

PARKLANDS MENU | Served daily from 4.30pm

APPETIZERS

MARINATED OLIVES (VG) 161kcal	£3.00	PRAWN, MANGO & CHILLI COCKTAIL, lime mayonnaise 206kcal	£7.00
HOUMOUS, PITTA CHIPS (V) 616kcal	£3.50		
HOMEMADE SOUP, (V) warm crusty bread 537kcal	£5.50	SPICED CAULIFLOWER FRITTERS, (VG) spiced mango chutney 210kcal	£5.50
LAMB SHISH KEBAB, onion salad, mint yogurt 154kcal	£7.00	BBQ CHICKEN WINGS, sour cream & chive dip 658kcal	£6.00
SOUSED MACKEREL, lightly pickled fillet, beetroot & apple salad, horseradish mayonnaise 306kcal	£6.50	GARLIC MUSHROOMS, cream, herbs, toasted ciabatta (V) 631kcal	£6.50

12.5" STONE BAKED PIZZA

CHICKEN, RED ONION CHUTNEY & BLUE CHEESE (24) 1313kcal	£13.00	MARGHERITA, TOMATO BASE & FRESH BASIL (24) 1508kcal	£11.00
SPICED GROUND BEEF, PEPPERONI, TOMATO SAUCE & JALAPEÑOS (24) 1663kcal	£13.00	WOODLAND MUSHROOM, GOATS' CHEESE, TOMATO SAUCE & THYME (V) (24) 1543kcal	£13.00

MANOR FAVOURITES

BEER BATTERED FISH & CHIPS, chunky chips, mushy peas & tartar sauce 1221kcal	£14.00
GRILLED RIBEYE STEAK, slow cooked tomato, field mushroom, chunky chips & watercress 1080kcal	£26.50
RACK OF BBQ PORK RIBS, house slaw & French fries 1332kcal	£14.50
CHICKEN SALTIMBOCCA, fine green beans, garlic potatoes & lemon butter 640kcal	£14.50
STEAK & ALE PIE, chunky chips, peas & gravy 1952kcal	£14.50
GAMMON & PINEAPPLE, French fries, peas & watercress 967kcal	£14.00
GRILLED FILLET OF SALMON, creamed potatoes, chorizo & garden peas 948kcal	£13.50
CHICKEN & SPINACH CURRY, basmati rice & naan 1463kcal	£14.00
GRILLED MINUTE STEAK, Cherry tomatoes, field mushroom, French fries & watercress 816kcal	£15.50

BURGER, PASTA & SALAD

SIGNATURE BURGER, Monterey jack cheese, smoked bacon, lettuce, tomato, sticky red onion, skinny fries, house slaw 1648kcal	£14.50
GARDEN BURGER, (VG) houmous, tomato, red onion, gem lettuce, skinny fries 779kcal	£11.50
SMOKED CHICKEN & CHORIZO TAGLIATELLE 948kcal	£12.50
TOMATO PROVENCAL PENNE (VG) 857kcal	£13.50
PARKLANDS HOUSE SALAD (VG) Edamame beans, broccoli, spinach & roasted peppers, toasted almonds 401kcal	£10.50
CHOICE OF DRESSINGS Honey & mustard 167kcal, Chilli, soy & lemongrass 73kcal & Balsamic 113kcal	
ADD GRILLED CHICKEN 232kcal	£5.50
ADD GRILLED SALMON 196kcal	£6.50
ADD GRILLED HALLOUMI (V) 413kcal	£6.00
ADD PRAWNS 77kcal	£6.00
ADD MINUTE STEAK 247kcal	£8.50

SIDES & SAUCES

SEASONAL VEGETABLES (VG) 42kcal	CHUNKY CHIPS (VG) 475kcal	FRENCH FRIES (VG) 480kcal
BEER BATTERED ONION RINGS (V) 550kcal	MIXED SALAD (VG) 71kcal	£3.50 PER SIDE
PEPPERCORN 110kcal	BLUE CHEESE 290kcal	CHIMICHURRI 97kcal
		£3.50 PER SAUCE

FOOD ALLERGIES & INTOLERANCES

Before you order your food & drinks please speak to one of our managers if you would like to know about our ingredients; we cannot guarantee that any food or beverage item sold is free from traces of allergens. Our team of chefs are happy to cater for dietary requirements on request.

(V) SUITABLE FOR VEGETARIANS (VG) SUITABLE FOR VEGANS (24) AVAILABLE 24HRS A DAY

Subject to change and availability.