



## Winter Vegetable Soup 6

A smooth, spicy vegan parsnip soup made with onion, chilli, ginger and garlic. Served with a homemade coconut yoghurt and cucumber raita (ve, gf)

# Chargrilled Black Angus Sirloin 14

A 5oz sliced, chargrilled prime sirloin, served pink in freshly baked Ciabatta bread with rocket, mustard mayonnaise and chimichurri sauce. Served with a side of fries.

# Roast Suffolk Chicken 11

Add bacon 1. Add avocado 2.

Shredded roast chicken, garlic mayonnaise and baby spinach in freshly baked Ciabatta bread. Served with a side of fries and a portion of rosemary & garlic mayonnaise.

#### Home Made Butternut Squash Burger 11

Butternut squash is slow-baked, then dipped in spiced coconut yoghurt flour and cooked until crisp and golden. Served in a vegan bun with baby gem, gherkin, chilli & lime mayonnaise and smashed avocado. Served with a side of fries (ve)

#### Classic Parsons Green Burger 12

Add caramelised onion & bacon for 2

An 8oz chargrilled aged rib cap and bone marrow patty topped with Cheddar cheese in a soft brioche bun with gem leaves, homemade burger sauce, and pickles. Served with a side of fries.

# Main Match

## Baked Egg Shakshuka 9

Chorizo, red Piquillo pepper, onion, chilli and tomato, baked with spinach and eggs.

Served with bread.

#### Avocado and Poached Eggs 9

Mashed avocado, chilli, shallots, cherry tomatoes and coriander on grilled sourdough bread. Served with two soft-boiled eggs, topped with chives. (v)

# Baked Mac 'n' Cheese (v) 9

Macaroni with homemade four cheese sauce.

# **Butter Chicken Curry 11**

Chargrilled Suffolk chicken thigh in a spicy, rich butter and yoghurt sauce with onion, chilli & ginger, topped with Greek yoghurt and finished with crispy shallots & coriander. Served with cumin rice on the side.

## Welsh Lamb Shank 16

Farm reared Welsh lamb shank, slow braised in lamb stock. Served with roasted carrots and a rich garlic and rosemary mash.

#### Cornish Plaice Goujons 12

Bread crumbed plaice goujons on crushed peas. Served with chips and homemade tartar sauce.

## Aubergine and Chickpea Tagine 11

A classic tagine of aubergine and chickpeas. Served with buckwheat and almond couscous (ve, gf)

#### Parsons Green Fish Pie 14

Smoked haddock, cod and salmon in a parsley and mustard sauce, topped with buttery mash and finished with a brioche, parmesan and chive crust.

If you have a food allergy, intolerance or sensitivity please speak to a member of our team upon placing your order.

Prices include 20% members' discount. Prices are inclusive of VAT



## Baked Beetroot & Quinoa Salad 10

Baked beetroot, shaved candy beetroot dressed in white balsamic vinegar, olive oil, mixed steamed quinoa, pickled beetroot, ruby chard leaves and spinach, finished with toasted hazelnuts and crumbled feta. (v, gf)

## Butternut Squash and Orange Salad 9

A vegan salad of Pumpkin roasted in thyme orange oil, served with caramelised orange segments and kale leaves on a bed of hummus, finished with crispy chickpeas with an orange and maple dressing. (ve, gf)

# Chargrilled Suffolk Chicken and Avocado Salad 11

Sliced chargrilled chicken breast with avocado, gem heart and spring onion with a mustard dressing, finished with chopped chives and Parmesan. (gf)

Side Serve

Skin on Fries 6 (ve, gf)

Roasted Broccoli with Chilli and Garlic 6 (ve, gf)

**Buttery Mashed Potato 6** 

Honey Roasted Carrots and Parsnip 6 (v)

Toasted Ciabatta 2 Sourdough 2

Funior Meals

## Baked Mac 'n' Cheese 5

Macaroni with homemade four cheese sauce.

#### Cornish Plaice Fish Fingers 5

Bread crumbed plaice goujons on crushed peas. Served with chips and homemade tartar sauce.

#### Tomato and Penne Pasta 5

Penne pasta in a freshly made Arrabbiata sauce.

#### **Butter Chicken Curry 5**

Chargrilled Suffolk chicken thigh in a mildly spiced, rich butter and yoghurt sauce with onion, chilli & ginger, topped with Greek yoghurt and finished with crispy shallots & coriander Served with cumin rice on the side.

#### Suffolk Grilled Chicken 5

Farm reared Suffolk chicken. Served chips and salad.

Final Set

# Blackberry and Apple Crumble 6

Served with custard.

#### Chocolate Brownie 6

Served with Jude's ice cream.

Jude's Ice Cream 2

100ml tub

Salted Caramel, Mango Sorbet, Vegan Chocolate (ve), Vanilla.

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