



# 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

## Mains

\* **Roast of the day** £11.95  
Creamed & roast potatoes, rich roast gravy and traditional vegetables

\* **Carnduff's Pie**  
with mash or chips, vegetables and gravy £9.95

\* **Grilled Gammon**  
topped with pineapple or fried egg, garden peas and choice of side £11.95

\* **Chicken Curry**  
served with rice or chips £11.95

\* **Lasagne**  
served with Garlic Bread and choice of side £10.95

\* **Chicken Feast**  
southern fried chicken breast, topped with bacon, cheese and onion rings. On a bed of champ with peppered sauce £12.95

\* **Southern Fried Chicken Goujons**  
with sweet chilli sauce and choice of side £11.95

\* **8oz Steak Burger**  
topped with bacon & cheese, lettuce, tomato and onions. Served with a choice of side £11.95

**Peppered Steak Melt**  
Sliced steak, sautéed onions, mushrooms & peppered sauce, served in a cheesy garlic ciabatta & choice of side £13.95

**8oz Sirloin or Ribeye**  
served with onion rings, mushrooms, grilled tomato & choice of side – with gravy or peppered sauce £16.95

ADD SCAMPI FOR £3.00

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

\* **Spicy Chicken Wings**

\* **Cheesy Garlic Bread**

ALL £4.95

## 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** £13.95

**Beef** £13.95

**Beef & Bird** £14.95

## Seafood

\* **Fish & Chips** £12.95

**Portavogie Scampi**  
with choice of side £13.95

**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 £9.95

**FANCY A DESSERT?**

Ask your server for details on today's selection

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

- |                    |                     |
|--------------------|---------------------|
| 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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## *Weekday Offers Meal & Drink - £12*

*Monday*

**Peppered Beef or Chicken Sizzler**  
served with French fries

*Tuesday*

**Southern Fried Chicken Goujons**  
with French fries Sweet Chilli/Garlic Mayo Dip

*Wednesday*

**Chefs Chicken Curry**  
served with choice of rice or chips

*Thursday*

**8oz Burger**  
served with French fries

\* choice of soft drink, bottle of Coors or a glass of house wine

*\* Two Course Special £14.95*

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

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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 9181 4154