



NIBBLES

Olives in garlic, chilli & lemon oil £6.95 [GF]

Olives & feta cheese £8.95 [GF]

Oven baked bread, dipping oil & balsamic glaze
£4.95 [GFA]

Sharing nibbles for 2: oven baked bread, feta,
olives, balsamic glaze & dipping oil £12.95 [GFA]

Dipping meze board: Taramasalata, roasted red
pepper hummus, tzatziki, coriander & garlic
flatbread £10.95

STARTERS

Soup of the day £7.95 [GFA]

Manchego cheese & chorizo ham croquettes,
tomato, olive & smoked paprika sauce £9.95 [GF]

Hot smoked salmon, pickled beetroot,
watercress, horseradish crème fraîche, toast
£10.95 [GFA]

Tempura battered king prawns, soy, sesame,
sweet chilli & ginger dressing, Asian slaw £11.95

Hot black pudding & chorizo scotch egg,
apple purée £10.95

Crispy Korean style BBQ pork belly bites, Asian
salad, pickled pink ginger £9.95 [GF]

Sauté of wild mushrooms & shallots in a rich
confit black garlic butter, toast £8.95 [VE]

Feta cheese & sun-blush tomato salad,
cucumber, red onion, olives & mint,
tomato paprika dressing £9.50 [V]

FROM THE GRILL



8oz ribeye £30 - 8oz sirloin £30 - 6oz fillet £32 - 6oz rump £17.95
6oz flat iron £17.95 (medium only) - 12oz pork T-bone £17.95 - all cooked to your liking
served with basil roast tomato, field mushroom, chunky chips, onion rings & dressed leaf [GFA]

10oz gammon steak, fried egg or pineapple ring, chunky chips, field mushrooms,
basil roast tomato, peas £17.95 [GFA]

Mixed grill: pork loin, gammon, beef steak, lamb chop & pork sausage, field mushroom,
basil roast tomato, chunky chips, fried egg, onion rings, peas £29.95 [GFA]

Add a sauce £3.95 - creamy brandy & peppercorn, blue cheese, white wine garlic butter [GF]

Make it a surf & turf £5.95 - add headless king prawns in garlic butter [GF]

MAIN COURSES

Pan roasted crispy skin corn-fed chicken breast, cheese & bacon dauphinoise,
selection of greens, wild mushroom, white truffle cream sauce £18.95 [GF]

Pork tenderloin stroganoff, shallots, wild mushroom,
brandy paprika cream sauce, jasmine rice £18.95 [GF]

Pan roasted fillet of seabass on kiln smoked salmon, spinach, pea & parmesan risotto £19.95 [GF]

Thai style Panang curry, mild coconut curry, peanuts, fresh chillies & coriander jasmine rice [GF]
Choose: chicken £17.95 - king prawn £20.95 - halloumi £16.95 - vegetable £16.95

Beer battered fish & chips, mushy peas, tartare sauce £17.95

Whole tail Whitby scampi, skinny fries, peas, tartare sauce £17.95

Chefs' fish pie, cod, smoked haddock, salmon & prawns,
creamy white wine, dill & leek sauce, cheddar top, crevette £19.95 [GF]

Grilled butterflied chicken breast, skinny fries, garden peas, house salad £18.45 [GF]
available with white wine & garlic butter sauce or cajun seasoning & tomato salsa

The Parson steak burger, Monterey jack cheese, brioche bun, baby gem, tomato,
red onion, pickle, burger sauce, skinny fries, coleslaw & onion rings £17.95 [GFA]

Crispy chicken breast burger, Monterey jack cheese, brioche bun, baby gem, tomato,
red onion, pickle, burger sauce, skinny fries, coleslaw & onion rings £17.95 [GFA]

Halloumi burger, stacked with field mushrooms & wilted spinach, brioche bun,
skinny fries, salad, coleslaw & onion rings £16.95 [GFA]

Add smoked bacon, garlic mushroom or fried egg to your burger for £1.95

Swannington sausages, creamy mash, caramelised onion gravy,
braised red cabbage, selection of greens £15.95 [GF]

Pan fried calves liver & smoked back bacon, caramelised onion gravy,
creamy mash, braised red cabbage & a selection of greens £17.95 [GF]

SALADS

Hot kiln smoked salmon, prawn salad, warm new potatoes & Marie Rose dressing £17.95 [GF]

6oz flat iron salad (cooked to medium), Binham Blue cheese £17.95 [GF]

Chargrilled classic chicken Caesar salad, anchovies, crisp baby gem & shavings of parmesan £16.95 [GF]

Hot halloumi, pomegranate & orange salad, fresh fruit, quinoa, toasted walnuts £15.95 [VEA] [GF]

VEGETARIAN & VEGAN

Moroccan falafel & sweet potato burger, roasted pepper hummus, brioche bun, baby gem, onion rings, tomato, pickle, sweet potato fries & salad £16.95 [VE]

Spinach, sun-blush tomato, walnut & cream cheese cannelloni pancakes, tomato sauce, mozzarella, salad & garlic bread £16.95 [VE]

Jackfruit & bean chilli, tomato sauce, wrapped in spinach enchiladas, mozzarella, sweet potato fries & salad £16.95 [VE]

LIGHT BITES & SIDES

Salt & pepper squid with & chilli jam £6.95

Halloumi fries & red pepper hummus £5.95

Salt & pepper fries £5.95

Sweet potato fries £4.95

Parmesan fries, truffle mayonnaise £5.95

Skin on fries £4

Chunky chips £4.95

Beer battered onion rings £3

Seasonal vegetables £4

Buttered new potatoes £4

Garlic bread £4.95

Cheesy garlic bread £5.95

Coleslaw £3

WEEKDAY LUNCH

MONDAY - FRIDAY 12 TO 3

STARTERS

Soup of the day, herb croutons [GFA, V]

Crispy fried whitebait, homemade tartare sauce [GF]

Crispy chilli beef, egg noodles, vegetables, sweet chilli sauce

Deep fried brie, Cumberland sauce [GF]

Warm chicken liver salad, honey & mustard dressing [GF]

Welsh rarebit ciabatta, tomato & red onion salsa [GF,V]

MAIN COURSES

Beef brisket lasagne, salad leaf & garlic bread

Smoked chicken macaroni cheese, parmesan crumb [GF]

Classic Shepherd's pie, market vegetables [GF]

Fish of the day, ask your server for today's option

Sausage & mash, market vegetables, onion gravy & crispy onions [GFA]

Gammon ham, egg, chunky chips, peas

Roasted tomato & mediterranean vegetable pasta bake, mixed leaf [V,VEA]

DESSERTS

Jam sponge & custard

Chocolate brownie, vanilla ice cream [GF]

Winter berry mess [GF]

Classic spotted dick & custard

Two scoops of ice cream, choose from vanilla, chocolate, strawberry

ONE COURSE £14.95
TWO COURSES £18.95
THREE COURSES £21.95

CIABATTAS

MONDAY TO SATURDAY 12 - 6

Smoked bacon brie & cranberry

Grilled halloumi, red pepper hummus & sweet chilli jam

Fish goujon, baby gem & tartare sauce

Cumberland sausage & red onion chutney

Grilled chicken Caesar salad

BLT (bacon, lettuce & tomato)

all served with dressed leaf salad & fries £13.95

Flat iron steak, onions & blue cheese £16.95

ALLERGENS

All our dishes are made fresh in our kitchen, please inform your server of any allergies or dietary requirements. Our food is made in an environment where all allergens are present.

GF - GLUTEN FREE
GFA - GLUTEN FREE ADAPTABLE
V - VEGETARIAN
VE - VEGAN
VEA - VEGAN ADAPTABLE

SUNDAY ROASTS

AVAILABLE SUNDAYS 12 - 6

Loin of pork £17.95 | Rump of beef £18.95

Leg of lamb £18.95 | Breast of turkey £17.95

Honey roast gammon £17.95

Lentil nut roast £16.95

Three meat roast £21.95

served with all the trimmings

plus a variety of starters, main courses and desserts

JOIN US 6-9 ON
MONDAY - CURRY NIGHT
WEDNESDAY - STEAK NIGHT

To find out more visit
www.theparsonwoodforde.com