

Parabola

Lunch 12:00 – 15:00

THE SET LUNCH

19.50/24.50 (2/3 courses)

Pumpkin soup, croutons and Gruyère

or

Pate de campagne, endive, toast



Grey mullet, lemon & onion crostini

or

Porchetta, fennel and apple salad



Tarte Tatin

or

Chocolate and hazlenut roulade, coffee
ice cream

SALADS AND LARDER

Lettuce, pickled damsons, Lancashire cheese 5

Smoked haddock, egg and anchovy 6

Grilled chicken, Asian greens 10

Gravadlax, cucumber 11

Colchester native oysters (each) 4.00

SOUP

Mussels, carrots and dill 9.00

Game and lentil 8

SANDWICHES

French rarebit 8

Niçoise open sandwich 9

Roast beef, radishes, watercress, horseradish 10

PLATS

Aubergines 'Imam Bayildi' 9

Courgette & taleggio frittata 9

Tagliatelle with girolles 11

Octopus and potato stew 16

Griddled scallops, pea puree and mint vinaigrette 19

Chicken confit, Toulouse sausage, borlotti beans 12

Barnsley lamb chop, charred lettuce and anchoiade 16

ON THE SIDE

Spinach, Mash, Chips __3.5

AFTERS

Cheese: Kirkham's Lancashire, Brie, Tynsboro;

Each 6 selection 12

Blackberry & apple pie, Jersey cream 7

Baked figs, Pannacotta 8

Raspberry ripple ice cream, sablé Breton 8

Chocolate & orange tart 8