



All Day Breakfasts

All with Sourdough Toast*

The Meaty One

Sausages, Bacon, Black Pudding
Smoky House Beans, Portobello
Mushroom, Eggs & Roasted
Tomatoes £9

The Veggie One

Grilled Halloumi, Portobello
Mushroom, Eggs, Roasted
Cherry Tomatoes, Bubble 'n' Squeak,
Smoky House Beans £8.50

The Vegan One

Crushed Avocado, Portobello
Mushrooms, Roast Cherry
Tomatoes, Bubble 'n' Squeak,
Smoky House Beans £8

*Please note; any substitutes may
incur a charge*

On Toast*

Sourdough toast *with* vegan spread
£2.50 - Add Marmite, Marmalade
or Jam for an extra 50p

Free Range Poached Eggs with
Crushed Avocado £6.50 (v)

Portobello Mushrooms with
Crushed Avocado £6.50 (ve)

Smoky House Beans
with Cheese £6.50 (v)

Smoked Salmon & Creamy
Free Range Scrambled Eggs £7.50

Roasted Tomato, Garlic
Mushrooms & Spinach £6 (ve)

MENU

Winter 19/20

Here at The Sober Parrot we pride ourselves on producing simple yet delicious lunch & brunch dishes using local ingredients where possible. Our eggs are from Cooper's Hill Farm, our bread is from Hobbs' House Bakery in Stroud & our meat is from Lane's The Butcher on Bath Road. We have selected these suppliers not purely for location but because we believe their produce is the best! Thank you for choosing The Sober Parrot and in doing so supporting The Nelson Trust (see overleaf for more details.)

Soup of the Day £4.50

Served with Sourdough toast or

Ciabattas & Wraps £7

All served with a Side Salad & Hand
Cooked Crisps

Mozzarella, Tomato and Pesto (v)

Organic Brie, Cranberry & Bacon

Tuna, Pepper & Red Onion

A.R.T - Avocado, Rocket & Tomato (ve)

Homemade

Potato Wedges (gf)

Melted Cheese £6 (v)

House Beans £6.50 (ve)

House Beans & Cheese £7.50 (v)

Beef Chilli & Sour Cream £8

Jacket Potatoes (gf)

All served with a Side Salad

House Beans & Cheese £7.50 (v)

Tuna Mayo £7.50

Beef Chilli & Sour Cream £8

Chef's Specials

Shakshuka

Eggs poached in a spicy tomato
sauce & served with toasted
sourdough £8.50 (v)

Kedgeree

Curried Rice, Smoked Haddock &
Cream with Red Onion, Roasted
Tomato & a Poached Egg £9 (gf)

Mac & Cheese

Sundried Tomato £7 (v)

or Chorizo £7

Add Garlic Sourdough £1.50

Goats Cheese & Beetroot Salad

Walnuts, Apple, Rocket,
Spinach & Balsamic £8.50 (v)(gf)

Roasted Cauliflower & Chickpea Curry

Served with basmati rice, chopped
coriander & naan bread £8.50 (ve)

*"Keep an eye on the
blackboard for daily
specials"*

EXTRAS

Potato Wedges £4.50 - Bacon £1.50 - Sausage £1.50 - Grilled Halloumi £2 -
House Beans £1 - Crushed Avocado £2 - Portobello Mushroom £1 -
Poached Egg 50p - Cheese £1 - Roasted Tomatoes £1 - Side Salad £2.50 -
Toast £1.25 - Black Pudding £1 - Bubble 'n' Squeak £1 -
Smoked Salmon £2.50 - Sour Cream 50p - Garlic Sourdough £1.50

*GLUTEN FREE toast is available with all dishes * All items marked (gf) have no gluten ingredients. Our kitchen, is **not** a
gluten free environment. * For any particular dietary requirement, please speak to a member of staff

COFFEE	reg	/	lrg	Mocktails	£4.50
				Our Mocktails are all hand crafted here by our staff and changed regularly.	
• Americano			£2.30		
• Latte	£2.40		£2.60	• Passion Fruit Sunrise	
• Cappuccino	£2.40		£2.60	• Apple & Elderflower Mojito	
• Hot Chocolate	£2.30		£2.50	• Cherry Bomb - sweet or sour	
• Flat white	£2.30			• 'Gunrz' Ginger Fizz	
• Espresso	£1.70		£1.90	• Coco Colada	
• Mocha	£2.40		£2.60		

LOOSE LEAF TEA

• English Breakfast	£2.00
• Earl Grey	£2.10
• Rooibos	£2.10
• Lemon & Ginger	£2.10
• Green Tea	£2.10
• Peppermint	£2.10

SOFT DRINKS

Belvoir - Lemonade, Ginger Beer, Elderflower, Cucumber & Mint	£2.10
Nik & Kix Cans *Sugar Free + Vegan	£2.10
Karma Cola - an alternative to coca cola	£2.20
Frobisher's - Apple or Orange	£1.80

PROSECCO 0.0%

Glass £4

Bottle £12.99

why not try with a dash of raspberry?

BEER 0.0%

Please see our drinks fridge for a range of tasty alcohol free stouts, ales and beers.

WHO WE ARE

We are a not-for-profit, charity run café by day and an alcohol-free events space by night.

We are owned and operated by The Nelson Trust working with people who are affected by addiction and those who have experienced multiple disadvantages.

We offer volunteer opportunities for many within the community who will then gain skills and qualifications to help them towards gaining employment.

So when you enjoy a good meal or pop in to buy a coffee at The Sober Parrot, you are also supporting individuals overcoming addictions and trauma.



PRIVATE CONFERENCE ROOM. PARTIES, FUNCTIONS & EVENTS . LIVE ENTERTAINMENT

www.recoveryhub.co.uk @thesoberparrot #thesoberparrot