



BREAKFAST / BRUNCH

Scrambled or Poached Eggs on Toast • £9

Add spinach £3
Add halloumi £3.5
Add smoked salmon £4.5
Add rashers of bacon £3

Avocado Spread on Sourdough • £10

With fresh chillies.
Add poached or scrambled eggs £3
Add rashers of bacon £3
Add halloumi £3.5
Add smoked salmon £4.5

Cilbir • £10

Garlic yoghurt with chickpea chilli butter sauce on with two poached eggs and sourdough toast on the side.
(A traditional breakfast dish from the south of Turkey.)
Add chorizo or sucuk £3.5

Breakfast Butty • £12

Fried egg, bacon, hash brown, cheddar cheese in seeded bun served with French fries or curly fries.

Veggie • £13

Veggie sausage, egg, hash brown, portobello mushroom, beans, grilled tomato and toast.
Add bowl of fruits £4 or crushed avocado £4.5

Real Mediterranean • £13

Fried egg, garlic sausage, halloumi, feta cheese, melon, walnuts, jam, Mistoliva olives and toast.

Espana • £13

Two mild chorizo, two eggs, with sour cream, crushed avocado, salsa, spicy tomato sauce on tortilla bread topped with cheddar cheese.
Add bowl of fruits £4

Breakfast Burrito • £13

Creamy scrambled egg, chorizo, onion with sour cream, salsa, crushed avocado spread in a tortilla wrap, topped with cheddar cheese.
Add bowl of fruits £4

Vegan Breakfast • £14

Smashed avocado, portobello mushroom, two hash browns, Mexican black beans, tomato, salsa sauce and toast.

Huevos Rancheros • £14

Tortilla bread, fried eggs, avocado, Mexican black beans, tomato salsa sauce, feta cheese and fresh chillies.
Add chorizo or sucuk £3.5

Shakshuka (Menemen) • £14

Tomatoes, peppers, eggs, feta cheese, garlic sauce, mixed herbs and sourdough bread.
Add sucuk £3.5

Traditional • £14

Egg, bacon, Cumberland sausage, portobello mushroom, hash brown, beans, grilled tomato and toast.
Add bowl of fruits £4 or French fries £3.5

The Parlour Breakfast • £16

Garlic sausage, two eggs, two halloumi, crushed avocado, portobello mushroom, grilled tomato, hash brown and toast.

Breakfast / Brunch served till
4:30PM Monday - Friday
5:30PM Saturday - Sunday

BENEDICTS

Eggs Benedict • £12

With honey roast ham.
Add bowl of fruits £4

Eggs Florentine • £12

With spinach.
Add bowl of fruits £4

Eggs Royale • £13

With smoked salmon.
Add bowl of fruits £4

*All benedicts served with two toasted English muffins, two poached eggs and hollandaise sauce.

OMELETTES

Spinach & Cheddar Cheese • £12

Honey Roast Ham & Cheddar Cheese • £13

Chorizo & Mozzarella Cheese • £13

Forza Livorno • £13

Prosciutto ham with asparagus, rocket, extra virgin olive oil and parmesan cheese.

*All omelettes served with garlic mayo, French fries or curly fries.

★ USA PANCAKES ★

Classic • £8

Three pancakes with butter and maple syrup.

Banana & Nutella • £11

Nutella, banana, walnut and vanilla ice cream.

Marilyn Monroe • £12

Mix berries with vanilla ice cream and maple syrup.

Oreo • £12

Oreo pancakes with strawberry, vanilla ice cream, dark chocolate sauce.

Veggie • £13

Two eggs, veggie sausage, hash brown, crushed avocado and maple syrup.

Meaty • £14

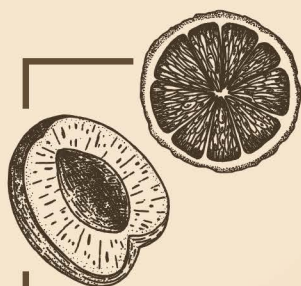
Rashers of bacon, fried egg, Cumberland sausage, hash browns and maple syrup.

SOUP OF THE DAY

Served with bread.

£7.5

Please ask a member of staff



FRUIT BREAKFAST

Granola • £11

Mix fresh berries with Greek yoghurt and maple syrup.

Acai Bowl • £12

Mashed Brazilian acai palm fruit, topped with banana, mixed fruit, coconut and granola.

French Toast • £13

Slices of brioche, soaked in beaten eggs with milk and cinnamon, toasted in frying pan with plum, yoghurt and maple syrup.



The Parlour

Since 2009

STOKE NEWINGTON

Instagram Facebook @theparlour167

LUNCH MENU

Tagliatelle Pasta

With creamy sauce, rocket & parmesan cheese.

With mushroom & onion • £12

With chicken • £14

Penne Pasta • £12

Creamy basil sauce or Arrabbiata sauce.

Chicken Schnitzel • £15

Served with French fries, salad and garlic butter.

SALADS

Grilled Halloumi • £13

With red onions, garlic croutons, mustard dressing & leaves.

Grilled Goat Cheese • £13

On garlic crostini with walnut dressing, leaves & beetroot.

Grilled Chicken Salad • £14

With red onions, garlic croutons, mustard dressing & leaves.

Falafel Salad • £14

Rocket, pumpkin seed, halloumi, chickpea, roasted tomato, hummus & beetroot.

WRAPS

Halloumi & Garlic Sausage • £13

Falafel & Hummus • £13

Grilled Chicken • £14

**All wraps served with garlic mayo, French fries or curly fries.*

COFFEES

Single Espresso Or Macchiato • £2.8

Double Espresso Or Macchiato • £3

Americano • £3.2

Flat White • £3.4

Cortado • £3.4

Latte • £3.5

Cappucino • £3.5

Turkish Coffee • £3.4

Hot Chocolate • £3.6

Mocha • £3.8

Vanilla Chai Latte • £3.8

Spicy Chai Latte • £3.8

Matcha Latte • £3.9

Iced Coffee • £4.2

Soya, Almond, Oat, Coconut Flavours £0.5 Extra

BURGERS

Halloumi & Portobello Mushroom • £12

Halloumi cheese, portobello mushroom, rocket, tomato, extra virgin olive oil and basil pesto.

Grilled Marinated Chicken • £13

Two marinated chickens with red onion, lettuce and tomato.

Beef Burger • £15

6 oz beef patty with lettuce, gherkins, tomato and red onion.

Mad Burger • £16

6 oz beef patty with rashers of bacon, cheddar cheese, grilled onion and tomato.

**All burgers served with garlic mayo, French fries or curly fries.*

ADD-ONS

Egg • £1.5

Rashers of Bacon • £3

Spinach • £3

French Fries • £3.5

Sucuk • £3.5

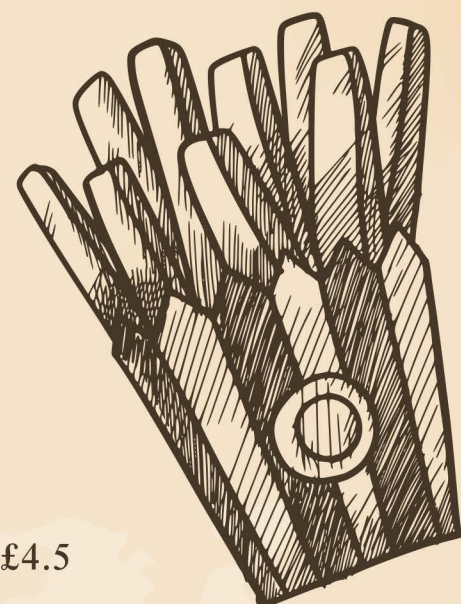
Halloumi • £3.5

Chorizo • £3.5

Curly Fries • £4

Bowl of Fruits • £4

Crushed Avocado • £4.5



TEAS

Lemon & Ginger Tea • £3.5

Jade Sword Green • £3.5

Assam Breakfast • £3.5

Fresh Mint Tea • £3.5

Peppermint • £3.5

Camomile • £3.5

Earl Grey • £3.5

Rooibos • £3.5

Chai • £3.5



SOFT DRINKS

Appletiser • £3

Elderflower 25 cl • £3

Lemon Pressé 25 cl • £3

Coke/Zero/Diet 33 cl • £3

Sparkling Water 33 cl • £2.5

Still Water 33 cl • £2.5



ALCOHOLIC BEVERAGE

Bottle Wine White/Red/Rose • £26

Glass Wine White/Red/Rose • £6

San Miguel 33 cl • £5

Moretti 33 cl • £5

Peroni 33 cl • £5

Mimosa • £7

Virgin Mary • £8

Aperol Spiritz • £9

Bloody Mary • £9



★ KIDS MENU ★

Eggs On Toast • £5

Beans On Toast • £5

Chicken Nuggets & Chips • £6.5

Fish Fingers & Chips • £6.5

Kiddies Meaty or Veggie • £7

Chips, Cumberland sausage or veggie sausage, beans, fried egg and toast.