WELCOME TO THE SOBER PARROT!

WE ARE A CAFÉ & EVENTS VENUE OWNED & OPERATED BY THE NELSON TRUST. OUR AIM IS TO PROVIDE A SOBER VENUE WHERE FOLKS CAN COME & ENJOY GREAT FOOD & DRINK WITHOUT FEELING THE PRESSURE TO CONSUME ALCOHOL.

THE SOBER PARROT HUB LIVE

SOURDOUGH TOASTIES

Bacon, Brie & Cranberry	£7.50
Cheddar & Leek (V)	£7
Tuna & Red Onion Melt	£7.50
Vegan Cheese & Guacamole (Ve)	£7

TOASTED TORTILLAS

Halloumi, Garlic Mushroom, Walnut Pesto & Spinach (V)

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Mexican Chilli Chicken, Sweetcorn Salsa, Cheddar & Roasted Red Pepper

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Vegan Cheese, Guacamole, Tomato, Rocket (Ve)

£6.50

All our toasties & tortillas are served with a homemade slaw, crisps & a choice of the following sauces: Sweet Chilli, Sour Cream, BBQ, Ketchup, Mayo

*Gluten Free Bread & wraps are available for an additional 50p **

FULLY LOADED JACKETS (LG)

Tuna Mayo & Cheddar	£7
Smokey House Beans (Ve) *Add cheddar £1*	£6.50
Bacon, Cheddar & Mushroom	£7

LAYERED SALAD BOXES (LG)

Coronation Chicken	£6.50
Halloumi, Hummus & Roasted Red Pepper (V)	£6
Tuna Mayo	£6.50
Vegan Cheese, Guacamole & Sweetcorn Salsa (Ve)	£6

MAINS

Beef Lasagne *Served with garlic bread & rocket*	£9.50
Sweet Potato & chickpea curry (Ve) *Served with rice & naan bread*	£8
Soup of the day (Ve) *Served with toasted sourdough*	£5
Crushed Avocado & Smoked Bacon *On top of toasted sourdough*	£7

HOT DRINKS

	REG	LRG
Americano	£2.50	£2.70
Latte	£2.80	£3
Cappuccino	£2.80	£3
Flat White	£2.80	
Mocha	£3	£3.20
Dbl Espresso	£2	
Hot Chocolate	£2.50	£3
Pot of tea	£2.50	

COLD DRINKS

Cans	£1
Bottles	£1.50
Iced Tea	£3

EXTRAS

Syrup Shot 50p

Alternative Milk 30p

Extra Shot £1

WHO ARE THE NELSON TRUST?

We're a charity that brings belief, hope and long-term recovery to people whose lives have been torn apart by addiction and the multiple and complex needs that come with it. We provide residential addiction treatment to men and women. We also support women in the community who are in contact with the criminal justice system.

To find out more please visit our website nelsontrust.com

THE NELSON TRUST

Key: (V) - Vegetarian, (Ve) - Vegan, (LG) - Low gluten*

**Due to the way our food is prepared it is not possible to 100% guarantee the absence of allergens in our products. Therefore our products made with gluten free ingredients are declared as 'low gluten' as recommended by the FSA guidelines. Our kitchen processes all allergens including nuts, peanuts, cereals containing gluten and milk.*