



STAY SAFE ~ STAY CLEAN ~ SUPPORT YOUR LOCAL

CALL 020 8969 2184 or Email hello@parlourkensal.com

BUILD A CARE PACKAGE ~ FAVOURITE TREATS

'Back Door' Smoked Salmon & 'That' Soda Bread 12.00

Chestnut Hummus with Rosemary Pitta Bread 6.50 (VGN)

Fish Soup or A Daily Changing VEGAN Soup Half Litre 7.00

Chicken Kyiv - RAW TO COOK 10.00 - THIS COMES ON ITS OWN

THE DESPERATE DAN COW PIE - RAW TO COOK 15.00

10oz Sirloin Steak with Herb Butter! - To Cook at Home 10.00

Turkey Schnitzel with a Posh Egg to Fry - To Cook at Home - 10.00

PARLOUR'S FAVOURITE BREADS!

Loaf of Lazy Bread 5.00 (VGN)

Loaf of GLUTEN FREE Bread 5.00 (Got Egg In It)

LARGE Loaf of Soda Bread 6.00

RAW or COOKED

Hot Crossed Buns Coming Maybe Next Week!

FAMILIAR COOKIES & CAKES!

OMG Crackled Chocolate & Peanut Cookies

Home Made Oaty Salted Butter Hob Nobs - ALL AT 1.50

Loaf of Chef Sal's Famous Ginger Bread 7.00

Oaty Cookie Dough Rolls to Slice & Cook at Home 6.50

DTC's (Dave the Cook's) Salted Caramel Chocolate Rolos 5.00 (9pcs)

PROVISIONS

CHEESE- OLIVE OIL- COFFEE BEANS - YOGHURT - MILK

FLOUR - EGGS - PASTA- VEG BOXES- TOILET PAPER

FRESH SALMON SALMON - SEA BREAM FILLETS

SAUSAGES - BACON - VEGGIE SAUSAGES

FRESH SPINACH - RICE 7 LENTILS - HIGH ENERGY

SOUPS- WHITE SAUCE - BREAD DOUGH

STARTER PICNIC PACKAGE 40.00

SMOKED SALMON, PATES, SALADS, BREADS, CHESTNUT HUMMUS.

SUNDAY ROAST PLATTER for FOUR ish 55.00

EVERYTHING YOU NEED TO MAKE A ROAST for 4 in 10 Mins

[@parlouruk](#) on Twitter, Instagram & Somewhere on Facebook

VOUCHERS ON OUR WEBSITE - T-SHIRTS- TOTE BAGS - COOK BOOKS