

Please note that we do not take bookings.
We operate on a first come, first served basis.

Mon - Thurs 9am - 4.30 pm
Fri 9am - 5pm
Sat & Sun 8am - 5pm

Last food order: 4pm
Last food order: 4.30pm
Last food order : 4.30pm



Please place your order
at the counter. Thank you.

WEB: WWW.PARADETEAROOMS.CO.UK
INSTAGRAM: @THE_PARADE_TEAROOMS
FACEBOOK: @PARADETEAROOMSSOUTHSEA



Please ask staff for vegetarian, vegan and gluten friendly options

All prices include VAT @ 20%

Traditional Breakfast

SERVED UNTIL 12 NOON

Full English £13.50

Sausage, bacon rashers, poached egg, field mushroom, baked beans, hash brown and toast. Add black pudding. See breakfast extras.

Mini English £12.50

Sausage, bacon rasher, poached egg, hash brown, baked beans and toast. Add black pudding. See breakfast extras.

Veggie Breakfast £13.50

Poached egg, vegetarian sausages, field mushrooms, baked beans, hash brown, grilled tomato and toast.

Gluten Free Breakfast £13.50

Bacon rashers, poached eggs, field mushroom, baked beans, grilled tomato and a brioche nap.

Breakfast Bagel £11.25

Bacon rashers, sausages and an egg.

Veggie Bagel £11.25

Vegetarian sausages, hash browns and an egg.

Eggs Benedict £12.25

Toasted muffin served with bacon, poached eggs and hollandaise sauce. Add sausages.

Round of toast £4.00

Served with jam or marmalade

Breakfast Extras

Sausages, Bacon, Black Pudding, Hash Browns
£2.00 each

Toasties

ALL TOASTIES ARE SERVED WITH
KETTLE CRISPS.

Club Parade £12.50

with roasted chicken, bacon, mixed leaf, tomato and a mustard mayo. Upgrade to fries for £2.00

Coronation Chicken £12.50

Upgrade to fries for £2.00

Bacon, Brie & Cranberry £12.50

Upgrade to fries for £2.00

Tuna & Cheese £12.25

Upgrade to fries for £2.00

Ham & Cheese £12.50

Upgrade to fries for £2.00

Lunch

American Pancakes £13.95

Served with crispy smoked streaky bacon, maple syrup and strawberries. Veg option available

Macaroni Cheese £14.25

Served with either crispy bacon or mushrooms. Add both for £1.50

Quiche of the Day £14.50

Served with French Fries, dressed leaf salad and a side of coleslaw.

Breakfast Stack £13.95

Bacon rashers, sausages, hash browns, baked beans & eggs. Served with soft bread. Add Black pudding.

Beef Lasagne Verdi £15.50

A traditional Bolognese sauce, bechamel sauce and layers of pasta grilled with cheese. Served with a dressed salad and toasted garlic sourdough.

Baked Jacket Potatoes

ALL JACKETS SERVED WITH A DRESSED LEAF SALAD
WITH CUCUMBER, TOMATO AND RED ONION. SERVED
WITH A POT OF HOMEMADE COLESLAW.

Bacon & Brie £12.25

Tuna Mayo £11.95

Coronation Chicken £11.95

Cheddar Cheese & Beans £11.25

Cheese & Coleslaw £11.25

Salads

Chicken & Bacon Caesar £14.95

Cucumber and tomatoes, Caesar dressing, topped with croutons. Served with Parmesan shavings.

Chicken & Chorizo £14.95

Pan-fried chicken and chorizo sausage, cucumber and tomatoes. Drizzled with honey and mustard dressing, topped with croutons.

Greek Salad £13.95

Marinated olives and feta cheese, with cucumbers, tomatoes and red onion.

Cream Tea

Whittards tea with a fruit scone, clotted cream & strawberry jam. £8.50

Sides

Pot of Jam/Marmalade £1.00

Coleslaw £2.25

Bowl of kettle crisps £1.75

Side salad £3.95

French Fries £4.25

Cajun Wedges £4.25



Ice Cream Cart

Look out for our mobile cart around Gunwharf Quays. Offering a selection of Purbeck's Ice cream in the summer months and in the winter our delicious coffee and cake.

White Wine

Mr Goose Pinot Grigio

11% ABV *Australian White*

Displaying subtle aromas of apple, pear and citrus. The palate has flavours of lemon, pear & peach.

Bottle (750ml) £25.00

Small Glass (125ml) £6.00

Large glass (250ml) £9.00

Mr Goose Chardonnay

13% ABV *Australian White*

Zesty fruit driven wine, a fusion of sweet citrus, pear-drop and ripe melon flavours.

Bottle (750ml) £25.00

Small Glass (125ml) £6.00

Large glass (250ml) £9.00

Red Wine

Mr Goose Cabernet Merlot

13.5% ABV *Australian Red*

Soft yet full-bodied with rich, ripe flavours of plum, blackcurrant and berry.

Bottle (750ml) £25.00

Small Glass (125ml) £6.00

Large glass (250ml) £9.00

Letargo Rioja

13.5% ABV *Australian Red*

Hints of liquorice and black fruits such as plums, blackberries and cranberries.

Bottle (750ml) £25.00

Small Glass (125ml) £6.00

Large glass (250ml) £9.00

Have you visited our tanning shop at
39 Osborne road, PO5 3LR

Afterglow Tan & Tint



ALLERGENS:

Please be aware we do handle nuts and other ingredients that contain allergens in our kitchen and cannot guarantee our products are free from allergens.

Please ask a qualified member of our team for more specific information on allergens.

Kids Menu *Under 12's only*

Kids Breakfast

£6.00

Served until 12 noon

Sausage, poached egg, baked beans and toast.

Kids Jacket

£5.50

Choice of either Cheese/Beans.

Chicken Nuggets

£6.00

Served with French fries & Baked beans.

A Cheese Sandwich

£5.00

Served with cucumber & crisps.

All served with a squash.

Rosé Wine

Buffalo Ridge Zinfandel Rosé

10.5% ABV

USA Rosé

Refreshing and easy drinking with a slight sweetness and hint of ripe red fruits.

Bottle (750ml) £25.00

Small Glass (125ml) £6.00

Large glass (250ml) £9.00

Pinot Grigio Blush Cortefresca

12% ABV

Italian Rosé

A beautiful coloured rosé, this wine has a delicious aroma of strawberries and red berries.

Bottle (750ml) £25.00

Small Glass (125ml) £6.00

Large glass (250ml) £9.00

Gift Vouchers

Treat someone special to a gift voucher. Available in £10, £20 or £25 vouchers.

Valid for 6 months



Full value of voucher must be redeemed in one transaction as no cash can be exchanged or refunded.

Sparkling

Prosecco Mionetto Prestige Brut 20cl

11% ABV

Sparkling Wine

Hints of golden apples and pears. Fresh and lively mousse with a clean dry finish.

Bottle (20cl) £10.00

Beer

Birra Moretti 330ml

£5.75

4.6% ABV



Have you visited our sister site in Southsea?

Soft Drinks

Bottle of Coke/ Diet Coke/

£3.75

Coke Zero/Sprite/Fanta

£3.75

Elderflower Press

£3.75

Orange juice/Apple juice

£3.50

Bottle of water

£2.00

Kids Squash

80p

Iced Coffee

Vanilla/Caramel/Hazelnut

£4.95

Add cream for 80p more.

Iced Hot Chocolate

Banoffee

£5.00

Salted Caramel

£5.00

Cookies & Cream

£5.00

Add cream for 80p more.

Hot drinks

Double espresso

£2.85

Americano

£3.85

Latte

£3.95

Chai latte

£3.95

Flat white

£3.95

Cappuccino

£3.95

Mocha

£4.50

Hot chocolate

£4.50

Marshmallows & cream

£5.75

Babyccino

£1.50

Add a flavour to any drink above from Vanilla, Caramel, Hazelnut for 80p more

Teas

All our teas are produced by Whittards of Chelsea and are served by the pot.

English breakfast

£2.95

Decaf

£2.95

Earl Grey

£2.95

Green Tea

£2.95

Peppermint

£2.95

Very Berry Crush

£2.95

