THE BLUE PARROT PIZZA & GRILL

LITE BITES & SIDES

½ rack of ribs *£6.95*
marinated in a sticky BBQ sauce

Hummus, olives & chilli oil *£4.95*
served with chargrilled breads (v)

Hot & Spicy Chicken Wings with BBQ dip *£5.95*

Southern fried chicken strips *£4.50*

Bucket of Bones – Wings and Ribs
in a sticky spicy sauce *£6.95*

Chicken Caesar Salad *£4.95* as a main *£8.95*
topped with crispy bacon and toasted croutons

Garlic bread *£1.95*

Mixed side salad *£2.95*

Skinny fries *£2.25*

SANDWICHES, SALAD BOWLS OR WRAPS

Steak and Caramelised Onions *£7.95*
served with skinny fries and a peppercorn dipping sauce

Tuna Crunch £7.95
Tuna, mixed peppers, carrot and spring onion in a lemon mayonnaise served with skinny fries

Blue Parrot Signature Sandwich *£7.95*
Chargrilled chicken marinated in a spicy Piri Piri sauce served with skinny fries

BP Club *£7.95*
Triple layered bread filled with southern fried chicken strips, smoked bacon, fresh tomato and crisp iceberg lettuce with a black pepper and mustard mayo served with skinny fries

GET SAUCY!!!

Peppercorn, Diane, Mustard, Curry, Gravy,
Cajun Mayo …. *£1.00*

STEAKS

8oz Rump Steak *£16.95*
served with skinny fries, homemade onion rings, grilled mushroom, confit tomato with The Blue Parrot signature side

8oz Ribeye Steak *£17.95*
The most flavourful of steaks, marbled for a tender texture, served with skinny fries, homemade onion rings, grilled mushroom and confit tomato with The Blue Parrot signature side

8oz Sirloin *£18.95*
Flavoursome and tender, served with skinny fries, homemade onion rings, grilled mushroom with The Blue Parrot signature side

8oz Fillet steak *£22.95*
The leanest cut, served with skinny fries, homemade onion rings, grilled mushroom, confit tomato with The Blue Parrot signature side

BURGERS

The Blue Parrot Stack Burger *£9.95*
Homemade 10oz beef burger topped with smoked bacon, mature cheddar cheese, a hash brown, onion rings, tomato relish, gherkin, on a toasted bun with skinny fries

Cajun Chicken Fillet Burger *£8.95*
Butterflied chicken fillet marinated in Cajun spices, onion rings with skinny fries and relish

Falafel Stack Burger (v) *£8.95*
Stacked with hash brown, mature cheddar cheese and onion rings with skinny fries and relish

Americano Burger *£10.95*
topped with bacon, mature cheddar cheese, jalapeno peppers and onion rings with skinny fries and relish

Filet o' Fish Burger *£9.95*
with homemade tartar sauce served with skinny fires and a side of mushy peas

PIZZAS

The Original *£8.95*
Olive oil, garlic, fresh basil, cherry tomatoes and mozzarella

Popeye *£9.95*
Spinach, smoked bacon, green olives, ricotta and mozzarella

The Butchers Shop *£12.95*
Strips of steak, pepperoni, Cumberland sausage, ham and mozzarella

Italian Works *£10.95*
Italian sausage, pepperoni, roasted peppers and mozzarella

Veggie Delight *£9.95*
Cherry tomatoes, mushrooms, red onion, ricotta, fresh garlic and mozzarella

The Hot Stripper *£11.95*
Chicken Strips, red onion, jalapeños and mozzarella

Surf and turf *£13.95*
Prawns, chicken, strips of steak, chillies, chorizo and mozzarella

The Calzone *£11.95*
Folded pizza dough baked with Gran Milano cheese, pepperoni with light mozzarella, tomatoes, fresh parsley, fresh basil, garlic oil.

DESSERTS

Alabama Chocolate Fudge Cake *£3.95*
with ice cream and chocolate sauce

Honeycomb Cheesecake *£3.95*
served with fresh cream

The Blue Parrot Knickerbocker Glory *£3.95*
Trio of ice cream with a sweet surprise

BEFORE PLACING YOUR ORDER, PLEASE INFORM US IF YOU OR A PERSON IN YOUR PARTY HAS A **FOOD ALLERGY**