

# Parkside Café & Terrace

## From the Sea

### **Greenwich Meantime beer-battered fish and chips**

Tartare sauce, garden peas – 12.75

### **Salmon and haddock fish cakes**

Green pepper, red onion and kohlrabi slaw, sriracha mayonnaise – 9.75

### **Pan-fried Sea Bream**

Sautéed samphire, roasted saffron potatoes, warm tomato salsa – 12.95

### **Fish finger sandwich**

Tartare sauce, gem lettuce, floured bap – 8.50

## Back on Dry Land

### **Black bean and quinoa burger**

Grilled courgette, pickled red onion, red pepper tapenade, floured bap (VG) – 8.50

### **Roasted pepper and courgette Massaman curry**

Sweet potato, sticky jasmine rice, chilli cashew nuts (VG) – 9.00

### **Pea and roasted shallot tortellini**

Lemon and thyme butter, rocket, pea shoots, crispy shallots (V) – 10.50

### **Maritime burger**

Chargrilled beef burger, baby gem, confit tomato relish, Coastal Cheddar, buttermilk bun – 9.00

### **Sweetcorn and courgette fritters**

Almond, coriander and apricot bulgur wheat, gremolata and lemon verbena harissa yoghurt (V) – 9.75

### **Open club sandwich**

Pulled char-grilled chicken, crispy bacon, baby gem, smashed avocado, tomato, grilled flatbread, straw potatoes – 9.75

Add chips to your burger or sandwich – 2.00

## Salads

### **Quinoa and goat's cheese salad**

Red chicory, fire-roasted pepper, baby artichoke, rocket and shallot dressing (V) – 10.25

### **Parkside salad**

Purple carrot, chickpeas, new potato, pickled red onion, red chard, radish, spring onion, mustard cress, lemon and garlic oil (VG) – 9.50

### **Caesar salad**

Lettuce, soft boiled egg, bacon, Parmesan shavings, croutons and Caesar dressing – 8.50

Add chicken – 2.50

Add kiln roasted salmon – 3.50

### **Trealy Farm dry cured ham salad**

Watermelon, Martini olives, soused cucumber, mixed leaves and basil dressing – 11.75

## Soup & Sides

Homemade soup, sourdough and butter (V) – 5.75

Sourdough and butter (V) – 3.50

Chips (VG) – 3.75

Mixed leaf, tomato, cucumber (VG) – 3.50

Green pepper, red onion and kohlrabi slaw (V) – 3.75

Broccoli and peas (VG) – 3.75

## Kids

Mac 'n' cheese, crispy crumb (V) – 5.00

'Five a day' penne veggie bolognese (VG) – 5.00

Sausages with 2 kids sides – 5.00

Homemade fish fingers with 2 kids sides – 5.00

Roast chicken thighs with 2 kids sides – 5.00

### **Kids Sides – 1.50 each**

Chips / garden peas / broccoli / new potatoes

/ cucumber, carrot and red pepper (VG)

## No Gluten Options

Pan-fried Sea Bream – 12.95

Roasted pepper and courgette massaman curry – 9.00

Quinoa and goat's cheese salad (V) – 10.25

Parkside salad (VG) – 9.50

Trealy farm dry cured ham salad – 11.75

Chips (VG) – 3.75

Mixed leaf, tomato, cucumber (VG) – 3.50

Green pepper, red onion and kohlrabi slaw – 3.75

Broccoli and peas (VG) – 3.75

## Kids

Roast chicken thighs with two kids sides – 5.00

Chips / garden peas / broccoli / new potatoes

/ cucumber, carrot and red pepper (VG) – 1.50 each

Gluten free bread available on request

We source our fish from the family owned Marrfish business, who have been involved with fishing for five generations. We signed the Sustainable Fish City pledge in 2011, promising to take appropriate steps to buy sustainable seafood, to protect precious marine environments and fish stocks, and good fishing livelihoods.

**V = Vegetarian / VG = Vegan.** We use a wide range of ingredients in our kitchen some of which may contain allergens. If you have specific dietary requests, please let us know. We would love to tell you what is in our food to assist you with your choice.