

## Vegetarian Soup Selection @ £4.75 per portion

1. Leek & Potato Soup with Herbs **V**
2. Broccoli & Stilton Soup **V**
3. Roast Tomato & Pepper Soup with Basil **V**
4. Sweet Potato & Red Lentil Curry Soup **V**
5. Cream of Mushroom Soup **V**
6. Carrot & Coriander Soup **V**
7. Roast Butternut Squash with Chickpeas  
& Moroccan Spices **V**
8. Curried Parsnip Soup **V**
9. Green Pea, Mint & Courgette Soup **V**

Please note our kitchen is not a nut-free environment, therefore there may be traces present in all dishes

### Parsons Creative Food Ltd

107 / 108 Avro House • Havelock Terrace SW8 4AS

Telephone: 020 7720 3336 • Facsimile: 020 7720 8656 • Mobile: 07885 248837

Email: [info@parsonscreativefood.co.uk](mailto:info@parsonscreativefood.co.uk) • [www.parsonscreativefood.co.uk](http://www.parsonscreativefood.co.uk)

Registered Office: Parsons Creative Food Ltd • 7 Ludlow Road • London W5 1NX  
Registered in England No: 05126296 • V.A.T. No: 106 6425 33

## Hot Dishes

### From £6.50 per portion

1. Traditional Shepherd's Pie **M @ £7.50**

(minced lamb & carrots, topped with mashed potatoes)

2. Vegetable Shepherd's Pie **V @ £6.50**

(seasonal root vegetables & lentils, topped with mashed potatoes)

3. Fisherman's Pie **F @ £8.00**

(smoked haddock, hake & prawns in cream sauce, gratin topping with breadcrumbs & cheddar cheese)

4. Lasagne Al Forno **M @ £8.00**

(layers of pasta with minced beef with rich tomato & béchamel sauces)

5. Vegetable Lasagne with Lentils **V @ £7.00**

(with lentils & vegetables with rich tomato & béchamel sauces)

6. Classic Chicken Curry with Rice **M @ £8.50**

(chicken Curry with Ginger, Garam Masala, Coriander & Cumin  
Served with Mango Chutney)

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## Hot Dishes

### From £6.50 per portion

7. Battersea Beef & Vegetable Stew **M @ £9.00**  
(braising beef with swede, root vegetables & herbs)

8. Vegan Vegetable Stew **V @ £7.50**  
(leeks, swede, carrots, potatoes & herbs)

9. Thai Pork & Peanut Curry, Noodles **M @ £8.50**  
(tenderloin pork in Thai Red Coconut Sauce)

10. Prawn Karahi Masala **F @ £8.50**  
(king prawns with a tomato based curry)

11. Prawn, Chorizo & Lentil Stew **M F @ £9.00**  
(cooked in a sofrito tomato & chilli sauce)

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## Parsons Pies

**From £8.00 per portion**

1. **Steak & Mushroom Pie M @ £9.00**  
(braising steak, mushrooms and ale, with puff pastry topping)
  
2. **Vegetable & Feta Cheese Pie V @ £8.00**  
(spinach, peppers & Feta Cheese)
  
3. **Chicken, Tarragon & Leek Pie M @ £8.50**  
(chicken with leeks in a tarragon cream sauce)
  
4. **Chicken, Ham Hock & Leek Pie M @ £9.00**  
(chicken, with ham & leeks in a parsley cream sauce)
  
5. **Salmon & Broccoli Pie F @ £8.50**  
(salmon fillet & broccoli in a herb cream sauce)
  
6. **Smoked Haddock & Bacon Gratin F @ £8.50**  
(smoked haddock & bacon in creamy cheese sauce  
with breadcrumb & herb topping)
  
7. **Smoked Haddock & Spinach Pie F @ £8.00**  
(smoked haddock & spinach in a creamy white sauce)

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## Parsons Hamburgers From £5.00 per portion

### Quarter Pound Beef Burger **M**

(Ketchup, Mustard, American Cheese  
& Dill Gherkin in Brioche Bun)

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### Chicken Burger **M**

(Breadcrumbs, Pickled Red Cabbage,  
lettuce, sweet chilli sauce in Brioche Bun)

### Vegan Burger **V**

(Vegan Black Bean and Walnut Pattie,  
lettuce, tomato & Vegan Cheese in Brioche Bun)

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### Veggie Burger **V**

(Field Mushrooms, Mature Cheddar  
& Spinach in Brioche Bun)

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