

The Big Kitchen Menu 2019

Soup of the day with artisan bread £5.65

Soup of the day and a mini savoury platter £8.95

Our soup is homemade, of course!

Parham savoury platter. *local artisan bread with the filling of your choice together with a salad garnish for you to put together as you like.*

Egg mayonnaise and cress (v) £5.95

Tuna and cucumber £5.95

Mature Cheddar, onion and pickle (v) £5.95

Homemade Hummus, sweet pepper, baby spinach and feta (v) £5.95

Open Sandwiches on Rye

Salt beef, horseradish mustard, celeriac remoulade, pickles £6.20

Smoked salmon, with yoghurt cucumber dressing, dill, red onion £6.95

Homemade smoked curd cheese with radish salad and cucumber (V) £6.20

Parham stuffies

£6.85

Filled ciabatta and baked. Served with a salad garnish

Chicken, bacon, tarragon and crème fraiche

Roasted Garden vegetables with mozzarella and herb pesto (V)

Salads

£8.25

Lemon Chicken, grape, pinenut and fresh herb. Lemon & mustard dressing

Garden salad – see daily specials

Vegan

Shitake mushroom, lentil, pecan and herb pate. Served with bread £6.60

Spinach, leek & tofu filo parcel. Served with salad £8.25

Jacket potatoes

Plain or cheese £6.90

Tuna and sweetcorn sprinkled with toasted crushed cumin and lemon £7.20

Chicken and bacon with fresh herb crème fraîche £7.20

Roasted garden vegetables with fresh herbs and sweet chilli sauce (v)

Grated mature Cheddar may be added to any of the above items 85p

Ploughman's served with local artisan breads and pickles

If you are on a diet, we can substitute a salad instead of bread.

Three Sussex cheeses (V) £7.95

Mixed meats – local cured venison, salt beef and chicken £8.75

Dessert of the day – please see blackboard

£4.25

Ice-Creams and lollies from £1.60

Tubs – Salcombe Dairy multi-award winning £2.50

Please see our selection at the counter

Children's menu (includes a carton of juice or water)

Pitta, hummus, vegetable £4.25

Half jacket potato, with grated cheddar or baked beans £4.25

½ Sandwich, vegetable matchsticks, yoghurt, 'sweet surprise' £5.70

'On the Menu'



Our monthly seasonal special, reflecting produce from the Gardens.

Find the recipe on our website and social media for you to recreate at home.

Afternoon Tea

Fresh Scone and butter	£2.55
Toasted buttered Teacake	£2.55
Home made Cakes	£2.50
Gateaux	£3.75
Biscuits	£1.10
Bars	£1.75
Fresh scone, served with clotted cream, Wilkins Jam and pot of tea	£6.50 for 1 person £11 for 2 persons
Sparkling Cream tea – as above with ¼ bottle Prosecco	£19 for 2 persons
Savoury Cream Tea -	£6.50 for 1 person £11 for 2 persons
Cheese scone served with cream cheese, chives and chutney	

PARHAM TEA

Enjoy a quintessential afternoon celebration tea of sandwiches, pastries and Prosecco. Served at your reserved table. £17pp
Served at 3.30 and with advance notice only (minimum 24 hours).
Please call 01903 742021.

For hot and cold drinks, please see separate menu

Dietary Information and Allergens

If you are **allergic** to any foods, please inform a member of staff before ordering. All our foods are prepared freshly in a kitchen where allergens are handled. We regret we cannot therefore guarantee that trace elements will not be present in many of the dishes.

Please check with a member of staff if you have any **special dietary requirements**, to ensure you make the right choices. If you have other dietary needs, i.e. you are on a diet and would like a dish modified, please ask and we will do our best.

ORDERING PROCESS

A very warm welcome...

- 1** Please find a table and choose from the menu.
- 2** Please note your table number and go to the counter to order your food and drinks and pay.
- 3** Please return to your table with your drinks, while we prepare and serve you your order.

Should you decide to change tables, please let us know so there is no delay in serving your food.

Thank you and we hope you enjoy your visit. We welcome your feedback.

Sarah Guarnieri

Catering Supervisor

The Mower Shed Menu 2019

Sandwiches

Freshly made in a choice of local breads and wrapped to eat in or enjoy in the garden

Egg mayonnaise and cress (v)	£4.85
Tuna and cucumber	£4.85
Cheese, onion and pickle (v)	£4.85

Light Bites

Savoury snacks – various flavours	£1.30
Individual pork pies	£2.80
Three Sussex cheese ploughman's, served with salad, apple and pickles	£6.50
Piece of fresh fruit	£0.85

Afternoon Tea

Fresh Scone and butter	£2.55
Fresh scone, served with clotted cream, Wilkins Jam and cup of tea	£6 for 1 person £10.50 for 2 persons
Home made Cakes	£ 2.50
Gateaux	£3.75
Bars	£1.75
Biscuits	£ 1.10

Ice-Creams - see board for full range

<i>Salcombe award-winning organic ice-creams</i> - Tubs	£ 2.50
Lickalix lollies – pure fruit and low sugar (Vegan, lactose and dairy free)	£1.60

Children's menu (includes a carton of juice or water)

Pitta, hummus, vegetable matchsticks (V)	£4.25
½ Sandwich, vegetable matchsticks, yoghurt, 'sweet surprise'	£5.70

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Use of Plastics & Disposables

It is Parham's policy to use only entirely sustainable cups, plates and cutlery, in addition to introducing a no single use plastics, including things like crisps, certain ice-creams, bin liners, clingfilm, etc., are all being phased out and replaced with sustainable options, so we can all help protect the environment. Please place your used items in the bins provided for recycling and help protect our planet. Thank you.