



THE PARLOUR

EAT . DRINK . ENJOY

Starters

* **Soup of the day**
with homemade wheaten bread

* **Battered Mushrooms**
with Garlic Mayo

* **Breaded Brie Wedge**
with red onion and cranberry marmalade

* **Prawn Marie Rose**
with homemade wheaten bread

* **Spicy Chicken Wings**

* **Cheesy Garlic Bread**

ALL £5.95

Mains

* **Roast of the day** £12.95
Creamed & roast potatoes, rich roast gravy and traditional vegetables

* **Pie of the day**
with mash or chips, vegetables and gravy £12.95

* **Grilled Gammon**
topped with pineapple or fried egg, garden peas and choice of side £12.95

* **Chicken Curry**
served with rice or chips £12.95

* **Lasagne**
served with Garlic Bread and choice of side £12.95

* **Chicken Feast**
southern fried chicken breast, topped with bacon, cheese and onion rings. On a bed of champ with peppered sauce £13.95

* **Southern Fried Chicken Goujons**
with sweet chilli sauce and choice of side £12.95

* **8oz Steak Burger**
topped with bacon & cheese, lettuce, tomato and onions. Served with a choice of side £13.95

Peppered Steak Melt
Sliced steak, sautéed onions, mushrooms & peppered sauce, served in a cheesy garlic ciabatta & choice of side £14.95

8oz Sirloin or Ribeye
served with onion rings, mushrooms, grilled tomato & choice of side – with gravy or peppered sauce £17.95

ADD SCAMPI FOR £3.00

Sizzlers

A choice of meat tossed with stir fry mixed vegetables & choice of sauce – BBQ or pepper.
Served on a skillet with choice of side

Chicken £14.95

Beef £14.95

Beef & Bird £15.95

Seafood

* **Fish & Chips £13.95**

Portavogie Scampi
with choice of side £14.95

Catch of the Day (ask server for details)

Vegetarian

Vegetable sizzler

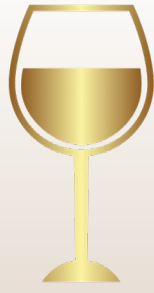
A mix of vegetables served on a skillet with BBQ or pepper sauce and choice of side

* **Quorn Vegetarian Burger**
dressed with lettuce, tomato & onion, served with choice of side

* **Vegan Penne Pasta**
with a garlic & herb marinara sauce and garlic rubbed vegan bread

ALL £11.95

If you have a food allergy, please let your server know before ordering. Full allergen information is available on request.



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Sides - ALL £3.50

Chunky Chips	Side Salad
Sweet Potato Fries	Skinny Fries
Sweet Chilli Cubes	Garlic Cubes
Mash	Salt & Chilli Cubes
Baked Potato	Champ
	Onion Rings

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* Two Course Special

£15.95

Available Sunday – Thursday until 6.30pm on all items marked *

Kids eat free Sunday

1 Child per full paying adult.

FANCY A DESSERT?

Ask your server for details on today's selection

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

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Tel: 028 9181 4154