



eat drink sleep shop

Newton In Bowland

“Where you can hear the grass grow”

**Meat from right here in Bowland
Poultry from Goosnargh
Lancashire cheese milk and cream
from all the beautiful
cows and goats around us
Fish from Dunsop Bridge Fleetwood
The Lune Lancaster and Morecambe
Beer from our local Breweries
Salads vegetables potatoes and fruit
from local farms around the
Ribble Valley and Clitheroe market
Samphire from Southport
and Cockerham
Elderflower rosehips winberries and
damsons from the fields around us
From nature’s bounty we cure
Air dry or pot our meat and fish
We make our very own ice creams
Cakes pastries pies bread and biscuits
Preserves chutneys and cordials
Rural bliss and sufficiency
Does not get any better than
Right here at the Parkers Arms in the
Heart of the Ribble Valley**

What more could we wish for

Summer Menu 2010



**Newton in Bowland Lancashire BB73DY Tel no 01200 446236
www.parkersarms.co.uk**

Please place your order at the bar sit back and let us do the rest

parkersarms

Starters/ light bites

Soup of the day: enquire with staff about our daily brew
£4.50

Spiced potted Dunsop Bridge Trout, Fennel and watercress salad
£5.80

Baked free range Slaidburn egg, Singletons Lancashire creamy, toasted soldiers
£4.50 £4.00 no ham (V)

Oven roasted Bury black pudding, Slaidburn egg, crispy potatoes
£4.80

Salads

Chefs salad of the day
£5.50 small £9.50 Large

Please note the kitchen is full of seasonal ingredients if you have any particular salad in mind or dietary requirements let us know and we will accommodate you as best as possible

Mains

Greave's dry cured saddle back gammon, fried Slaidburn hen's egg, Parkers chips, watercress £10.95 (G)

Bowland beer battered Fleetwood haddock, Parkers chips, mushy peas £9.95

Cowmans of Clitheroe's Edisford pork sausages (Bury Pork), creamed mash, onion gravy £9.50(G)

Pie of the day (Potted or in Parkers home made hand raised hot water crust, please enquire) seasonal vegetables, creamed mash or chips £10.95

Croppers Ormskirk potatoes and Singletons creamy Lancashire cheese tart with Parkers mushy peas or seasonal leaf salad (V) £12.50

Please check the board & specials menu for daily updated seasonal menus

From the grill

100% (Burholme farm) beef burger, home made bun, Parkers chips, tomato ketchup
£9.50

Add on each cheese, egg or bacon £1.00

28 day 8 oz matured rib eye of beef (Burholme farm), chips, watercress, seasonal garnish
£18.95 (G)

Add on £1.50 each creamed horseradish, anchovy butter, black peppercorn sauce

Side Orders

Chips, seasonal vegetables, mashed potatoes, Green salad, new season steamed potatoes
£2.90

Sliced bread and butter £ 2.00

Home made gluten free bread £2.50

Homemade bread rolls and Caron Lodge Inglewhite butter £2.95

Sharing platters for 2

Ploughman's: a selection of three local cheeses, thick cut Parkers home roast ham, Parkers pork pasty, homemade pickles, chutneys, salad and home made bread basket
£19.80 (£16.90 V)

Add on some home roasts and cures or pate
£2.50 each

Children's Menu

1 main course & vanilla ice cream £6.00 only

Cowman's sausage and chips/mash £4.95

Parkers Fish fingers, garden peas and chips
£5.50

Parker's macaroni cheese £4.95

100% 4oz (Burholme farm) beef burger £5.50

Lancashire cheese on toast with salad £4.50

Scoop vanilla ice cream £2.00 in a cone £2.50

N.B. Half portions of some adults meals available for children Please enquire

This menu is for children under 10 and no cheating please ... ☺

Dietary Information

V Denotes vegetarian G Denotes Gluten free S denotes supplement. * Allow 15 minutes Most dishes include dairy or olive oil and garlic so please enquire if you have a food/nut/garlic allergy

N.B 90 % of food is locally sourced within a 30 mile radius, seasonal and home cooked with loving care

Do allow us the time to prepare it well for you, good food is always worth waiting for

Suppliers

Greaves Wigan, Reg Johnson Goosnargh, Neves Fleetwood, Sharrocks Preston, Exchange Coffee Clitheroe, Byrnes wine shop Clitheroe, Walkers Clitheroe, Dunsop Bridge Trout Farm Dunsop, Eggs Slaidburn, Milk and cream Townsed Gisburn, Game forest of Bowland

Puddings £5.00

Kathy's famous wet Nellie with custard (Winner of best dessert pastry Lancashire 2008)

Warm fig and almond tart, Chantilly cream Kathy's award winning chocolate and peanut butter cheesecake (N) (Runner up best dessert pastry Lancashire 2008)

Parker's apple Puffs with custard Apples are from Kierans grandma

Home made ice cream (G): Vanilla, chocolate, and seasonal flavours please enquire
£5.00 for 3 scoops (G)

Please check the board or specials menu for daily updated seasonal deserts and cakes

Cheese

Luxury Local 3 cheese plate with homemade crackers, fruits, nuts, Parkers apple jelly and chutney £7.95

1 local cheese, homemade crackers £4.95

Sandwiches

(Not available in the evening and limited choice on Sundays)

Home roast thick cut Greave's ham £4.95 Singleton's cheese & Parkers chutney (V) £4.95

Seawater prawns and Marie Rose open sandwich on homemade brown £ 6.95

Greave's sweet home cured Saddleback bacon lettuce and tomato £5.50

Parkers pastrami on homemade ciabatta
£8.50

Add on chips £2.95 Mug o'soup £2.50 (only with a sandwich)



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