



THE PARLOUR

EAT . DRINK . ENJOY

Starters

- * **Soup of the day (GFO) £7.40** with fresh wheaten bread
- * **Crispy Beer Battered Mushrooms £8.00** salad garnish & garlic mayo
- * **Spicy Chicken Wings £8.00** with chefs own hot sauce
- * **Breaded Brie Wedge £8.00** with red onion & cranberry marmalade
- * **Cheesy Garlic Ciabatta £8.00**

Mains

- 10oz Sirloin (GFO) £29.00**
with onion rings, mushrooms, grilled tomato & choice of side – with gravy or peppered sauce
 - * **Roast Silverside of Beef (GFO) £21.00**
served with chefs vegetables, creamed & roast potatoes, rich roast gravy
 - * **Chicken or Vegetable Curry £19.00**
served with rice, chunky chips or 1/2 & 1/2
 - * **Southern Fried Chicken Goujons £20.00**
served with salad garnish, sweet chilli dip, coleslaw and choice of side
 - Fresh Portavogie Scampi £23.50**
served with peas, tartar sauce and choice of side
 - * **Homemade Lasagne £19.00**
served with Garlic Bread and choice of side
 - * **Chicken Feast (GFO) £21.00**
southern fried chicken breast, topped with bacon, cheese and onion rings served on a bed of champ with peppered sauce
 - * **Lambs Liver, Bacon & Sausage (GFO) £19.00**
served on a bed of champ with onion gravy
 - * **8oz Steak Burger or Southern Fried Chicken Fillet Burger £19.00**
topped with bacon & cheese, lettuce, tomato and onions with a choice of side
 - * **Honeyglazed Gammon (GFO) £20.00**
served with pineapple or fried egg, garden peas and choice of side
 - * **Beer Battered Cod £21.00**
with chunky chips, peas and tartar sauce
 - * **Homemade Pie of the Day £19.00**
served with chefs vegetables & choice of side
 - * **Quorn Vegetarian Burger £17.50**
with lettuce, tomato & onion, served with choice of side
- Ask your server for details on today's specials

Sides

Chunky chips, Skinny fries, Garlic cubes, Sweet chilli cubes and Onion rings (GFO) - Champ, Mash, Vegetables, Rice, Salad and Baked potato

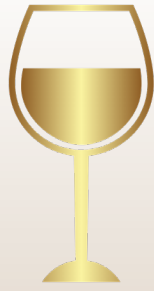
Desserts

- * **Fresh Fruit Pavlova (GFO) £7.50** with fresh cream
- * **Hot Chocolate Fudge Cake £7.50** with fresh cream or vanilla ice cream
- * **Warm Apple and Cinnamon Crumble £7.50** served with fresh cream, vanilla ice cream or custard

* Two Course Special £25

Starter and Main or Main and Dessert on all items marked *

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soy-beans, tree nuts, peanuts, fish, shellfish or wheat. (GFO) Gluten Free Option



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Children's Menu

children under 12 years

Starters

Cheesy Garlic Bread £4.00

Battered Mushrooms £4.00

Mains

Mini Roast Beef Dinner (GFO) £9.00

Burger & Fries £9.00

Chicken Goujons & Fries £9.00

Sausage & Fries £9.00

Pizza & Fries £9.00

Desserts

Ice cream £4.00

Chocolate Fudge Cake (GFO) £4.00

* Two Course Special £25

Starter and Main or Main and Dessert on all items marked *

Light Lunch

Monday - Saturday 12-4pm

Wrap of the Day £9.50

served with fries

Baked Potatoes £9.50

choice of toppings

bacon & cheese

cheese & onion

prawn marie rose

Roast Beef Bap £13.00

served with pepper sauce, onions, mushrooms & fries

Soup of the day & toastie £12.50

choose from

ham and cheese

chicken & cheese

cheese & tomato

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All our food is locally sourced, where possible, from local businesses that take pride in what they do and we continue that pride by cooking and delivering it to you.

Food Service Times:

Monday to Thursday 12pm-8pm

Friday to Saturday 12pm-9pm

Sunday 12pm-7pm

The Parlour Bar and Restaurant

4 Castle Place

Newtownards

BT23 7JF

Tel: 028 9131 1855