

The Parson Woodforde Menu

Starters

- Roasted Parsnip, Butternut Squash & Sweet Potato Soup** served with cheddar & rosemary scone (V GF DF adaptable) £7.00
- Honey & Whisky Glazed Belly of Pork** black pudding bon-bon, pea purée & thyme jus (GF adaptable) £8.50
- King Prawn Bruschetta** headless king prawns chilli, spring onion & tomato, on homemade bruschetta, laced in garlic butter sauce (GF adaptable) £11
- White Stilton, Mango & Ginger Cheese Fritters** salad, sweet chilli sauce (GF) £7.95
- Mixed Olives Marinated in Chilli, Garlic & Lemon** with baked ciabatta, dipping oil & balsamic syrup (GF adaptable) £5.95

Mains

- Beer Battered Fish & Chips** with minted mushy peas, homemade tartare sauce & lemon – ask for today's fresh fish variety £14.50
- Whole Tail Scampi** with homemade tartare sauce, skinny fries, peas, lemon & dressed salad £13.50
- Authentic Tikka Masala** served with basmati rice, chutney, onion relish & poppadom (GF)
- Choose Vegetable** £12.95 **Chicken** £15 **King prawns** £17 **Halloumi** £12
- Classic Beef Bourginon** steamed horseradish dumplings, buttered new potatoes & fresh seasonal vegetables £15.95
- Loin of Venison** marinated in a garlic, rosemary pistou, with terrine of potato Dauphinoise, roasted roots & black cherry jus (GF) £21.95
- Greek Style Lamb** slow baked shoulder in a wonderful tomato ouzo, orange & mint sauce, served with a side of patatas bravas (GF) £17.95
- The Parson's Steamed Suet Pastry Pudding** packed with tender braised chunks of steak & mushrooms in a rich Guinness gravy, served with butter roasted potatoes & seasonal vegetables £17.95

From the Char Grill

- Butterflied Chicken Breast** with salad, skinny fries & peas - choose from: **white wine garlic butter sauce** or **Cajun sauce** or **tomato salsa** (GF adaptable) £14
- Falafel Burger with Wilted Spinach & Grilled Halloumi** served in a toasted brioche bun with skinny fries coleslaw & crispy onion rings £13.95 (GF adaptable)
- Chef's Hand Pressed 8oz Steak Burger** with Monterey jack cheese, skinny fries, coleslaw & onion rings £14.50 (GF adaptable) **Add bacon** or **mushrooms** or **egg** £1.50
- Calves Liver & Smoked Bacon** pan fried & served on creamy bubble & squeak mash caramelized onion gravy & garden peas (GF) £14.50
- 8oz Ribeye Steak** cooked to your liking with basil roasted vine tomato, field mushroom, chunky chips fried onions & dressed watercress (GF adaptable) £24
- The Parson's Mixed Grill** of 4oz char grilled rump steak, lamb cutlet, gammon steak, chicken breast, lamb's kidney fried egg, peas, grilled tomato, mushroom, fried onions & chunky chips £28
- Steak Sauces – Choose from Peppercorn or Diane, or Red Wine & Stilton, or a White Wine & Garlic Butter Sauce** (all GF) all at £3

Sides

- Chunky Chips** or **Skinny Fries** or **Seasonal Vegetables** or **Garlic Bread & Cheese** – all at £3 each
- Dressed Mixed Salad** or **Battered Onion Rings** £2.95 each
- Garlic Bread** or **Homemade Coleslaw** coleslaw contains mustard seeds £2.50
- Fresh Baked Ciabatta with butter** £1.95

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

Sample Specials

Duo Of Rabbit confit rabbit leg & loin wrapped in Parma ham with parsnip purée
Dauphinoise potatoes, Chantenay carrots black pudding crumb & redcurrant jus £15.95

Breast Of Guinea Fowl stuffed with chestnut & sage, served with creamy celeriac purée
roasted root vegetables & a white truffle, wild mushroom & spinach cream (GF) £17.95

Cajun Roasted Fillet of Salmon presented on roasted Mediterranean vegetables & baby potatoes
with garlic mayonnaise (GF) £14.95

Moroccan Tagine of chick peas, Mediterranean vegetables & cannellini beans
with roasted garlic, lemon & thyme Israeli cous cous £14.95

Pan Roasted Fillet of Turbot on a sauté of spinach, fennel & sugar snaps, with a Pernod velouté
fennel croquettes & butterflied king prawns (GF) £18.95

Queen Scallop & King Prawn Saffron Tagliatelle bound in a tomato, mascarpone & basil sauce
finished with Parmesan £17.95

Roasted Halibut Fillet topped with a crayfish tail mousse on a sauté of spinach, fennel
& Mange tout crispy straw potatoes & a saffron fish reduction (GF) £17.95

Desserts each at £7.00

After 8.30 Iced Chocolate Indulgence duo of chocolate & mint iced parfaits, chocolate shards
& mint syrup (GF)

Strawberry Jam Sponge with lashings of custard

Dark Chocolate Cheesecake with chocolate & hazelnut ice cream (GF also Vegan adaptable)

Salted Caramel, Honeycomb & Chocolate Torte with salted caramel ice cream

Sticky Toffee Pudding with stem ginger ice cream & toffee sauce (GF adaptable)

Fruits of the Forest Panacotta with raspberry compote & pistachio shortbread (GF)

Selection of Dann's Ice Creams & Sorbets Vanilla Royale, Salted Caramel, Wild Strawberry
Stem Ginger or Honeycomb ice creams

Gooseberry & Elderflower, Raspberry, Spiced Orange, or Prosecco sorbets

Dairy Free Strawberry ice cream

1 Scoop £3.95 2 Scoops £5.95 3 Scoops £6.95

Pick & Mix Cheese Board choose three from our fabulous **Cheese Truckle Selection...**

Blues: Irish Cashel, Roquefort, Cambridge Blue **Soft:** Baron Bigod (creamy Brie) Garlic & Herb Goats
Cheese Pearls, White Stilton Mango & Ginger, Rosary Goats' Cheese & Ash **Hard:** Double Gloucester
with Mustard & Horse Radish, Black Bomber Cheddar Double Gloucester with Red Pepper

& Chilli, Cheddar with Mustard & Ale, Cheddar **Smoked:** Lincolnshire Poacher, Norfolk Dapple

Local: Norfolk White Lady (ewe's milk)

All served with crackers, fresh fruit & celery, with fig & caramelised onion chutney £8.95

For Children

There is a children's menu that 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.

