

THE  
BISTRO

at Parklands Hotel & Country Club

## LUNCH TABLE D'HOTE

### Soup of the Day

accompanied by a warm bread roll

### Crispy Tempura & Sweet Chilli Sauce

either chicken or vegetable (v)

### Chicken Liver Parfait

with oatcakes & fruit chutney

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### Chargrilled Chicken Fillets

on dressed leaves with pitta bread,  
hummus & garlic mayo

### Pan Fried Lambs Liver

accompanied by crispy onion,  
creamy mash & gravy

### Mini Fish & Chips

served with tartare sauce & lemon

### Vegetarian Salad (v)

topped with avocado, broccoli, pomegranate seeds,  
sweet tomato, cucumber & onion

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### Hot Chocolate Brownie

with vanilla ice cream

### Hot Caramel Shortcake

with vanilla ice cream

### Brandy Snap Basket

filled with cream, meringue & fresh fruits

SERVED DAILY 12<sup>PM</sup> UNTIL 3<sup>PM</sup>

2 Courses  
**£12.50**

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3 Courses  
**£15.95**

## NIBBLES

Garlic & Rosemary Focaccia	£4.75
Cherry Tomato & Sea Salt Focaccia	£4.75
Freshly prepared Hummus with Carrot & Cucumber Batons	£4.75
Marinated Olives	£3.85

## STARTERS

<b>Soup of the Day (v)</b> accompanied by a warm bread roll	<b>£4.25</b>
<b>Eggs Benedict or Royale</b> Toasted muffin with cooked ham or smoked salmon topped with poached egg and hollandaise sauce	<b>£6.20</b>
<b>Mushrooms Auld Reekie (v)</b> button mushrooms in a garlic & smoked cheese sauce with rustic bread	<b>£5.75</b>
<b>Chicken Liver Parfait</b> with dressed leaves, oatcakes & fruit chutney	<b>£5.95</b>
<b>Shetland Mussels</b> bound in a Guinness and black pepper cream or tomato, chilli & basil	<b>£6.95</b>
<b>Pan Seared King Scallops</b> with pea puree and pancetta crisps	<b>£9.50</b>

## SALADS

<b>Pan Fried Bacon &amp; Chicken</b> on a bed of Mixed Leaves with Boiled Egg, Tomato, Avocado, Tomato & Red Onion	<b>£10.25</b>
<b>Chargrilled Chicken Caesar</b> Cos Lettuce, Grated Parmesan, Caesar Dressing, Marinated Anchovies & Croutons	<b>£10.50</b>
<b>Fresh Fruit Platter</b> Iceberg Lettuce, Seasonal Fruits with a choice of Prawn Marie Rose or Cottage Cheese & Chives	<b>£10.25</b>
<b>Prawn &amp; Avocado</b> Dressed Leaves, Tomato, Cucumber, Red Onion, Prawn Marie Rose Sauce, & Fantailed Avocado	<b>£10.50</b>
<b>Super Food Salad (v)</b> Beetroot, Roasted Sweet Potato, Quinoa, Avocado, Toasted Pine Nuts, Pumpkin Seeds, Cherry Tomatoes with a Citrus Dressing	<b>£10.95</b>
<b>Guest Salad</b> See server for details	<b>£POA</b>

## PIZZAS

*Freshly prepared hand rolled pizzas using 100% mozzarella*

<b>Margherita (v)</b> Tomato & Mozzarella	<b>£8.95</b>
<b>Parklands Meat Lover</b> Tomato, Mozzarella, Chicken Breast, Pepperoni & Honey Roast Ham	<b>£10.95</b>
<b>Veggie (v)</b> Tomato, Mozzarella, Mushroom, Onion, Sweetcorn & Green Pepper	<b>£9.95</b>
<b>Additional Toppings</b> Pineapple, Cajun Chicken, Chicken, Mushroom, Pepperoni, Sweetcorn, Green Pepper, Red Pepper	Meat £1.50 All Other £0.75

## FISH

<b>Fish &amp; Chips</b> Sustainable Single Fillet of Haddock. Crispy Battered or in Breadcrumbs, accompanied by a Lemon Wedge, Tartare Sauce & Garden Peas	<b>£10.50</b>
<b>Breaded Wholetail Scampi</b> Served with Twice Fried Fries, Lemon Wedge and Tartare Sauce with Garden Peas	<b>£11.50</b>
<b>Sea Bass Fillets</b> Kale, Chorizo, Lemon Crushed Potato Sauce Vierge	<b>£9.25 / £16.50</b>
<b>Grilled Salmon</b> accompanied by Steamed Broccoli, New Potatoes & Tomato Salsa	<b>£10.25 / £18.95</b>
<b>Tiger Prawns Linguini</b> Bound in Chorizo, Roasted Red Pepper, Red Onion, Garlic & a Whisper of Chilli	<b>£13.50</b>

## VEGETARIAN

<b>Vegetable Brochette (v)</b> Halloumi, Peppers, Red Onion and Courgette Skewers served on a Pitta Bread and Hummus	<b>£10.95</b>
<b>Wild Mushroom &amp; Asparagus Risotto (v)</b> Parmesan, beetroot Crisps & Shallots	<b>£10.95</b>
<b>Super Food Salad (v)</b> Beetroot, Roasted Sweet Potato, Quinoa, Avocado, Toasted Pine Nuts, Pumpkin Seeds, Cherry Tomatoes with a Citrus Dressing	<b>£10.95</b>

## FROM THE GRILL

<b>10oz Gammon Steak</b>	£10.95
served with Twice Fried Fries and Fried or Poached Egg	
<b>8oz Ribeye Steak</b>	£22.95
<b>8oz Sirloin Steak</b>	£19.95
<b>10oz Fillet Steak</b>	£27.50
All served with Grilled Plum Tomato, Red Onion Marmalade & Pont Neuf Potatoes	

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### SAUCES & BUTTER

Cracked Black Peppercorn	£1.95
Blue Cheese	£1.95
Garlic & Herb Butter	£1.95
Truffle Béarnaise	£2.25

## BURGERS

*All served with chips, coleslaw & red rooster sauce*

<b>8oz Parklands Steak Burger</b>	£10.95
Brioche Bun, Aioli, Cheese & Crispy Bacon	
<b>Chargrilled Chicken</b>	£11.95
Brioche Bun, BBQ Sauce	
<b>Chargrilled Halloumi (v)</b>	£10.20
on a Toasted Brioche Bun with Hummus, Roasted Red Pepper & Tomato	

## MEATS

<b>Steak &amp; Ale Pie</b>	£11.95
Succulent Diced Beef Shoulder bound in a Rich Ale Gravy topped with Golden Puff Pastry accompanied with Chef's Selection of Vegetables. Choice of Mashed Potato or Twice Fried Fries	
<b>Pan Seared Pork Chop</b>	£11.95
Arran Mustard Mashed Potatoes, Fine Beans & Mustard Cream Sauce	
<b>Chicken Stuffed with Haggis</b>	£13.95
Vegetables, Mashed Potatoes & Drambuie Sauce	
<b>Pan Fried Breast of Chicken</b>	£12.95
Steamed Vegetables & Baby Boiled Potatoes	

## SIDES

Sea Salted or Cajun Fries	£3.50
Onion Rings	£3.50
Steamed Vegetables	£3.95
House Salad	£3.85
Jacket Potatoes	£3.75
Cherry Tomato & Garlic Focaccia	£5.50

## YOUNG ADULTS

*(up to 14 years old)*

<b>Soup of the Day</b> served with bread & butter	£2.00
<b>Melon &amp; Fruits</b>	£3.00
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<b>4oz Beef Burger</b> topped with cheddar & served on a toasted brioche bun	£4.50
<b>Hand Crumbed Haddock Goujons</b>	£5.50
<b>Crispy Chicken Strips</b>	£5.50
<b>Macaroni Cheese</b>	£5.50
<b>Chargrilled Chicken</b> with steamed vegetables or french fries	£5.50
<b>Margherita Pizza</b>	£5.50
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<b>Selection of Ice Creams</b>	£3.00
<b>Chunky Fruits</b>	£3.00

## SANDWICHES, TOASTIES & PANINIS

*Served 12 Noon through until 7pm*

<b>Egg Mayonnaise</b>	<b>£6.95</b>
<b>Cheese &amp; Pickle</b>	<b>£6.95</b>
<b>Honey Roast Ham</b>	<b>£6.95</b>
<b>Smoked Salmon &amp; Cream Cheese</b>	<b>£7.20</b>
<b>Prawn Marie Rose</b>	<b>£6.95</b>
<b>Tuna Mayonnaise</b>	<b>£6.95</b>
<b>Bacon, Lettuce &amp; Tomato</b>	<b>£6.95</b>
<i>All of the above are served with dressed leaves and crisps</i>	
<b>Chicken &amp; Bacon Club Sandwich</b>	<b>£8.95</b>
<i>Served with fries and dressed leaves</i>	
<b>Steak Panini</b>	<b>£9.50</b>
<i>Served with red onion marmalade, chips and dressed leaves</i>	

## BAKED POTATOES

*Served 12 Noon through until 7pm*

*All served with dressed leaves*

<b>Cheese &amp; Pickle</b>	<b>£7.20</b>
<b>Prawn Marie Rose</b>	<b>£7.95</b>
<b>Tuna Mayonnaise</b>	<b>£7.20</b>
<b>Smoked Salmon &amp; Cream Cheese</b>	<b>£8.95</b>

## OMELETTES

*Served 12 Noon through until 7pm*

*All served with dressed leaves and fries*

<b>French</b>	<b>£7.55</b>
<b>Cheese &amp; Tomato</b>	<b>£7.55</b>
<b>Honey Roast Ham</b>	<b>£7.55</b>
<b>Feta &amp; Cheery Tomato</b>	<b>£7.20</b>
<b>Smoked Salmon &amp; Red Onion</b>	<b>£7.95</b>
<b>Mushroom &amp; Asparagus</b>	<b>£7.50</b>

## DESSERTS

Cheesecake of the Week	£5.95
Eton Mess Sundae	£5.95
Sticky Toffee Pudding with Toffee Sauce & Vanilla Ice Cream	£5.20
Selection of Ice Creams & Sorbets	£4.75
Blue Murder & Brie Cheeses with Mini Oat Cakes & Chutney	£6.50



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