



THE PARLOUR

EAT . DRINK . ENJOY

Sunday Menu

Starters

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

Mains

- 10oz Sirloin (GFO) £29.00**
with onion rings, mushrooms, grilled tomato and choice of side – with gravy or peppered sauce
- * **Lambs Liver, Bacon & Sausage (GFO) £19.00**
served on a bed of champ with onion gravy
- * **Southern Fried Chicken Goujons £20.00**
served with salad garnish, sweet chilli dip, coleslaw and choice of side
- * **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
- * **Homemade Lasagne £19.00**
served with Garlic Bread and choice of side
- * **Roast Silverside of Beef (GFO) £21.00**
served with chefs vegetables, creamed and roast potatoes and rich roast gravy
- Fresh Portavogie Scampi £23.50**
served with peas, tartar sauce 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
- * **Beer Battered Cod £21.00**
with chunky chips, peas and tartar sauce
- * **Quorn Vegetarian Burger £17.50**
with lettuce, tomato & onion, served with choice of side

Sides

Chunky chips, skinny fries, garlic cubes, sweet chilli cubes, onion rings
(GFO) - Champ, mash, vegetables, rice, salad, baked potato

* 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, soybeans, tree nuts, peanuts, fish, shellfish or wheat. (GFO) Gluten Free Option



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Desserts

- * **Fresh Fruit Pavlova (GFO) £7.50** with fresh cream
- * **Hot Chocolate Fudge Cake £7.50** with fresh cream or vanilla ice cream
- * **Cheesecake of the week £7.50** with fresh cream or vanilla ice cream

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

Desserts

Ice cream £4.00

Chocolate Fudge Cake (GFO) with fresh cream or vanilla ice cream £4.00

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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