

The Parson Woodforde Menu

Starters

Mixed Olives Marinated in Chilli, Lemon & Garlic with baked ciabatta dipping oil & balsamic syrup £4.95 (gf adaptable)

King Prawn Bruschetta headless king prawns, chilli, spring onion & tomato, on homemade bruschetta laced in garlic butter sauce £11 (gf adaptable)

Chicken Liver, Cognac & Thyme Paté with fig & caramelised onion chutney, salad garnish & House toasts £7.50 (gf adaptable)

Chicken Caesar Croquettes baby gem leaf, smoked anchovies & fresh Parmesan £7.50

Beetroot Carpaccio with roasted cashews, pumpkin & sunflower seeds, horseradish crème fraiche, basil oil & balsamic reduction £7.50 (gf)

Local Cromer Crab Tartlet freshly baked in shortcrust pastry with pickled radish & saffron mayo £8.50

Gin & Beetroot Home Cured Salmon dill crème fraiche, buckwheat blinis, pickled cucumber & capers £9.95

Favourites

Calves Liver & Smoked Bacon char grilled & served on creamy mashed potato caramelized onion gravy & garden peas £14.50 (gf)

Slow Braised Ox Cheek celeriac fondant, buttered kale, shitake mushrooms & a red wine thyme jus £16 (gf)

Soft Pulled Asian Chicken Breast Burger poached with soy, ginger & garlic, served in a toasted brioche with sweet chilli mayo, crispy onions, sweet potato fries, coleslaw & salad £14 (gf adaptable)

Panang Thai Curry rich & creamy with chilli, peanuts & coconut milk, with prawn crackers & basmati rice

Choose Vegetable £12 **Chicken** £15 **King prawns** £17 (gf in all formats)

Sweet Potato Cake with slices of avocado, black bean salsa, topped with poached egg & raita dressing £14

Classic Chicken Caesar Salad of baby gem, chicken breast, bacon lardons & croutons, with Parmesan & anchovy cream dressing, finished with shaved Parmesan £14

From the Char Grill

Butterflied Chicken Breast with salad, skinny fries & peas - choose from white wine garlic butter or Cajun or tomato salsa £12 (gf adaptable)

Yellow Fin Tuna Salad Niçoise - seared loin steak served pink, olives, French beans, potatoes, tomatoes & soft boiled egg, finished with House honey & mustard dressing £16.50 (g/f)

Chef's Hand Pressed 8oz Steak Burger with Monterey jack cheese, skinny fries, coleslaw, onion rings £14
Add bacon or mushrooms £1.50 (gf adaptable)

Black Bean, Roasted Red Pepper & Halloumi Burger served in a toasted brioche bun, with skinny fries coleslaw & onion rings £13

8oz Ribeye or Sirloin Steak cooked to your liking with basil roasted vine tomato, field mushroom, chunky chips, fried onions & dressed watercress £24 (gf adaptable)

Sauces - Choose from Peppercorn, Diane, Red Wine & Stilton or a White Wine & Garlic Butter Sauce all at £3 (all gf)

The Parson's Mixed Grill of 4oz char grilled rump steak, lamb cutlet, gammon steak, chicken breast, pork sausage, lamb's kidney, fried egg, peas, grilled tomato mushroom, fried onions & chunky chips £27 (gf adaptable - Cleveleys' gluten free pork sausages)

From the Sea

Beer Battered Fish & Chips with minted mushy peas, homemade tartare sauce & lemon - please ask for today's fresh fish variety £13

Smoked Haddock Florentine fillet of smoked haddock, poached in creamy spinach sauce, with Cheddar cheese mash & topped with a poached egg £14 (gf)

Pint of Shell On Prawns with a duo of mayonnaise dips - lemon & dill plus sweet chilli, baby gem salad & crusty bread £12.50 (gf adaptable)

Chef's Signature Dish - Mariscarda - Brazilian inspired fish stew, salmon, king prawns, calamari & clams all poached in a saffron, ouzo, chilli, lemon grass mint & orange sauce, served with garlic bread £16.50 (gf adaptable)

Salmon, Cod, Smoked Haddock & Prawn Gratin bound together with leeks & a creamy dill sauce then baked with a Cheddar crumb & served with market vegetables £14 (gf adaptable)

Whole Tail Scampi with homemade tartare sauce, skinny fries, peas, lemon & dressed salad £13

Sample Specials

Pan Fried Fillet of Halibut with sautéed bacon lardons, pearl onions, girolle mushrooms chive mash & a crab beurre blanc £16.95 (gf)

Local Duck Breast roasted until pink, celeriac cream, roasted & pickled heritage beets, orange gel & green peppercorn jus £17.95 (gf)

Roasted Loin of Pork wrapped in Parma ham, pig's cheek bon bon, apple mash, creamed cabbage & cider jus with a black pudding crumb £16.95 (gf adaptable)

Pan Roasted Fillet of Turbot saffron & garlic potato purée, charred asparagus spears, wilted spinach & brown shrimp butter £17.50 (gf)

Halloumi, Chick Pea & Mango Masala Polak tomato based curry with spinach, cardamom, coriander & garam masala, medium heat, with a timbale of basmati rice, poppadom, mango chutney & onion salad £13.95 (gf)

Slow Baked Shoulder of Lamb stripped off the bone, in classic Kleftico sauce of Feta, sundried tomatoes, olives & fresh mint, served with crushed baby potatoes £17.95 (gf)

Desserts

Almond Frangipane Tart caramelised apples, sugared almonds & toffee mascarpone £7

Caramel Panacotta with gingerbread & salted caramel sauce £7 (gf)

White Chocolate & Mascarpone Ravioli fresh raspberries, raspberry sorbet & raspberry glaze £7

Lemon Curd Crème Brulée & a brandy snap honeycomb £7 (gf)

Stem Ginger & Lemon Sticky Toffee Pudding salted caramel ice cream £7 (gf)

Pick & Mix Cheese Board choose three from our fabulous Cheese Truckle Selection – ask for today's varieties, served with crackers, fresh fruit & celery, with fig & caramelised onion chutney £8.95

Selection of Dann's Ice Creams & Sorbets take your pick from vanilla royale, salted caramel wild strawberry or honeycomb icecream or gooseberry & elderflower, raspberry or orange sorbets
1 Scoop £3.95 **2 Scoops** £5.95 **3 Scoops** £6.95 (all gf but no wafer)

For Children

This selection below is aimed at children aged from 2 to 9 - from age 10 upwards we tend to find they eat as well as adults, however, if any of your younger ones would like a child's portion of an adult main course above, we would be pleased to oblige where we can.

Please ask your server, not all dishes are adaptable.

Starters

Cheesy Garlic Bread £1.95 **Juicy Fruit Pieces** £2.50 (gf)

Taco Bites baked flour tortilla, topped with beef Bolognese & glazed Mozzarella £2.95

Mains

Spaghetti Bolognese with cheese £5.95

Cheese Topped Beef Burger & skinny fries £6.00

Sausages & Mash with peas & gravy £6.25 (gf adaptable)

Macaroni Cheese £4.95

Cheese & Tomato Mini Pizza & skinny fries £4.95

Scampi & Chips with peas & salad £ 6.50

Desserts

Dann's Strawberry & Cream Lollie £1.75

Chocolate Brownie £3.50

Chocolate Sundae £3.50

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.