

# Parkside Café & Terrace

Please ask us about the allergens in our food

## Hot mains

Served with two sides

**Portobello mushroom, spinach  
and lentil lasagne (v)** £14.50

Fresh pasta, garlic mushrooms, creamy spinach,  
lentils, Gran Moravia cheese 480 kcal

**Chicken schnitzel and garlic mayonnaise** £16.50

Panko-crusted British chicken fillets  
and roasted garlic mayonnaise 620 kcal

**Roasted sweet potato and chickpeas (vg)** £14

Spiced chickpeas and tomato, peppers,  
minted soy yoghurt, grilled flatbread 433 kcal

**Grilled pork chop chimichurri** £18.50

Middle white pork chop and tenderstem  
broccoli 490 kcal

**Ocean embrace seafood pie** £17.50

North Atlantic haddock, salmon and prawns,  
leeks, peas, tarragon, creamy mash 495 kcal

## Fresh seasonal salads

Large / Small £13.50 / £8.50

**Chermoula and chickpea salad (vg)**

Chermoula chickpeas, lentils and quinoa,  
pomegranate, vegan feta, miso sesame dressing,  
crispy shallots 360 / 180 kcal

**Plum tomato and bocconcini salad (v)**

Pesto-marinated mozzarella balls, grilled peppers,  
fine beans, wild rocket, lovage pesto 360 / 180 kcal

**Caesar salad**

Little gem, Parmesan and garlic croutons,  
dry-cured crispy bacon, Caesar dressing 410 / 205 kcal

**Red pepper pasta (vg)**

Fusilli pasta, red pepper tapenade, sun-blushed  
baby plum tomatoes, fresh basil 450 / 225 kcal

## Cold mains

Served with two sides

**Grilled Cumbrian chicken breast** £16.50

Confit garlic and thyme-grilled British chicken,  
wholegrain mustard mayonnaise 184 kcal

**Chorizo and smoked paprika Scotch egg** £13.50

Smoked paprika sausage and chorizo, St. Ewe's  
free-range egg, roasted garlic aioli 490 kcal

**Lemon-scented seared salmon** £17

Pickled carrot and red onion, preserved lemon  
mayonnaise, crispy fried capers 330 kcal

**Asparagus and sun-dried tomato frittata (v)** £14.50

British asparagus, sun-dried tomato, tarragon  
and chervil, crispy leeks 388 kcal

## Soup and sides

**Soup of the day (v)** £7.50

Stone-baked ciabatta and butter 480 kcal

**Seasoned potato wedges (vg)** 270 kcal £5.50

**Herbed sweetcorn and mixed peppers (vg)** 68 kcal £5.50

## Kids' meals

Served with carrot and cucumber sticks  
plus a choice of one side

**5-a-day pasta (vg)** £8

Penne pasta and mixed vegetables  
in tomato sauce 180 kcal

**Mini Cumberland sausages, BBQ sauce** 290 kcal £8

**Chicken Schnitzel and garlic mayonnaise** £8.50

Panko-crusted British chicken fillets  
and roasted garlic mayonnaise 310 kcal

(v) vegetarian | (vg) vegan

If you have a specific allergy or dietary requirement, please ask to speak with one of our trained allergy champions.

We use a wide range of products containing nuts, peanuts, gluten, and other allergens. As such there may be traces of various allergens present across our product range. We'd love to tell you what's in our food to assist you with your choice.

Adults need around 2000 kcal a day.



The menu has a labelling system that shows the amount of carbon and water emissions produced by each dish.

Scan the QR code to view the carbon footprint of your meal and to find out more about the Foodprint initiative. Each item is rated on an A-E scale, showing the impact of our food choices on the environment. Products labelled A are the most climate-friendly choice, and products labelled E... we recommend in moderation!