

MICHAELS LUNCH MENU

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parklands
HOTEL & COUNTRY CLUB

AVAILABLE
MONDAY - SUNDAY
12^{PM} - 6.30^{PM}

STARTERS

CHEF'S SOUP OF THE DAY <i>served with crusty bread</i>	£3.95
CHICKEN LIVER PATE <i>with toasted brioche and home made fruit chutney</i>	£5.95
STEAMED SCOTTISH MUSSELS <i>with a choice of white wine, cream & garlic or tomato, chilli & basil</i>	£6.95
CRISPY TEMPURA	
CHICKEN/TIGER PRAWN/VEGETABLE <i>served with sweet chilli & soy dips</i>	£6.25/£6.50/£5.25
HAND CARVED MELON <i>with seasonal fruits drizzled with coulis</i>	£5.95
CLASSIC PRAWN COCKTAIL <i>with wholemeal bread & lemon</i>	£6.45
HAGGIS BON BONS <i>on turnip mash served with red wine jus</i>	£6.20
SALMON & SPRING ONION FISHCAKE <i>with citrus crème fraiche, gherkins and micro leaves</i>	£6.25

SALADS

CHEF SALAD <i>pan fried diced chicken and bacon on mixed leaves with boiled egg, avocado, tomato, cucumber and red onion</i>	£9.25
PRAWN AND AVOCADO SALAD <i>dressed leaves, tomato, cucumber, red onion, prawn marie rose and fantailed avocado served with lemon wedge</i>	£9.25
FRESH FRUIT PLATE <i>iceberg lettuce & seasonal fruit with choice of prawn marie rose, tempura chicken or cottage cheese</i>	£9.25
CRAYFISH <i>crisp leaves, tomato, cucumber, avocado, red onion, jalapenos & freshly squeezed lime</i>	£9.45
POACHED CHICKEN & MANGO <i>mixed leaves, tomato, red onion, cucumber and avocado</i>	£8.95
HALLOUMI <i>halloumi, mango, beetroot, cherry tomato & basil leaves</i>	£8.95
CHICKEN CAESAR SALAD <i>poached breast of chicken, homemade croutons, cos lettuce & grated parmesan hand tossed in a rich caesar dressing topped with anchovies</i>	£8.95
POACHED SCOTTISH SALMON <i>crisp mixed leaves, avocado, tomato, cucumber, beetroot & lemon</i>	£8.95



MAIN DISHES



FISH & CHIPS <i>sustainable single fillet of haddock crispy battered or panko crumbed served with garden peas, tartar sauce & lemon wedge</i>	£10.50
8OZ STEAK BURGER <i>in a toasted brioche bun, house mayo, twice fried chunky skin on fries and creamy coleslaw</i>	£10.95
BREADED WHOLE TAIL SCAMPI <i>with garden peas, tarar sauce, lemon wedge and twice fried chunky skin on fries</i>	£10.50
CHARGRILLED HALLOUMI <i>on a toasted brioche bun with hummus, roasted red pepper and tomato accompanied by twice fried chunky skin on fries</i>	£8.50
GOURMET SAUSAGE <i>creamy mashed potato and caramelised red onion jus</i>	£8.95
8OZ GAMMON STEAK <i>served with twice fried chunky skin on fries and a fried or poached egg</i>	£8.45
SCOTTISH SMOKED HADDOCK MORNAY <i>peat smoked haddock on creamy mashed potato with a cheese sauce</i>	£9.45
STEAK & ALE PIE <i>succulent diced beef shoulder bound in a rich ale gravy topped with golden puff pastry accompanied with chefs selection of vegetables and choice of mashed potato or twice fried chunky skin on fries</i>	£10.50
SIMPLY GRILLED SALMON <i>steamed vegetables and chargrilled potatoes</i>	£10.95

PASTA

PENNE BOLOGNESE <i>trusty old favourite topped with parmesan shavings</i>	£8.95
PENNE PASTA OF THE DAY <i>please see server for details</i>	£POA

PIZZAS



Freshly prepared and hand rolled pizzas using only 100% mozzarella

MARGHERITA tomato & mozzarella	£7.95
AMERICANO tomato, mozzarella, pepperoni & green pepper	£8.95
HAWAIIAN tomato, mozzarella, honey roast ham & pineapple	£8.95
INFERNO tomato, mozzarella, spicy chicken, jalapenos & chilli flakes	£8.95
MEAT LOVER tomato, mozzarella, chicken breast, pepperoni & honey roast ham	£9.95
VEGGIE tomato, mozzarella, mushroom, onion, sweetcorn & green pepper	£8.95

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SANDWICHES/ TOASTIES & PANINI

All served with a dressed side salad

GRATED EGG, CREAMY MAYO & MUSTARD CRESS	£5.95
GRATED RED CHEDDAR & BRANSTON PICKLE	£5.95
HONEY ROAST HAM & DIJON MUSTARD	£6.25
SMOKED SCOTTISH SALMON & CREAM CHEESE	£6.50
TUNA CHUNKS & CREAMY MAYO	£5.95
BACK BACON, LETTUCE, AVOCADO & TOMATO	£6.25
COTTAGE CHEESE, AVOCADO & CHIVES	£5.95
POACHED BREAST OF CHICKEN & CREAMY MAYO	£6.95
SLOW ROAST BEEF, HORSERADISH & SAUERKRAUT	£6.95
AVOCADO, TOMATO & CUCUMBER	£5.95
HUMMUS, BLACK OLIVE & ROCKET	£5.95
PLUMP ATLANTIC PRAWN COCKTAIL	£6.75
HOUSE CLUB SANDWICH	£7.95
<i>toasted triple decker filled with bacon, chicken breast, lettuce, mayo, sliced tomato & cucumber served with twice fried chunky skin on fries</i>	
STEAK PANINI	£7.95
<i>4oz sirloin steak, caramelised red onions and crumbled feta cheese served with twice fried chunky skin on fries</i>	
TRIPLE TUNA	£6.95
<i>tuna mayo, tomato, black olives, red onion & edam served with twice fried chunky skin on fries</i>	

ALBERT BARTLETT BAKED POTATOES

All served with dressed salad

GRATED SCOTTISH CHEDDAR & BRANSTON PICKLE	£6.95
NORTH ATLANTIC PRAWN MARIE ROSE	£7.45
TUNA CHUNKS & CREAMY MAYO	£6.95
COTTAGE CHEESE & CHIVES	£6.95
POACHED CHICKEN BREAST & CREAMY MAYO	£6.95
HUMMUS & BLACK OLIVES	£6.95
SMOKED SALMON & CREAM CHEESE	£7.95

SIDE ORDERS

FRIES	£2.95	STEAMED VEGETABLES	£3.95
CAJUN FRIES	£3.25	MASHED ALBERT BARTLETT POTATOES	£2.75
SEA SALTED FRIES	£3.25	FOCACCIA	£4.75
HOUSE SALAD	£3.35	<i>garlic & rosemary, cherry tomato & basil or sea salt & extra virgin olive oil</i>	

OMELETTES

Healthy three egg omelette - served with dressed salad & choice of fries or jacket potato

FRENCH	£6.55
HONEY ROAST HAM & FRENCH MUSTARD	£6.95
GRATED SCOTTISH CHEDDAR & VINE TOMATO	£6.95
SMOKED SALMON & RED ONION	£7.95
POACHED BREAST OF CHICKEN	£7.45
SAUTEED ONION, PEPPER & CHERRY TOMATO	£6.95
FETA CHEESE & CHERRY TOMATO	£6.95
COTTAGE CHEESE & CHIVE	£6.95

YOUNG ADULTS

STARTERS

SOUP OF THE DAY <i>served with bread & butter</i>	£2.00
CHUNKY MELON & FRUITS	£2.00

MAINS

All served with choice of fries, potato smiles or salad

CRISPY CHICKEN BREAST STRIPS	£4.50
HAND CRUMBED HADDOCK GOUJONS	£4.50
OMELETTE FILLED WITH GRATED CHEDDAR OR JUST PLAIN	£4.50
4OZ BEEF BURGER TOPPED WITH CHEDDAR & SERVED ON A TOASTED BRIOCHE BUN	£4.50
HAND ROLLED MARGHERITA PIZZA	£4.50

PASTA DISHES

All served with a slice of garlic bread

SPAGHETTI BOLOGNESE	£4.50
PENNE PASTA IN A TOMATO SAUCE TOPPED WITH PARMESAN SHAVINGS	£4.50
PENNE PASTA IN A CREAMY CHEESE SAUCE	£4.50

DESSERTS

SELECTION OF ICES	£2.00
CHUNKY FRUITS	£2.00