

# The Parson Woodforde Menu

## Starters

Soup Of The Day 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) £8.95

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 £15.50

Whole Tail Scampi with homemade tartare sauce, skinny fries, peas, lemon & dressed salad £14.50

Authentic Tikka Masala served with basmati rice, chutney, onion relish & poppadom (GF)

Choose Vegetable £12.95 Chicken £15 King prawns £17 Halloumi £13.95

Classic Beef Bourginon steamed horseradish dumplings, buttered new potatoes & fresh seasonal vegetables £16.95

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 £18.95

## 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) £15

Falafel Burger with Wilted Spinach & Grilled Halloumi served in a toasted brioche bun with skinny fries coleslaw & crispy onion rings £14.95 (GF adaptable)

Chef's Hand Pressed 8oz Steak Burger with Monterey jack cheese, skinny fries, coleslaw & onion rings £15.50 (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) £15.50

8oz Chargrilled Ribeye Steak cooked to your liking with basil roasted vine tomato, field mushroom, chunky chips fried onions & dressed watercress (GF adaptable) £25

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

### Suprême of Chicken

crispy skin on breast, set on a broth of wild mushrooms, asparagus, Heirloom carrots & Ratte potatoes finished with a fragrant wild garlic dressing £17.95 (GF)

### Trio of Local Duck

breast cooked till perfectly pink, confit duck lollipop & breadcrumb liver, Dauphinoise potatoes, celeriac purée cider & apple gel, red wine jus £21.95 (GF)

### Roasted Rump of Lamb

served pink with rosemary crust, chilli & mint peas, Parmesan croquettes, salsa verde, vine roasted cherry tomatoes & a red wine jus £22.50

### The Parson's Summer Poach

monkfish, cod cheeks, mussels, calamari & King prawns all poached in a wonderfully vibrant sauce of Ouzo, tomato & orange, saffron, chilli, coconut & mint, with House garlic toasts £18.95 (GF adaptable)

### Chargrilled Swordfish Steak

baked with goats' cheese, timbale of wild rice, spinach, sprouting broccoli & a cherry tomato compôte £17.95 GF

### Peking Duck Pancakes

confit duck leg with oriental pancakes, shredded spring onion, cucumber & Hoi Sin sauce

¼ Duck £12.95 ½ Duck £15.95

## Desserts at £7.50 unless otherwise stated

Stem Ginger Panacotta with Fruits of the forest compôte & dark chocolate sorbet (GF)

Classic Crème Brulée with pistachio shortbread (GF)

Strawberry Jam Sponge with lashings of custard

Dark Chocolate & Raspberry Cheesecake with pouring cream (V & GF adaptable)

Chocolate Dome a crisp shell, filled with honeycomb ice cream, chocolate brownie & Caramac mousse served with a hot salted caramel sauce £8.00

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

Selection of Dann's Ice Creams & Sorbets Choose 1 Scoop £3.95 2 Scoops £5.95 3 Scoops £6.95  
From Vanilla Royale, Salted Caramel, Wild Strawberry, Mint Choc Chip, Rum & Raisin or Honeycomb ice creams  
Raspberry, Spiced Orange, or Dark Chocolate sorbets  
Dairy Free Strawberry ice cream

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

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

All served with crackers, fresh fruit & celery, with fig & caramelised onion chutney £9.50

## 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.