR COFFEE

6.50

POT OF LOOSE LEAF TEA

3.00

TAYLORS PORT

3.70

REMY MARTIN

4.90/25ML

TIPSY AFFOGATTO

8.00

## 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

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

SUN 12PM - 2.30PM



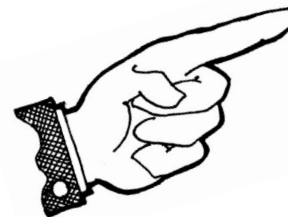
DRINK

TUE - SAT 12PM - 2.30PM / 6PM - 10PM

SUN 12PM - 5PM



01728 830221 PARROTANDPUNCHBOWL@HOTMAIL.COM



## SUNDAY LUNCH

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

£17.50 EVERY SUNDAY

BOOK YOUR TABLE WITH A MEMBER OF THE TEAM.