

SUNDAY - THURSDAY 12PM-9PM | FRIDAY - SATURDAY 12PM-10PM

## APPETIZERS

|                                                                                                                                                               |   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| <b>FLATBREAD</b> (V/Ve)<br>Freshly rolled dough baked to perfection with choice of sundried tomatoes, garlic oil & sea salt or garlic oil, rosemary and thyme | 7 |
| <b>HUMMUS – DRIZZLED WITH EVOO</b> (V/Ve)<br>Served with warm pitta & carrot and cucumber batons                                                              | 8 |
| <b>MARINATED OLIVES</b> (V/Ve/GF)<br>Garlic oil with mediterranean herbs                                                                                      | 7 |
| <b>GARLIC CIABATTA BREAD</b> (V)<br>Deliciously toasted                                                                                                       | 6 |
| <b>MOZZARELLA TOPPED CIABATTA BREAD</b> (V)<br>Melted to perfection                                                                                           | 7 |

## STARTERS

|                                                                                                   |        |
|---------------------------------------------------------------------------------------------------|--------|
| <b>BRUSCHETTA AL POMODORO</b> (V)<br>Toasted garlic ciabatta topped with fresh tomatoes & basil   | 8      |
| <b>BRUSCHETTA WITH ROASTED GARLIC &amp; GOATS CHEESE</b> (V)<br>Drizzled with honey               | 8      |
| <b>CAPRESE SALAD</b> (V/GF)<br>Mozzarella, sliced tomatoes and basil oil                          | 8      |
| <b>CRISPY CHICKEN WINGS</b> (GF)<br>Korean BBQ Glaze – spring onions                              | 8      |
| <b>MOZZARELLA STICKS</b> (V)<br>Warm arrabiata dipping sauce                                      | 7      |
| <b>CRISPY CALAMARI</b> (GF)<br>Garlic mayo dipping sauce                                          | 9      |
| <b>KOREAN BBQ CHICKEN / KING PRAWN BITES</b> (GF)<br>Mixed peppers & red onions                   | 9/11   |
| <b>PAN SEARED KING PRAWNS</b> (GF)<br>Garlic butter & chilli                                      | 11     |
| <b>SPICED LAMB MINI BITES</b> (GF)<br>Minted yoghurt & pomegranate                                | 9      |
| <b>HERB INFUSED TEMPURA CHICKEN / KING PRAWN / CAULIFLOWER</b> (GF)<br>Sweet chilli dipping sauce | 9/11/8 |
| <b>SOUP OF THE DAY</b><br>Crusty bread & butter                                                   | 6      |

## MAINS

|                                                                                               |          |
|-----------------------------------------------------------------------------------------------|----------|
| <b>ROAST CHICKEN SUPREME</b> (GF)<br>Potato & cheese gratin, mixed vegetables & herb jus      | 18       |
| <b>CHICKEN MARSALA</b> (GF)<br>Marsala wine & mushroom sauce – basmati rice                   | 18       |
| <b>SALMON FILLET</b> (GF)<br>Herby boiled potatoes – salsa verde                              | 19       |
| <b>BUTTERMILK CHICKEN BURGER</b><br>Chilli jam, coleslaw & sweet potato wedges                | 16       |
| <b>DOUBLE STACK CHEESE BURGER</b><br>Chilli jam, coleslaw & fries                             | 16       |
| <b>SUMMER CURRY CHICKEN / KING PRAWN / VEGETABLE</b><br>Coconut rice & pitta bread            | 16/18/14 |
| <b>LAMB KOFTA</b><br>Charred courgettes, minted yoghurt & herby cous cous                     | 18       |
| <b>KOREAN BBQ BOWL Chicken / King Prawn / Cauliflower</b> (GF)<br>Coconut rice & pickle       | 16/18/14 |
| <b>SPECIAL FISH SUPPER</b><br>Fries, peas & chip shop pickled onion                           | 17       |
| <b>STEAK FRITES</b> (GF)<br>6oz rump steak – pepper sauce - rocket salad                      | 17       |
| <b>ASIAN GLAZED SALMON FILLET</b> (GF)<br>Soy, ginger & garlic – coconut rice & broccoli      | 19       |
| <b>GRILLED CHICKEN SUPREME</b> (GF)<br>Chilli tomato sauce – broccoli & herby boiled potatoes | 18       |
| <b>SLOW COOKED BEEF BRISKET</b> (GF)<br>Pepper puree, sweet potato wedges & summer greens     | 18       |
| <b>FLATBREAD</b><br>Hummus, charred vegetables, olives and sundried tomatoes                  | 14       |

## KEY

(V) - vegetarian

(Ve) - vegan

(GF) - gluten free

Some dishes may be suitable for those with allergens after removing items. If you have a food allergy, please notify your server.

parklands  
HOTEL & COUNTRY CLUB

SEASONAL MENU



RIGATONI PASTA  
GF PENNE AVAILABLE ON REQUEST

|                                                                        |    |
|------------------------------------------------------------------------|----|
| WILD MUSHROOM & TRUFFLE CREAM (V)                                      | 15 |
| KING PRAWNS WITH GARLIC BUTTER                                         | 18 |
| GARLIC & OLIVE OIL WITH CHILLI & PARSLEY (V/Ve)                        | 13 |
| PRIMAVERA (V/Ve)<br>Courgettes & olives                                | 14 |
| CHICKEN & PANCETTA CARBONARA                                           | 16 |
| SPINACH & RICOTTA RAVIOLI (V)<br>Tomato & basil sauce                  | 14 |
| ARRABBIATA (V/Ve)                                                      | 14 |
| STEAK STRIPS                                                           | 17 |
| Peppers, onions & Napoli sauce (ask server if you want to spice it up) |    |

PIZZAS

|                                                                                  |    |
|----------------------------------------------------------------------------------|----|
| MARGHERITA (V)<br>Classic pizza with fresh mozzarella, basil & tomato sauce      | 14 |
| PEPPERONI<br>Fresh mozzarella and spicy pepperoni slices                         | 16 |
| MUSHROOM TRUFFLE (V)<br>Wild mushrooms, truffle oil, fresh mozzarella & parmesan | 17 |
| INFERNO<br>Cajun chicken pieces, jalepenos & fresh mozzarella                    | 17 |
| VEGETARIAN SUPREME (V)<br>Medley of fresh vegetables & mozzarella                | 15 |

SALADS

|                                                                                     |    |
|-------------------------------------------------------------------------------------|----|
| HOT CHICKEN CAESAR SALAD<br>Cos lettuce, parmesan, croutons & Caesar dressing       | 14 |
| GREEK SALAD (V/Ve/GF)<br>Cucumber, tomato, red onion, vegan feta & EVOO             | 12 |
| CHARRED WATERMELON & FRESH STRAWBERRY SALAD (V/Ve)<br>Mixed leaves & balsamic glaze | 12 |
| PRAWN MARIE ROSE FRUIT PLATE (GF)<br>Seasonal fruits & iceberg lettuce              | 14 |

SIDES

|                                                |   |
|------------------------------------------------|---|
| HOUSE SALAD (V/Ve/GF)                          | 5 |
| SWEET POTATO WEDGES (V/Ve/GF)                  | 5 |
| TENDER STEM BROCCOLI WITH GARLIC OIL (V/Ve/GF) | 4 |
| NEW POTATOES WITH HERB BUTTER (V/Ve/GF)        | 4 |
| CAJUN FRIES / SALT & CHILLI FRIES (V/Ve/GF)    | 5 |

DESSERTS

|                                                                           |   |
|---------------------------------------------------------------------------|---|
| LEMON POSSET (V)<br>Seasonal berries & shortbread                         | 8 |
| STICKY TOFFEE PUDDING (V/GF)<br>Vanilla ice-cream                         | 8 |
| TRIO OF SORBET (V/Ve/GF)<br>Mango, blood orange, lemon                    | 8 |
| VEGAN KEY LIME PIE (V/Ve)<br>Raspberry sorbet                             | 8 |
| CHEESECAKE (V)<br>Vanilla based with fresh berry coulis & seasonal fruits | 8 |
| CHOCOLATE BROWNIE (V)<br>Served warm – vanilla ice-cream                  | 8 |
| PEACH CRUMBLE (V)<br>Oat topping – pouring cream                          | 8 |
| CHOCOLATE FUDGE CAKE (V)<br>Served warm – vanilla ice-cream               | 8 |
| BANANA FRITTER (V/GF)<br>Nutella drizzle & vanilla ice-cream              | 8 |

