



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)

Great British Tomato Salad with Samphire, Raspberries & Basil 8.50 (VG, GF & NF)

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

New Season Jolly Farm Asparagus, Boiled Egg & Fried Bread 9.00 (V, GF & 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)

Fillet of Sea Bream with a Dill & Buttermilk Sauce 18.00 (GF & NF)

Grilled Asparagus & Sprouting Broccoli, Almonds, Raisins & Capers 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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Cream of Celery Soup with a Poached Egg (V, GF & NF)

Terrine of Cured Salmon & Seaweed with Spinach & Lemon (DF, GF & NF)

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Breaded Plaice with Peas, Wild Garlic & Grapefruit (DF, GF & NF)

Scrumpy Glazed Pulled Pork with Grilled Sprouting Broccoli (GF & NF)

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Leagram Blue with Carrot Chutney & Homemade Oat Biscuits (V)

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Custard Tart with Strawberries & Elderflowers (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

