



Less Alcohol? More Vegetables! Reset Time..

**So Lovely to See You & Yours**

**We are Now Selling Our Beautifully Packaged POSH Smoked Salmon TO GO £7.50**

**BRUNCH - LUNCH - Midday Until 4pm!**

### All Day Breakfast & Brunch

**Mushrooms on Toasted Lazy Bread 8.00.. a bit more w/ Eggs?**

**'Back Door' Smoked Salmon & 'That' Soda Bread 15.00 w/ Eggs 16.00**

**The (No Subs) Full Parlour Breakfast 15.50**

**We also offer a Full VEGGIE or even a Full VEGAN Brekkie 15.00**

*.. Full & Half Breakfasts All Include a Toast Basket to Kick Things Off - RIP Toast Station*

### Sharing Snacks & Starters

Chestnut Hummus with Rosemary Pitta Bread 7.50 (VGN)

Whipped Pork Pate with Pickles, Apple Sauce & Crackling 7.00

Potted Goats' Cheese with Medlar Jam, Pumpkin Seeds & Roasted Garlic 7.50

A Beautiful Green Salad of Herbs, Lettuces & Lemon Dressing 7.50 (VGN)

Colonel McTucky's Popcorn Chicken Nuggets 7.00 **Field Mushroom Nuggets 6.00**

Fish Soup with Prawn(less) Crackers & 'Caviar' 8.50 or a Cup with Salad £7

**Vibrant Spinach Soup 7.50 or a Cuppa with Salad £7 (VGN)**

'Back Door' Smoked Salmon & 'That' Soda Bread 15.00 w/ Eggs 16.00

### Main Courses

**THERE IS A £10 LUNCH DISH EVERY WEEKDAY, PLEASE ASK**

Chicken Kyiv with Hash Browns & Coleslaw 22.00

Desperate Dan's Cow Pie, *with or without...* 21.00

Slow Cooked Glazed Shoulder of Lamb with Champ & Mint Sauce 21.50

10oz Short Horn Sirloin Steak, Chips & a Pretty Little Salad 31.50

Glazed Salmon Fillet, Roasted Vegetables with a Lemon Dressing 21.50

Steamed Cod with Lots of Lovely Green Things 23.00

Creamed Spinach Croquettes, Roasted Tomato Sauce 19.50 (GF/VGN)

Redefine 'New Meat' & Portobello Mushroom **Wellington** 19.50 (VGN)

Oven-Baked-Three-Cheese-Macaroni-Cheese 13.50

### A Bit on the Side Perhaps?

Chips, Hash Browns, Mash, a Lovely Side Salad Or Savoy Cabbage

### Puddings/Puds/Afters/Dessert

Or an Irish Coffee to Finish You Off? 7.20

VIP Salted Caramel Hot Chocolate 4.00

A Toasted Marshmallow Wagon Wheel 8.00

Frozen Lemonade - Lots of Flavours 4.50 is it a Pudding or a Drink?

Yorkshire Champagne Rhubarb Crumble with Lashings O' Custard 7.00 (GF/VGN)

Rainbow Jelly, Shortbread & 'Chantilly' 7.00 (VGN)

Sticky Toffee Pudding with Custard, Pouring & Iced Cream (7.50) (VGN)

Bottle of Espresso & a Bowl of Vanilla Ice 'Cream' (Affogato VGN Poss) 5.50

Bringing Back the **Arctic Roll!** 4.00/ Couple o' Slices

*The Classic Arctic Roll & Lots of Other Funky Flavours. Pls Ask*

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

**CHEESE!** Stilton with Chutney, Celery, Today & Yesterday's Bread 6.50

**@parlouruk on Twitter, Instagram & Somewhere on Facebook**

Filtered Peckham Spring Water £0 - Filtered Bottomless **Gazzy** Peckham Spring £2.50

Some of our dishes may contain nuts & may not always specify

Please advise if you have any allergies, we will try & be helpful

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