



Allergens Key	
Vegetarian	V
Vegan	VG
Gluten Free	GF
Dairy Free	DF
Nut Free	NF

Have You Given up the Detox Yet?

Fresh Juices, From Blood Orange to Something a Even More Funky..

Rhubarb Ice Tea 4.00 Non Alc Free 'Three Spirited' Drinks 4.50

All Day Breakfast & Brunch

'Back Door' Smoked Salmon & That Soda Bread 12.50 w/ Eggs 14.50 (NF)

Smashed Avocado & Toasted Lazy Bread.. 7.50 Bit More w/ Eggs? (VG & NF)

The (No Subs) Full Parlour Breakfast 13.75 (NF)

Less Intimidating is the 'Half Nelson' 9.75 (NF)

We also offer a Full VEGGIE or even a Full VEGAN Brekkie 13.75 (NF)

..with Free Reign on the Toast-Your-Own-Yesterday's Whole/GF & VG Bread Station

Sharing Snacks

Chestnut Hummus with Rosemary Pitta Bread 6.50 (VG)

Blue Cheese Custard with Lots of Bits to Dip 8.50 (GF)

Colonel McTucky's Popcorn Chicken Nuggets 6.50 (GF & NF)

Tempus Charcuterie' Salami Made By Our Local Jack Prince 7.50 (DF & NF)

Parlour Favourites

Fish Soup with Prawn(less) Crackers & 'Caviar' 8.00 (NF)

Sea Kale, Lettuce, Blood Orange & Almond Salad 6.00 (VG)

A Beautiful Green Salad of Herbs, Lettuces & a Lemon Dressing 6.50 (VG & NF)

Steak Tartare, Pickled Carrots & Mustard Seeds 9.50/15.50Lg w/Chips (DF & NF)

Duck Liver Profiteroles with Yorkshire Rhubarb 8.50

'Back Door' Smoked Salmon & That Soda Bread 12.50 w/ Eggs 14.50 (NF)

The Chicken Kyiv, Hash Brown & Coleslaw 19.00 (GF & NF)

Desperate Dan's Cow Pie, *with or without..* 18.50 (NF)

Sea Bass with Blood Oranges & Baked Potatoes (GF, DF & NF)

King Oyster Mushrooms, Roasted Red Onion & Crispy Kale 17.00 (VG & NF)

Three-Cheese-Macaroni-Cheese 9.50 (V & NF)

..with Spinach, Mushrooms, Smoked Salmon or Smoked Bacon 10.50

A Beautiful Seasonal Lunch!

Freshly Baked Soda Bread & Lancashire Farmhouse Butter (V & NF)

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Onion & Cheddar Soup with Parsley Oil (V & NF)

Mary's Piggy Fritters with Quince & Chicory (GF & NF)

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Steamed whiting with Jerusalem Artichokes & Hazlenuts (GF & DF)

Pheasant Schnitzel with Potato Salad & Stuffed Lettuce (GF, NF & DF)

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Mrs Kirkham's with Pickled Rhubarb & Homemade Oat Biscuits (V)

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Hot Chocolate Fondant with Chantilly Cream & Biscuit Trimmings (V & NF)

Parlour's Arctic Rolls - Lots of Funky Flavours - *Choose 2* (V)

All dishes can also be ordered separately

2 Courses £15 - 3 Courses £18 - 4 Courses £21

Soda Bread, Cuppa Soup & Salad £5 12-4.30pm Weekdays

A discretionary service charge of 12.5% will be added to food bills

