

d'Parys

Light Lunch Menu

- Red Thai Curry with Aubergine, Baby Corn, Pak Choi, Edamame Beans & Fragrant Rice (pb)(wg) *776kcal* **£12.5**
~ add chicken (wg) *159kcal* £4 / add prawns (wg) *99kcal* £4 / add toasted cashews (n)(pb)(wg) *187kcal* £2 ~
- Summer Vegetable Tagliatelle, Basil Pesto, Fine Beans, Asparagus, Soya Beans, Lemon & Chives (pb) *797kcal* **£12**
- Chicken Caesar Salad, Garlic Croutons, Parmesan, Streaky Bacon, Caesar Dressing & Anchovies *922kcal* **£12.5**
~ swap chicken for halloumi (v)(wg) / add avocado (pb) *£2.5 155kcal* ~
- Goats Cheese & Roasted Red Pepper Salad, Cucumber, Red Onion, Olives, Croutons & Balsamic (v)(wgo) *612kcal* **£10.5**
~ add chicken (wg) *159kcal* £4 / add halloumi (v)(wg) *360kcal* £4 / add avocado (pb)(wg) *155kcal* £2.5 ~
- Greek Feta Salad, Cucumber, Green Peppers, Red Onions, Olives, Cherry Tomatoes & Oregano (v)(wg) *664kcal* **£10.5**
- Pan-seared Sea Bream Fillets, Garlic Crushed Potatoes, Tomato & Pomegranate Salsa & Rocket Salad (wg) *537kcal* **£16.5**

Sandwiches

~ served on thick cut white or brown sliced bread, gluten-free bread on request.
Choice of chips or soup ~

- Bacon, Lettuce & Tomato, Roasted Garlic Mayo *1031kcal* **£7.5**
- Cod Goujons, Romaine Lettuce, Cucumber & Tartare Sauce *765kcal* **£7.5**
- Welsh Rarebit, Extra Mature Cheddar & Chilli Jam *979kcal* **£8**
- Coronation Chickpea, Mango Chutney & Red Onion *967kcal* **£7**
- Smoked Salmon, Crème Fraiche, Dill & Lilliput Capers *763kcal* **£7.5**

Food allergies? Please advise your server or ask for a manager before ordering. All dishes are prepared in a kitchen where all allergens are present, subsequently we cannot guarantee any to be 100% free from allergens. Fish & poultry may contain bones. Adults need around 2000kcal per day. Prices include VAT at the current rate.

(pb) plant-based (pbo) plant-based option available (wg) made without gluten
(wgo) without gluten option available (n) contains nuts