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

Welcome to Parlour!

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)
Golden Beetroot, Walnuts, Red Onions & Goats' Cheese Salad (V & GF)
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 Fillet with Roasted Vegetables, Pine Nuts & Basil 19.00 (GF & DF)
Roasted Broccoli & Almonds with Raisins, Capers & Red Onion 17.00 (VG & GF)
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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olden Beetroot Soup with Sour Cream & Ruby Beetroot Sorbet (V, GF & N
Parlour Hot Toasted Crumpet with Fresh Crab & Tarragon (V & NF)
~
Smoked Salmon Fish Cake, Wild Garlic & Gem Lettuce (GF & NF)
French Butcher's Steak, Gratin Potatoes & Herb Butter (GF & NF)
~
Leagram Blue with Pickled Rhubarb & Homemade Oat Biscuits (V)
~
Warm Quince & Almond Cake with Strained Yoghurt (V)
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