



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)

Raw Vegetable 'Ravioli' with Goats' Cheese 8.00/15.00 Large (V, GF & NF)

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

Cold 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*

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## A Beautiful Seasonal Lunch!

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

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White Asparagus Soup with a Boiled Egg & 'Caviar' (V, GF & NF)

Breakfast Radish Salad with Crispy Bacon & Cream Cheese (GF & DF)

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w Cooked Shoulder of Tamworth Pork, Baked Beans & Green Sauce (DF &

Steamed Haddock, New Potatoes, Prawns & a 'Fish Pie' Sauce (GF)

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

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Stewed Gooseberries with Elderflower, Almonds & Ice Cream (V)

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

*All dishes can also be ordered separately*

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

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

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

