

food menu

for one or more to share

each dish 5.95


- old spot pork sausages w/ roast apple & prunes
- courgette, stilton & walnut mini flatbread w/ yoghurt dressing
- chicken satay w/ peanut sauce & prawn crackers
- roasted butternut squash & goat's cheese w/ butterbeans & rambo radish

each dish 6.95

- orzo pasta salad w/ sun-blushed tomatoes, feta & lemon oil
- salmon ceviche w/ orange, coriander & a hint of chilli
- winter warming vegetable soup w/ tomatoes, barley & crusty bread
- tempura crispy squid w/ ginger & firecracker sauce

each dish 7.95

- prawn lollipops w/ citrus-soy dipping sauce
- skillet of prawns w/ greens, chilli, garlic, lime & crusty bread
- aromatic shredded crispy duck (1/4) w/ pancakes & hoisin sauce
- little italy meatballs w/ alubia blanca, feta & pesto cassoulet

 = skinny, these dishes have 500 or less calories and are based on standard nutritional content. all our burgers are available carb-free. no liability will be taken by the parlour for weight gain!

nibbles

- bread bag**
a selection of flour station bread w/ olive oil, garlic, balsamic vinegar & salted butter..... 5.95
- puglia marinated olives**..... 2.85

flatbread & sharing boards

- mediterranean flatbread**
warm grilled flatbread w/ 3 dips: hummus, tomato & goat's cheese & "caviarsalata"..... 8.25
- autumn fall**
roasted butternut squash, red onion, goat's cheese, spinach & roasted pecans..... 9.95
- the borough market flatbread**
brindisa chorizo, piquillo peppers, rocket & sun-blushed tomatoes..... 10.95
- peking duck flatbread**
crispy duck, hoisin sauce, cucumber ribbons & spring onions..... 9.95
- forager's flatbread**
roasted & pickled mushrooms, spinach, red onion & duck egg..... 10.95
- antipasto board verdi**
chargrilled aubergines, courgettes, artichokes, sun ripened tomatoes, roasted garlic & balsamic vinegar dressing..... 9.55
- antipasto board**
a selection of spanish cured meats: chorizo, lomo, serrano, salchichón..... 9.95
- seafood board**
a generous selection of fresh shellfish from our kitchen & oyster bar (please ask us about the catch of the day)..... 35.95

sandwiches (fingers not forks)

- chicken club**
chargrilled chicken, mayo, tomato, bacon & salad leaves w/ chilli jam..... 5.95
- open veggie & hummus sandwich**
carrot, cress, beetroot, tomato, hummus & guacamole w/ a mini forager salad & balsamic glaze..... 7.25
- open grilled london sausage butty**
w/ sweet onion chutney, roasted tomato, english mustard & cress on sour dough..... 6.95
- steak sandwich**
finely cut scottish beef w/ mustard on ciabatta..... 8.45
- nordic deli sandwich**
henson's salt beef on rye bread w/ mustard & gherkins..... 10.95
- duck club**
w/ fried egg, allen's of mayfair bacon served on fruit & hazelnut bread.... 7.95
- posh fish finger roll**
w/ ketchup & homemade tartare sauce..... 7.25

from the earth (sides)

- spinach..... 3.25
- roasted baby vegetables in winter coats..... 4.95
- rocket & parmesan salad..... 3.50
- mac & cheese w/ creamed leeks..... 4.95
- add crispy bacon 1.50

tatties

- viking fries w/ parsley & anchovy..... 4.25
- cowboy fries w/ honey, chilli & garlic..... 4.25
- potato & sweet potato wedges..... 4.50
- chipped potatoes w/ malt vinegar mayo..... 2.95
- roman fries w/ parmesan, truffle oil & rosemary..... 4.25
- indulge in a trio of fries: roman, cowboy & viking..... 9.95

from the woods & the garden

- crispy duck & noodle salad**
w/ asian vegetables, sesame seeds & hoisin dressing..... 8.95
- forager's salad** w/ beenleigh blue cheese, roasted butternut squash, baby spinach & pumpkin seeds
choose from salmon or chicken..... 9.95
or prawn lollipops..... 10.95
- marinated thai beef salad**
w/ egg noodles, red peppers, spring onions, pak choi, sesame seeds & crispy cabbage..... 9.95
- californian hot smoked salmon salad**
w/ pine nuts, sun-blushed tomato & teriyaki dressing..... 9.95

mains (forks not fingers)


- prawn, mussel & leek tagliatelle** w/ a creamy white wine sauce..... 9.95
- farm reared chicken breast** w/ wild mushrooms, spinach & tarragon jus..... 9.95
- hand beer-battered fish** w/ chips, mushy peas & tartare sauce
choose from haddock..... 9.95
or salmon..... 10.95
- join the 'fish fight campaign' and help us support better fishing rights for all the (big & small) underwater creatures. www.fishfight.net
- mascarpone & mushroom stuffed chicken breast** wrapped in crispy pancetta w/ herbed potatoes..... 9.95
- chargrilled london pork sausages** w/ mashed potatoes & red onion gravy..... 8.95
- fresh market fish & scampi**, fried in a basket w/ chipped potatoes..... 9.95
- indonesian fish curry** w/ fragrant basmati rice..... 9.95
- pumpkin, sage & parmesan risotto**..... 8.95
- braised pork cheeks** w/ apple cider, prunes & creamy mash..... 9.95
- fish pie** w/ potato cheddar crust..... 9.95
- somerset cottage pie** w/ slow cooked venison, bacon & swede mash..... 9.95
- megan's artichoke, yellow patty pan squash, spinach & gruyère pie**
w/ a creamed swede crust..... 9.45
(for every purchase of this pie we will make a 50p contribution on your behalf to hauser bears, a charity committed to the conservation of bears worldwide — see www.theparlourbar.co.uk for more details.)

steak & burger bar

- made using only the freshest ingredients, our burgers and steaks stand out from the crowd. we get our quality scottish beef from england's oldest butchers, allen's of mayfair and our hand-made buns come from the flour station, an award-winning bakery located in borough market.
- beefburger** in a bun w/ pickled coleslaw..... 7.95
 - double cheeseburger** w/ guacamole, pineapple, beetroot, mustard mayo & pickled coleslaw..... 13.95
 - maryland buttermilk chicken burger** w/ pickled coleslaw..... 8.95
 - blue cheese beefburger** w/ pickled coleslaw..... 9.95
 - lamb burger** w/ feta & piquillo peppers & tzatziki..... 9.95
 - lobster po-boy** w/ marie rose sauce, fennel & spring onion salad..... 19.95
 - tuna po-boy** w/ wasabi mayo & pickled shallots..... 15.95
- po'boy/poor-boy/ originated in new orleans during the 1920s & the term refers to a sandwich served in a long roll. often known as the peacemaker sandwich due to its humble beginnings!
- all our burgers are available skinny & carb free. just ask one of our lovely team.**
- add feta..... 1.50
 - add a bowl of chipped potatoes 2.95
 - add crispy bacon & cheese..... 2.55
 - indulge in a trio of fries: roman, cowboy & viking.. 9.95
 - add fried egg..... 1.95
 - add a 2nd beef patty 3.95

- steak 'n' fries, 8oz sirloin**..... 14.95
- rib eye 10oz**..... 18.95
- côte de boeuf 14oz**..... 20.95
- fillet 8oz**..... 24.95
- scottish chateaubriand 16oz** served w/ plum tomatoes, flat mushrooms, onion rings, béarnaise sauce & chipped potatoes. for 2, to share..... 45.00

make it surf 'n' turf by adding half a well-travelled scottish lobster... 12.95

 all our delicious scottish steaks are served with a roasted tomato, flat mushroom, onion rings and chipped potatoes

choose a steak sauce: **peppercorn, béarnaise, blue cheese or diane**..... 2.50

puddings

- chocolate brownie** w/ vanilla bean ice cream..... 4.95
- crème brûlée** w/ white chocolate & raspberries..... 4.95
- salted caramel & roasted plum knickerbocker glory** - (try me i have no calories!)..... 7.95
- blackberry & apple crumble** w/ vanilla custard (wheat free)..... 5.95
- mini pudding shots**
chocolate brownie, white chocolate & raspberry crème brûlée & knickerbocker glory..... 7.95
- new market cheese board**
a selection of british cheeses w/ quince & crackers..... 10.95

the parlour
bar • kitchen • cocktail lounge

the park pavilion 40 canada square park london e14 5fw 0845 468 0100 info@theparlourbar.co.uk



ask any team member about having your party or corporate event with us, or visit www.theparlourbar.co.uk for more information. all menu items are subject to availability, regrettably we cannot guarantee that any of our menu items are free from nuts or that fish dishes are without bones. vat is included in all prices. a discretionary charge of 12.5% will be added to all bills. we care about the environment this menu has been printed using fsc certified 100% recycled paper.

for all our latest offers scan this qr code using your smart phone which will take you straight to our facebook page. if you have an iphone download an app we'd recommend scan. if you have a blackberry go to messenger and click on "scan a group barcode".

