



Fit and Feast Menu

STARTERS

Steamed Duck Dumplings

with soy, chilli, and orange dipping sauce, topped with crispy spring onions

Crispy Butternut & Edamame Bean Samosa

with a tangy sour cream tomato raita & coriander salad (VE)

Miso Fishcakes

served with the chef's special chilli tomato chutney

MAINS

Parkmore Burger

served with sweet potato fries and Asian slaw

Steak & Ale Pie

served with chips or mash and gravy

Fish & Chips

served with peas and tartar sauce

Hearty Cauliflower & Chickpea Korma

served with fragrant rice (VE)

DESSERTS

Dim Sum Mango Pudding

generously topped with wild blueberries (VE)

Sweet & Sticky Malva Pudding

with a brandy snap basket and a scoop of rich vanilla ice cream (V)

Pink Lemonade & Marshmallow Cheesecake Delight

topped with a tangy berry coulis (V)