## The Parson Woodforde Specials Menu 01603 881675

## **Starters**

**Sharing Antipasti** of roasted peppers, green beans, mixed olives, hummus, char grilled asparagus, sun dried tomatoes, baby mozzarella balls & warm focaccia £12.95

**Boudin Noir Aux Pommes** black pudding with caramelised apple, pancetta & frisée topped with a poached egg £7.25

Salad of marinated beetroot, caramelised onion, grilled goats' cheese & rocket £6.95

## **Mains**

**Succulent Fillet of Venison** served medium rare with a broccoli & Stilton purée fondant potato, sautéed girolles & a thyme & red wine jus £17.95

**Lobster & King Prawn Saffron Spaghetti** homemade pasta with char grilled asparagus & baby spinach in a creamy tomato sauce £15.95

**Poached Rolled Plaice Fillets** stuffed with pea & artichoke purée, Jersey Royal potato cake sautéed samphire, Parma ham crisp, red wine jus £15.95

**Lamb Navarin** a speciality dish from the French Pyrenees of tender braised neck fillet with wild garlic mash, green beans & rich red wine sauce £16.95

**Local Duck Breast** roasted pink, carved on to creamy potato Dauphinoise, with a pancetta baby onion & green peppercorn sauce & honey roasted parsnips £17.95

**Braised Pig's Cheeks** in a rich cider, shallot & thyme jus, with crushed potatoes, ham hock bon bon & apple compôte £16.95

**Pan Roasted Large Skate Wing** with a brown shrimp & caper butter sauce dressed lambs' leaf & skinny fries (450g uncooked weight) £16.95

**Zarzuela** Chef's version of a rich Catalan shell fish stew of crevettes, mussels, almond clams & king prawns\_with potato & white fish, poached in an earthy chorizo, almond, tomato & garlic sauce, served with aiolli & rustic toasts £16.95

**Local Cromer Crab** served over salad with warm buttered baby potatoes, Marie Rose sauce & crusty bread £14.95

**Twice Baked Goats' Cheese Souffle** on a warm courgette, rocket, sun dried tomato & Spanish omelette salad £12.95

**Seafood Platter** of crayfish cocktail, scampi, fish of the day goujons & a marinated medley of octopus, squid, mussels & surimi, with skinny fries & salad £15.95

**Potato Gnocchi** with baby spinach, tender stem broccoli, broad beans & peas, tomato sauce ricotta & pine nuts £12.95

Add chicken & chorizo £3.00

**Fillet Mignon** tenderloin of beef, with your choice of classic sauces, pick either Diane blue cheese, or peppercorn, served with skinny fries & green salad £23.95

**Honey & Miso Glazed Ling (Cod)** with asparagus, radish, spring onion, wild mushrooms & pak choi, served on rice noodles with a ginger & soya broth £14.95

**Food Allergies and Intolerances:** All our dishes are prepared in a kitchen where nuts, cereals containing gluten, and other allergens are prepared, and our menu descriptions do not list all ingredients. If you require any advice about ingredients, please do ask your server before ordering your food. Please note that whilst every care is taken, some game items may contain shot.