



eat drink sleep shop

*Newton In Bowland*  
*“Where you can hear the grass grow”*

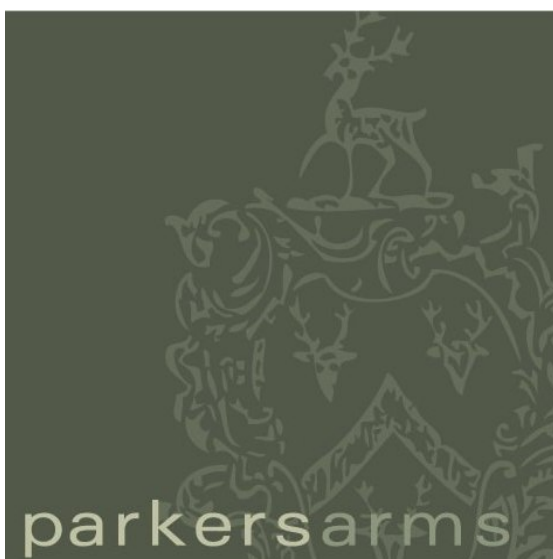
Meat from right here in Bowland  
Poultry from Goosnargh  
Lancashire cheese milk and cream  
from all the beautiful  
cows and goats around us  
Fish from Dunsop Bridge Fleetwood  
The Lune Lancaster and Morecambe  
Beer from our local Breweries  
Salads vegetables potatoes and fruit  
from local farms 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](http://www.parkersarms.co.uk)



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

### Starters/ light bites

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

Bury black pudding, sage, Bowland pork and apple "sausage" rolls Parkers brown sauce £4.50

Pressed Bowland ham hock, Parkers Piccalilli £4.95

Crispy Goosnargh duck, spiced orange sauce, orange and mixed leaves salad £6.75 (G)

Potted spiced hot smoked Dunsop Bridge trout and toasted soldiers, lemon jelly £5.80

Carpaccio of peppered local shot venison, merlot dressing, lambs lettuce £6.75 (G)

Tiger prawns Canarian style with chorizo, garlic butter and lemon, crusty home made baguetini £6.90 (G)

### Salads

Poached salmon salad, cucumber jelly, pickled cucumbers, soft boiled hen's egg, lemon mayonnaise Small £6.95 Large £11.95

Thai style 100% fish cake, chilli mayonnaise, seasonal leaf salad Small £5.95 Large £9.95

Chefs seasonal salad of the day Please enquire Small £4.95 Large £8.95

Roasted vegetables, lemon, cumin and couscous salad Small £4.95 Large £8.50

### Mains

Grieve's dry cured Bury Saddleback gammon, fried local hen's egg, hand cut chips, watercress £10.80 (G)

Fleetwood Beer battered haddock, chips, mushy peas £9.95

Cowmans Edisford pork sausages, crushed potatoes, onion gravy £9.50(G)

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

Inglewhite hand crafted Goats cheese and Sandhams creamy Lancashire, red onion, thyme and slow roasted tomatoes tart, hand cut chips and garden peas or salad (V) £11.95

Please check the board and specials menu for our daily updated seasonal menus

Afternoon tea served every day

Please ask for the daily updated menu

### From the grill

Herbed Whitewell lamb koftas, Parkers Zatziki ( cucumbers, mint and Anne Foreshaw's natural yoghurt), salad, chips and homemade pitta £10.50

Lemon and thyme marinated Goosnargh corn fed chicken breast grilled seasonal new potatoes or lemon couscous salad £11.50 (G)

100% Bowland beef burger, home made bun hand cut chips, tomato relish £9.50

Add on each cheese, egg or bacon £1.00

28 day 8 oz matured rib eye of Bowland beef, chips, watercress, roasted cherry tomatoes £18.95 (G)

28 day matured 8 oz rump of Bowland beef, chips, watercress, roasted cherry tomatoes £16.95 (G)

Add on £1.50 each creamed horseradish, anchovy butter, coriander and chilli vinaigrette

### Side Orders

Chips, seasonal vegetables, crushed potatoes, Green salad £2.80

Sliced bread and butter £ 2.00

Gluten free bread £2.50

Homemade bread rolls and local butter £2.95

### Sharing platters for 2

Ploughman's: a selection of three local cheeses, thick cut ham, Parkers pork pie £19.80 (£16.95 V)

Parkers Bowland home cured meat platter: mustard and honey home roast ham, potted ham hock, duck liver pâté, home cured tongue, pressed brisket, Cowman's Edisford pork sausage. Parkers pork pie, Parkers home cured air dried wild local shot venison £20.95

Parkers Seafood platter: Fleetwood smoked mackerel pâté, seawater prawns, egg and anchovies, potted Fylde coast shell fish in garlic and parsley, home cured salmon, hot smoked Dunsop Bridge trout £21.95

All platters served with homemade pickles, chutneys, salad and home made bread basket Add on any extras from other platters £2.50 per item

### 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

### Puddings £5.00

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

Caramelised lemon custard tart, local crème fraiche with Parkers Elderflower preserve Kathy's award winning chocolate and peanut butter cheesecake (N)

(Runner up best dessert pastry Lancashire 2008)

Seasonal fruit trifle with its jelly, fool and Chantilly cream please enquire

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, cakes and afternoon tea delights

### Cheese

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

1 local cheese, homemade crackers £4.95

### 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 Bowland 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 ... ☺

### Sandwiches

(Not available after 5 pm and limited choice on Sundays)

Confit Goosnargh chicken wrap £5.95

Home roast thick cut Bowland ham £4.95

Lancashire cheese & Parkers chutney (V) £4.95

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

Grieve's sweet home cured bacon lettuce and tomato £5.50

Peppered home cured beef on Parkers ciabatta £8.50

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

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