

# 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)

**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)

**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

**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)

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

**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, fish may contain small bones and some game items may contain shot.

## Sample Specials

**The Parson's Steak Guinness & Mushroom Suet Pastry Pudding** with market vegetables, butter roasted baby potatoes, pan gravy £17.95

**Tournedos Rossini - Prime Fillet Steak** cooked to your liking - brioche croute topped with chicken liver paté & a rich Madeira jus field mushroom & a basil baked tomato £30

**Oven Roasted Rump of Lamb** rosemary & garlic Hasselback potatoes, chilli & minted peas, salsa verde, cranberry & bacon jam, red wine reduction £18.95 (g/f)

**Chef's Signature Dish - Mariscarda** a Brazilian inspired fish stew of salmon king prawns calamari & clams all poached in a saffron, ouzo, chilli, lemon grass, tomato, mint & orange sauce served with garlic bread £16.95 (g/f adaptable)

**Breast Of Chicken** poached in a creamy, whisky, dill & smoked salmon sauce, with spears of asparagus & buttered baby potatoes £15.95 (g/f)

**Pan Roasted Fillet Of Sea Trout** Lyonnaise potatoes, sautéed spinach, beetroot purée, Lilliput caper beurre blanc & Parmesan crisp £16.95 (g/f)

**Pork Tenderloin** wrapped in Parma ham, white Stilton mango & ginger fritter, sauté of sweet green cabbage pearl onion & wild mushroom fricassé £16.95 (g/f)

**Thai Green Monkfish & King Prawn Coconut Curry** with saffron Jasmine rice & prawn crackers £17.95 (g/f)

**Pan Roasted Fillet of Wild Turbot** with a saffron broth of green lipped mussels, potatoes, leeks & cockles, finished with a crayfishtail mousse & asparagus spears £17.95 (g/f)

**Confit Duck Leg** with braised red cabbage & sultanas, fondant potato, caramelised orange & a rich thyme jus £15.95 (g/f)

**Desserts** each at £7.00

### Italian Tiramisu

with chocolate sauce, dehydrated raspberries & vanilla ice cream

### French Glazed Lemon Citrus Tart

with white chocolate soil & raspberry sorbet

**Warm Sticky Toffee Pudding** with rich toffee sauce & stem ginger ice cream (gf)

**Classic Morello Cherry Frangipane Tart** with lashings of custard

**Rich Dark Belgian Chocolate Cheesecake** with chocolate shards & pouring cream (gf)

**Steamed Jam Sponge Pudding** with lashings of custard

**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, stem ginger 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

**Danns' Strawberry & Cream Lollie** £1.75

**Chocolate Brownie** £3.50

**Chocolate Sundae** £3.50