

# The Parrot

## Gluten Free Menu

~ Sunday 15th March 2020 ~

Please mention when ordering, any food allergies or intolerances, thanks.

### Starters and Nibbles

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**Charcuterie;** a selection of cured meats, grilled vegetables, chicken liver pate, crispy halloumi batons, apricot & carrot chutney & gluten free toast 19.95

**Tempura sesame tofu** with chilli dressing, pak choi, pickled ginger & watermelon salad (vg) 5.95

**Seared scallops** with sesame pork belly, carrot and ginger puree and wasabi 11.95

**Jerk spiced chicken wings** 5.25

**Crispy Brie with cranberry jam (v)** 4.95

### Mains

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**7oz fillet steak** Portobello mushrooms, peppercorn sauce, tomato & chips. 27.95

**10oz ribeye** with garlic butter, portobello mushroom, tomato & chips 24.95

**Braised shoulder of lamb** with crushed minted new potatoes & rosemary gravy 18.95

**Crispy beef salad** with sweet chilli sauce & roasted cashew nuts 13.95

**Deep-fried cod in beer batter** with chips, mushy peas & tartare sauce 14.25/10.95

**Mushroom Bourguignon pie** with olive oil mash, greens and red wine jus (vg) 12.95

**Pork and leek sausages** with mash, buttered greens and onion gravy 12.75

**Pan fried duck breast** with potato, parsnip, orange, spinach and blackberries 17.95

**Pan roast sea trout** served with a chorizo, king prawn and pea fricasee 16.95

### Sides

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**Green salad with apple dressing** 4.25

**Fries** 3.95

**Chunky chips** 3.95

This menu has been accredited by Coeliac UK.  
Processes and training are in place to ensure that meals on this menu are gluten free. 'Gluten free' describes foods that contain gluten at a level of no more than 20 parts per million (ppm).  
All our food is prepared in a kitchen where other cross contamination risks may occur.  
Full allergen information is available upon request.  
If you have a question, food allergy or intolerance, please let us know before placing your order.



## Lighter Things

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**Serrano ham, Clara goats cheese, walnut & fig salad** with rocket & grain mustard dressing 11.95

**Salmon and smoked haddock fishcake** and poached egg with chive and caper sauce 10.95

**Artichoke, smoked cheese and roasted vegetable quiche** with creme fraiche potato salad 9.95

## Children's Menu

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**Tomato penne pasta with grated cheese** 5.95

**Fish fingers** with chips and peas 6.75

**Chicken goujons** with chips and peas 6.95

## Puddings and Ice Creams

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**Triple chocolate brownie**, chocolate sauce and chocolate ice cream 6.25

**Sticky toffee pudding** with toffee sauce and chocolate ice cream 6.25

**Dairy Ice Cream**; choose three scoops from vanilla, strawberry, chocolate 5.25

Two scoops 3.50

**Sorbet** ; choose three scoops from Coconut, Raspberry, Lemon and Mango 5.25

**Crème brûlée** with gluten free shortbread biscuits 6.25

## Cheese and Oatcakes

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**A selection of six cheeses and chutney to share:** Norbury Blue, Celtic Promise, Clara Goats cheese, Tunworth cheese, Lord London, Winterdale Cheddar 11.95

**Enjoy 3 on your own 6.95 Or "nose" of cheese with 50ml glass of Dows fine tawney port 5.95**

## Hot Drinks

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All drinks are served with **Gluten Free** accompaniment

**Cafetière coffee** 2.95

**Latte** 3.25

**Cappuccino** 2.95

**GF Espresso (single)** 2.85

**Espresso (double)** 3.15

**GF Tea (including herbal)** 2.50

## Coffee and a Small Pudding

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Choose a mini version of our puddings with a tea or coffee of your choice (excluding all liquor coffee)

**Sticky toffee pudding**

**Warm chocolate brownie**



# The Parrot

## Gluten Free Menu

With Allergen Information

~ Sunday 15th March 2020 ~

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

**Charcuterie;** a selection of cured meats, grilled vegetables, chicken liver pate, crispy halloumi batons, apricot & carrot chutney & gluten free toast £19.95

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

**Tempura sesame tofu** with chilli dressing, pak choi, pickled ginger & watermelon salad (vg) £5.95

*Contains: Soya, Sesame, Sulphur Dioxide*

**Seared scallops** with sesame pork belly, carrot and ginger puree and wasabi £11.95

*Contains: Molluscs, Milk, Mustard, Sesame, Sulphur Dioxide*

Jerk spiced chicken wings £5.25

*Contains: Soya, Celery*

Crispy Brie with cranberry jam (v) £4.95

*Contains: Egg, Soya, Milk*

### Mains

**7oz fillet steak** Portobello mushrooms, peppercorn sauce, tomato & chips. £27.95

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

**10oz ribeye** with garlic butter, portobello mushroom, tomato & chips £24.95

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

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

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

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

*Contains: Nuts, Soya*

**Deep-fried cod in beer batter** with chips, mushy peas & tartare sauce £14.25

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

**Mushroom Bourguignon pie** with olive oil mash, greens and red wine jus (vg) £12.95

*Contains: Celery, Sulphur Dioxide*

**Pork and leek sausages** with mash, buttered greens and onion gravy £12.75

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

**Pan fried duck breast** with potato, parsnip, orange, spinach and blackberries £17.95

*Contains: Milk, Celery, Sulphur Dioxide*

**Pan roast sea trout** served with a chorizo, king prawn and pea fricasee £16.95

*Contains: Crustaceans, Fish, Soya, Milk, Sulphur Dioxide*



## Sides

Green salad with apple dressing £4.25

*Contains: Celery, Sulphur Dioxide*

Chunky chips £3.95

Fries £3.95

## Lighter Things

**Serrano ham, Clara goats cheese, walnut & fig salad** with rocket & grain mustard dressing £11.95

*Contains: Nuts, Milk, Mustard*

**Salmon and smoked haddock fishcake** and poached egg with chive and caper sauce £10.95

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

**Artichoke, smoked cheese and roasted vegetable quiche** with creme fraiche potato salad £9.95

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

## Children's Menu

**Tomato penne pasta with grated cheese** £5.95

*Contains: Milk*

**Fish fingers** with chips and peas £6.75

*Contains: Egg, Fish, Milk*

**Chicken goujons** with chips and peas £6.95

*Contains: Egg, Milk*

## Puddings and Ice Creams

**Triple chocolate brownie**, chocolate sauce and chocolate ice cream £6.25

*Contains: Egg, Soya, Milk*

**Sticky toffee pudding** with toffee sauce and chocolate ice cream £6.25

*Contains: Egg, Soya, Milk*

**Dairy Ice Cream**; choose three scoops from vanilla, strawberry, chocolate £5.25

*Contains: Peanuts, Nuts, Soya, Milk*

Two scoops £3.50

*Contains: Peanuts, Nuts, Soya, Milk*

**Sorbet** ; choose three scoops from Coconut, Raspberry, Lemon and Mango £5.25

*Contains: Milk*

**Crème brûlée** with gluten free shortbread biscuits £6.25

*Contains: Egg, Milk*

## Cheese and Oatcakes

**A selection of six cheeses and chutney to share:** Norbury Blue, Celtic Promise, Clara Goats cheese, Tunworth cheese, Lord London, Winterdale Cheddar £11.95

*Contains: Milk, Celery, Sulphur Dioxide*

**Enjoy 3 on your own 6.95 Or "nose" of cheese with 50ml glass of Dows fine tawney port 5.95**



## Hot Drinks

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All drinks are served with Gluten Free accompaniment

Cafetière coffee £2.95

*Contains: Egg, Soya, Milk*

Latte £3.25

*Contains: Egg, Soya, Milk*

Cappuccino £2.95

*Contains: Egg, Soya, Milk*

GF Espresso (single) £2.85

*Contains: Egg, Soya, Milk*

Espresso (double) £3.15

*Contains: Egg, Soya, Milk*

GF Tea (including herbal) £2.50

*Contains: Egg, Soya, Milk*

## Coffee and a Small Pudding

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Choose a mini version of our puddings with a tea or coffee of your choice (excluding all liquor coffee)

**Sticky toffee pudding** £6.95

*Contains: Egg, Soya, Milk*

**Warm chocolate brownie** £6.95

*Contains: Egg, Soya, Milk*

