

# The Parrot

## Gluten Free Menu

~ Tuesday 21st September 2021 ~

### Starters and Nibbles

Chicken liver pâté, carrot and apricot chutney, GF seeded toast 6.95

Seared scallops sweetcorn puree and chorizo 12.95

Roasted tomato and red pepper soup with GF bread and butter 5.95

Garlic and chilli King prawns 6.95

BBQ chicken wings 5.75

Warm chorizo sausage, roquito peppers 5.95

Nocellara olives (vg) 3.95

Halloumi fries, tomato salsa 5.95

### Mains

10oz Sirloin, Dijon and tarragon butter, portobello mushrooms, tomato, chips 25.95

Deep fried cod in beer batter, chips, mushy peas, tartare sauce 14.95/10.95

Smoked haddock and salmon fishcakes, tomato and spring onion salad 13.95/10.95

Braised shoulder of lamb, crushed minted new potatoes, rosemary gravy 18.95

Crispy beef salad, sweet chilli sauce, roasted cashew nuts 13.95

Steak and ale pie, mash, buttered greens, red wine gravy 14.95

Smoked salmon, asparagus and spinach quiche, crème fraîche new potatoes, tomatoes, samphire, peashoots 9.95

### Sides

Chunky chips 3.75

Fries 3.75

Buttered vegetables 3.95

Minted buttered new potatoes 3.95

Mixed salad (vg) 3.95

Truffle and parmesan Fries 4.75

### Childrens Menu

Fish fingers, chips and peas 6.95

Tomato and basil pasta, cheese 5.95

Chicken goujons, chips, peas 6.95

5oz rump steak, fries, peas 8.95

Triple chocolate brownie, vanilla ice cream 3.95

We are happy to provide allergen guidelines for all our menu items, for more detailed information or our gluten free menu please speak to a member of the team. We take additional measures when told about allergens but as our food is prepared and freshly cooked to order in our kitchen, we cannot guarantee all traces of allergens and gluten are completely removed. Please ask for our gluten free menu.



## puddings

Triple chocolate brownie, chocolate sauce, vanilla ice cream 6.95

Lemon cheesecake, raspberry sorbet 6.95

Creme brulee with shortbread 6.95

Sticky toffee pudding, toffee sauce, vanilla ice cream 6.95

## Ice Creams and Sorbets

Cheshire Farm ice cream choose three scoops from; 5.85

Cheshire Farm ice cream choose two scoops from; 3.90

Cheshire Farm ice cream choose one scoop from; 1.95

## Coffees and Hot Drinks

Cafetiere of coffee 2.95

Latte 2.95

Flat white 2.95

Americano 2.95

Double Espresso 3.45

Selection of tea 2.70

Hot chocolate 2.95

## Hot Drink with a Small Pudding

Triple chocolate brownie, vanilla ice cream 6.95

# The Parrot

## Gluten Free Menu

With Allergen Information

~ Tuesday 21st September 2021 ~

If you are reading our allergen menu you will probably have an allergy or sensitivity to a particular ingredient.  
Can you please make this clear when ordering food so that we can ensure that the chefs are aware.

Where certain allergens are highlighted the allergen may relate to just one component of the dish, such as bread served with soup for instance, which may easily be substituted or removed. For more information please ask one of our crew.

### Starters and Nibbles

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**Chicken liver pâté**, carrot and apricot chutney, GF seeded toast £6.95

*Contains: Egg, Milk, Sulphur Dioxide*

**Seared scallops** sweetcorn puree and chorizo £12.95

*Contains: Molluscs, Soya, Milk, Sulphur Dioxide*

**Roasted tomato and red pepper soup** with GF bread and butter £5.95

*Contains: Egg, Milk, Celery, Sulphur Dioxide*

**Garlic and chilli King prawns** £6.95

*Contains: Crustaceans, Milk*

**BBQ chicken wings** £5.75

*Contains: Celery, Mustard*

**Warm chorizo sausage**, roquito peppers £5.95

*Contains: Soya, Milk*

**Nocellara olives (vg)** £3.95

**Halloumi fries, tomato salsa** £5.95

*Contains: Milk*

### Mains

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**10oz Sirloin, Dijon and tarragon butter**, portobello mushrooms, tomato, chips £25.95

*Contains: Milk, Mustard, Sulphur Dioxide*

**Deep fried cod in beer batter**, chips, mushy peas, tartare sauce £14.95

*Contains: Egg, Fish, Sulphur Dioxide*

**Smoked haddock and salmon fishcakes**, tomato and spring onion salad £13.95

*Contains: Egg, Fish, Milk, Mustard, Sulphur Dioxide*

**Braised shoulder of lamb**, crushed minted new potatoes, rosemary gravy £18.95

*Contains: Soya, Milk, Celery, Sulphur Dioxide*

**Crispy beef salad**, sweet chilli sauce, roasted cashew nuts £13.95

*Contains: Nuts, Soya, Celery*

**Steak and ale pie**, mash, buttered greens, red wine gravy £14.95

*Contains: Milk, Sulphur Dioxide*

**Smoked salmon, asparagus and spinach quiche**, crème fraîche new potatoes, tomatoes, samphire, peashoots £9.95

*Contains: Egg, Fish, Milk*

## Sides

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Chunky chips £3.75

Fries £3.75

Buttered vegetables £3.95

*Contains: Milk, Sulphur Dioxide*

Minted buttered new potatoes £3.95

*Contains: Milk*

Mixed salad (vg) £3.95

Truffle and parmesan Fries £4.75

*Contains: Milk*

## Childrens Menu

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**Fish fingers**, chips and peas £6.95

*Contains: Egg, Fish, Milk*

**Tomato and basil pasta**, cheese £5.95

*Contains: Milk*

**Chicken goujons**, chips, peas £6.95

*Contains: Egg, Milk*

**5oz rump steak**, fries, peas £8.95

*Contains: Celery, Sulphur Dioxide*

**Triple chocolate brownie, vanilla ice cream** £3.95

*Contains: Egg, Soya, Milk*

## Puddings

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**Triple chocolate brownie**, chocolate sauce, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*

**Lemon cheesecake**, raspberry sorbet £6.95

*Contains: Egg, Milk, Sulphur Dioxide*

**Creme brulee** with shortbread £6.95

*Contains: Egg, Milk, Sulphur Dioxide*

**Sticky toffee pudding**, toffee sauce, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*

## Ice Creams and Sorbets

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**Cheshire Farm ice cream** choose three scoops from; £5.85

*Contains: Milk*

**Cheshire Farm ice cream** choose two scoops from; £3.90

*Contains: Milk*

**Cheshire Farm ice cream** choose one scoop from; £1.95

*Contains: Milk*

## Coffees and Hot Drinks

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**Cafetiere of coffee** £2.95

*Contains: Milk*

**Latte** £2.95

*Contains: Milk*

**Flat white** £2.95

*Contains: Milk*

**Americano** £2.95

*Contains: Milk*

**Double Espresso** £3.45

*Contains: Milk*

**Selection of tea** £2.70

*Contains: Milk*

**Hot chocolate** £2.95

*Contains: Milk*

## Hot Drink with a Small Pudding

Triple chocolate brownie, vanilla ice cream £6.95

*Contains: Egg, Soya, Milk*