

The Parlour

Since 2009

STOKE NEWINGTON

Instagram Facebook @theparlour167

★ COUNTER FOODS ★

MAINS

With a choice of 4 salads.

Chickpea & Tahini Ball • £12

Chickpea ball cooked with tahini, garlic and onion.

Borek • £12

With spinach and feta.

Quiche • £12

*Please ask a member of staff.

Veggie Lasagne • £12

Chicken Pie • £13

With portobello mushrooms.

Meat Lasagne • £13

Veggie Tortilla • £13

Spanish omelette with vegetables.

Salmon Fish Cake • £14

Salmon with potato, dill and whole grain mustard.

Chicken in Wonderland Pie • £15

Chicken breast with spinach, roast peppers, pesto and mozzarella cheese.

Grilled Chicken Breast • £15

Marinated in oregano, mustard and yoghurt.

Salmon Pie • £16

With spinach and mozzarella cheese.



SALADS

Single £6.95 / Mixed Salad £10.95

Tabbouleh

With bulgur, onions and tomato in a refreshing pomegranate molasses dressing.

Organic Quinoa & Black Rice

With edamame beans and ginger dressing topped with feta.

Roasted Cauliflower & Chickpea

With tahini and yoghurt dressing.

Sweet & Tangy Red Cabbage

With carrot and beetroot.

Please check our counter for more salads.



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JACKET POTATOES

- Classic • £9
- Tuna • £10
- Prawn • £10
- Veggie • £10

Add cheese £1.5

All jacket potatoes served with Mediterranean mixed salad.



SANDWICHES

- Tuna Mayo & Sweetcorn • £6.9
- Parma Ham, Mozzarella, Sun-Blushed Tomato & Rocket • £6.9
- Prawn Mayo, Avocado & Rocket • £6.9
- Chorizo, Mozzarella & Rocket • £6.9
- Goat Cheese, Roast Pepper & Rocket • £6.9
- Chicken, Basil Pesto & Olive • £6.9
- Avocado, Sun-Blushed Tomato, Artichokes & Rocket • £6.9
- Honey Roast Ham & Cheese • £6.9
- Club Chicken, Mayo & Crispy Bacon • £6.9

