

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

Mon-Thurs: 9am-4:30pm Last food order: 4pm TEL: 02392 431265  
Fri: 9am-5pm Last food order: 4:30pm  
Sat & Sun: 8am-5pm 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 £12.95  
Sausage, bacon rashers, fried egg, field mushroom, baked beans, hash brown and toast. *Why not add Black Pudding. See breakfast extras below.*

Mini English £11.95  
Sausage, bacon rasher, fried egg, hash brown, baked beans, and toast. *Add black pudding, see breakfast extras.*

Veggie Breakfast £12.95  
Fried egg, vegetarian sausages, field mushroom, baked beans, hash brown, grilled tomato and toast.

Gluten Free Breakfast £12.95  
Bacon rashers, fried eggs, field mushroom, baked beans, grilled tomato and toast.

## Alternative Breakfasts

SERVED UNTIL 12 NOON

Corned Beef Bubble £12.95  
Made from potatoes, shallots and corned beef. Fried and served with bacon rashers, fried eggs and baked beans.

Eggs Benedict £11.95  
Toasted muffin served with bacon, poached eggs and hollandaise sauce. *Add sausages, see extras.*

Classic Cheese on Toast £10.95  
Served with either crispy bacon or mushroom.

American Pancakes £13.50  
Served with crispy, smoked streaky bacon, maple syrup and strawberries. *Served all day.*  
**Vegan option available**

Nutella & strawberry Pancakes £13.50  
SERVED ALL DAY

Breakfast Bagel £10.95  
Bacon rashers, sausages and an egg

Vegetarian Bagel £10.95  
Vegetarian sausages, hash browns and an egg

Granola £8.00  
Served with Greek yoghurt, strawberries & honey

Round of toast £3.50  
Served with jam or marmalade.

## Breakfast Extras

Bacon, Black Pudding, Hash Browns £2.00 EACH

## Sandwiches

All sandwiches are served with kettle crisps.

Club Parade Sandwich £11.95

Three layered sandwich with roasted chicken, bacon, lettuce and tomato with a mustard mayo. Upgrade to French Fries for £2.00

Cod Fish Finger Sandwich £11.95

Battered cod served with a homemade Tartare sauce. Upgrade to French Fries for £2.00

Chicken Satay Toastie £11.95  
with Mozzarella cheese. Upgrade to French Fries for £2.00

Bacon, Brie & Cranberry Panini £11.95  
Upgrade to French fries for £2.00.

Coronation chicken sandwich £11.95  
Upgrade to French Fries for £2.00

## Lunch

Chicken Satay Flatbread £14.95  
Pulled Chicken with sliced chillies, spring onions, coconut shavings, grilled mozzarella and a pea shoot garnish.

All Day Breakfast Stack £13.50  
Sausages, bacon rashers, hash brown, baked beans & fried eggs. Served with French bread. Add black pudding, see breakfast extras

Baked Camembert £13.95  
Infused with roasted garlic & rosemary. Served with dressed salad, coleslaw and toasted garlic sourdough.

Quiche of the day £14.25  
Served with French fries, dressed leaf salad and a side of coleslaw.

## 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 £11.95

Coronation Chicken £11.50

Tuna Mayo £11.50

Cheddar cheese & beans £11.00

## Salads

The Parades famous Jayne Salad £17.50

Cucumber, sweetcorn, tomatoes, red onion, beetroot, coleslaw and cheese. Topped with crispy bacon and sautéed potatoes.

**Vegetarian option available.**

Add chicken for £2.00

Chicken & bacon Caesar £14.50  
Cucumber and tomatoes, Caesar dressing, topped with croutons. Served with Parmesan shavings.

Chicken & Chorizo £14.50

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, cucumbers, tomatoes and red onion.

## Main

Beef Lasagne Verdi £14.95

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

Macaroni Cheese £13.25

Served with either crispy bacon or mushrooms.

Ham, Eggs & French fries £16.75

Traditional gammon steak, fried eggs, French fries and a dressed salad with a pot of homemade coleslaw.

Scampi & French Fries £16.75

Served with a dressed leaf salad & homemade tartare sauce.

Luxury Fish Pie £16.95

Salmon, smoked haddock, Alaskan pollock and prawns in a creamy leek sauce. Topped with mashed potato, toasted breadcrumbs and cheddar cheese. Served with salad.

## Sides

Pot of Jam/Marmalade £1.00

Coleslaw £2.25

Bowl of kettle crisps £1.75

Side salad £3.95

Cajun Wedges £4.25

French Fries £4.25

Rosemary Fries £4.75

Halloumi fries & sweet chilli £5.95



## Afternoon Tea

Whittards tea with a fruit scone, clotted cream & strawberry jam. Coronation chicken, Tuna, cream cheese & cucumber sandwiches and a choice of cake from the cabinet.  
£18.95 per person Served 2pm-4.30pm

## 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) £22.00

Small Glass (125ml) £5.50

Large glass (250ml) £8.50

### Mr Goose Chardonnay

13% ABV *Australian White*

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

Bottle (750ml) £22.00

Small Glass (125ml) £5.50

Large glass (250ml) £8.50

## Red Wine

### Mr Goose Cabernet Merlot

13.5% ABV *Australian Red*

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

Bottle (750ml) £22.00

Small Glass (125ml) £5.50

Large glass (250ml) £8.50

### Letargo Rioja

13.5% ABV *Australian Red*

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

Bottle (750ml) £22.00

Small Glass (125ml) £5.50

Large glass (250ml) £8.50



Have you visited our sister site at

**Gunwharf Quays**

### 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

£5.50

Served until 12 noon

Sausage, fried 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) £22.00

Small Glass (125ml) £5.50

Large glass (250ml) £8.50

### 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) £22.00

Small Glass (125ml) £5.50

Large glass (250ml) £8.50

## 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) £9.95

## Beer

### Birra Moretti 330ml

£5.50

4.6% ABV



Look out for our Ice Cream Cart at

Gunwharf Quays

## Soft drinks

Bottle of Coke/Diet Coke/  
Coke Zero/Sprite/ Fanta

£3.50

Elderflower press

£3.50

Orange juice/Apple juice

£3.30

Bottle of water

£2.00

Kids Squash

80p

## Iced Coffee

Vanilla/Caramel/Hazelnut £4.75

Add cream for 80p more.

## Iced Hot Chocolate

Banoffee £4.95

Salted Caramel £4.95

Cookies & Cream £4.95

Add cream for 80p more.

## Hot drinks

Double espresso £2.75

Americano £3.75

Latte £3.95

Chai latte £3.95

Flat white £3.95

Cappuccino £3.95

Mocha £4.25

Hot chocolate £4.25

Marshmallows & cream £5.50

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 £2.80

Decaf £2.80

Earl Grey £2.80

Green Tea £2.80

Peppermint £2.80

Very Berry Crush £2.80

