

# 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)

**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

**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

**Authentic Beef Balti** of tomato, cumin, cardamom, & garlic served with Chef's onion bhajis poppadom, onion relish, mango chutney & braised saffron Basmati rice £15.95 g/f

**Local Brancaster Mussels** teased open in your choice of sauce

- either Marinière: garlic, white wine & shallots or tomato, chorizo & mascarpone

**Starter** with garlic bread £9.95 **Main** with skinny fries £14.95

**Pan Roasted Fillet of Stone Bass** presented on a Mediterranean influenced stew of chorizo, peppers potatoes & spinach topped with gingered courgette ribbons £16.95 g/f

**Pan Fried Potato Gnocchi** bound in a creamy Roquefort cheese sauce, with butternut squash peas, wild mushrooms & spinach, topped with parsnip crisp & truffle oil £14.95 g/f

**Loin of Venison** marinated in a garlic, rosemary pistou, with terrine of potato Dauphinoise roasted roots & black cherry jus £21.95 g/f

**Greek Style Lamb** slow baked shoulder in a wonderful tomato, ouzo, orange & mint sauce served with a side of patatas bravas £17.95 g/f

**Duo of Wild Rabbit** loin wrapped in Parma ham, roasted until pink & confit leg with a garlic & rosemary potato terrine, buttered Chantenay carrots, black pudding crumble & Cumberland sauce £16.95

**Pot Roasted Half Pheasant** wrapped in streaky bacon, smothered in a Stilton & redcurrant sauce with braised red cabbage & a sweet potato mash, duck fat roasted potatoes & bread sauce £15.95 g/f

**Desserts** each at £7.00

**Italian Tiramisu** with chocolate sauce, dehydrated raspberries & mascarpone berry swirl

**Baileys & White Chocolate Cheesecake** with a deep and rich coffee ice cream

**Double Chocolate & Praline Torte** with dehydrated raspberries, forest fruit coulis & raspberry sorbet

**Salted Caramel, Honeycomb & Chocolate Tart** with forest winter berry compote & honey yogurt

**Coconut & Lime Creme Brulée** with freshly baked shortbread (gf)

**Sticky Toffee Pudding** with toffee pieces & stem ginger ice cream (gf adaptable)

**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

