

APERITIF

MULLED WINE
6.50 

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 

STARTERS

HONEY GLAZED CHICKEN WINGS, LEMON AND PAPRIKA MAYO
8.50

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

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

SPICED VEGETABLE SAMOSA, SMOKED AUBERGINE PUREE
7.95 


CHICKEN LIVER AND BRANDY PARFAIT, BURNT ORANGE CHUTNEY,
GRANARY TOAST
8.25

THAI STYLE FISHCAKE, PICKLED CARROT, MIZUNA LEAF AND LIME
8.75

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 




THE PARROT

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

BAKED PLAICE FILLET, PEAS, SEASONED FRIES, TARTARE SAUCE AND LEMON
17.50


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

CATALAN VEGETABLE STEW, LEMON COUS COUS AND PICKLED MUSHROOM
15.95 

COQ AU VIN WITH SMOKED BACON, MUSHROOMS AND SILVER SKIN ONIONS,
TENDERSTEM BROCCOLI, MASHED POTATOES
16.95

HAKE FILLET, COCKLE AND KALE CREAM, THICK CUT CRISPS
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 

CONFIT DUCK LEG, ROAST FIG, BUTTERED GREEN BEANS,
FONDANT POTATOES, JUS
17.95

6OZ SALTER AND KING BEEF BURGER, SMOKED BACON, MONTERAY JACK,
CHIPOTLE MAYO, PICKLED GHERKIN, BRIOCHE BUN, COLESLAW, SALAD,
SKIN-ON FRIES
16.95

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 ASK.

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.

DESSERTS

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

7.45

SPICED SATSUMA CHEESECAKE, GINGERNUT CRUMB

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 PLAICE, PEAS, FRIES

8.95

CHEESE AND TOMATO FLATBREAD PIZZA, FRIES

7.75

5OZ RUMP STEAK, MUSHROOM, FRIES

10.50

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



LIQUEUR COFFEE

IRISH COFFEE - JAMESONS 6.50

KENTUCKY COFFEE - KNOB CREEK, KAHULA 8.00

JAMACIAN COFFEE - TIA MARIA, DARK RUM 8.00

SEVILLE COFFEE - COINTREAU 6.50

SHIN SHIN COFFEE - SPICED RUM 6.50

RUSSIAN COFFEE - ADNAMS VODKA 6.50

POST DINNER TIPPLE

CAPPUCCINO

3.20

LATTE

3.20

ESPRESSO

2.40

DOUBLE ESPRESSO

3.00

AMERICANO

3.00



HOTCHOCOLATE, CREAM,

MARSHAMALLOWS

4.75

POT OF LOOSE LEAF TEA

3.00

TAYLORS PORT

3.70

TIPSY AFFOGATTO

8.00

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

SANDWICHES

SERVED ON GRANARY BREAD

LUNCH TIMES ONLY

ALL SANDWICHES

8.25

SUFFOLK CHEDDAR AND ONION CHUTNEY

SMOKED SALMON AND CREAM CHEESE

SMOKED BACON, BRIE AND CRANBERRY

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

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.

