

MORNINGS		
Available until 11.45am Monday to Saturday		
Elderflower Smoothie 61kcal with Apricot and Lychee		£5.75
Strawberry and Camomile Smoothie 80 kcal with White Grapes and Apples		£5.75
Croissant 416 kcal		£4.50
Pain Au Chocolat 317 kcal		£4.50
Pain Aux Raisins 309 kcal		£4.50
Bacon Sandwich* 709 kcal with Fortnum's 181 Sauce		£8.50
Greek Yoghurt 189 kcal with Blueberry Compote		£6.25
French Toast 317 kcal with Rhubarb and Ginger Compote		£9.75
Avocado and Chilli on Toast* 379 kcal with Sundried Tomatoes and Pepper		£12.75
Scrambled Eggs on Toast* 457 kcal		£7.75
Add Maple Cured Bacon 125 kcal		£4.00
Add Cumberland Sausage 185 kcal		£4.00
*Bread made without gluten is available upon request		
SAVOURY		
Available from 11.45am		
Welsh / Elegant Rarebit 519 / 711 kcal	£10.25 /	£11.25
Highland Scramble* 840 kcal Smoked Salmon and Scrambled Eggs on Toasted Sourdough		£18.50
Nutbourne Tomatoes on Toast 170 kcal with Basil Pesto and Balsamic Vinegar		£12.75
Chopped Chicken Salad 281 kcal with Tarragon Dressing		£15.50
Trout Fisheake 564 kcal with Tartare Sauce		£14.75
Smoked Mackerel and Potato Salad 189 kcal with Poached Gooseberries		£13.25
Lamb, Pea and Mint Scotch Egg 264 kcal with Crushed Peas		£9.95
Asparagus Mimosa 467 kcal with Chopped Egg, Mayonnaise and Dijon Dressing		£15.25
Artichoke, Courgette and Pine Nut Salad 218 kcal with Lemon and Thyme Dressing		£12.75
Portland Crab and Burford Brown Egg Brioche 409 kcal		£17.50
* Bread made without gluten is available upon request		

BUILD YOUR OWN SUPER SUNDAE

Choose your scoops, add a little sauce and sprinkle with delicious toppings to make your very own Super Sundae. Spoons at the ready, Sundae is served...

1. ICE CREAM, SOFT SERVE OR SORBET?

Two Scoops £7.75 / Three Scoops £9.75

Honey Soft Serve 139 kcal, Banana Split 210 kcal, Cherry Sherbet 144 kcal, Meadowsweet 182 kcal, Milk Chocolate 204 kcal, Piccadilly Coffee 157 kcal, Dulce de Leche 174 kcal, Lemon Pie 177 kcal, Bickfield Milk 190 kcal, Raspberry Ripple 187 kcal, Salted Caramel 119 kcal, Strawberry 77 kcal, Vanilla 178 kcal, Blackcurrant Sorbet 155 kcal, Blood Orange Sorbet 107 kcal, Blueberry Sorbet 112 kcal, Elderflower Sorbet 119 kcal, Lemon Sorbet 124 kcal, Pomegranate Sorbet 98 kcal, Rhubarb Sorbet 111 kcal, Raspberry Sorbet 93 kcal

2. SAUCE, ANYONE?

£0.50 Each

Hazelnut ^(N)117 kcal, Double Chocolate 104 kcal, Mango 55 kcal, Passionfruit 11 kcal, Raspberry 22 kcal, Salted Caramel 82 kcal, Strawberry 16 kcal

3. SHOW-STOPPING TOPPINGS

Our ice cream experts suggest choosing no more than four toppings. More than that and you'll struggle to finish...

£0.90 Each

Candy Floss 36 kcal, Caramelised Popcorn 68 kcal, Chocolate Buttons 130 kcal, Nut Crunch ^(N) 57 kcal, Pineapple 12 kcal, Raspberries 4 kcal, Honeycomb 42 kcal, Chocolate Twister 33 kcal, Mini Marshmallows 33 kcal, Mini Meringues 25 kcal, Shortbread Finger 52 kcal, Jelly Beans 32 kcal, Mocha Beans 51 kcal

BADGE OF HONOUR

Don't forget to wear your Super Sundae badge next time you visit The Parlour – whether that's next week or in 90 years – as those wearing their badge with pride will get free toppings for all future Sundae creations!

COUPES

Rhubarb and Stem Ginger 169 kcal Rhubarb Sorbet, Poached Rhubarb and Stem Ginger	£9.50
Honey Soft Serve Coupe ^(N) 274 kcal Honey Soft Serve with Honeycomb and Nut Crunch	£9.25

CAKES

Paris-Brest 323 kcal with Praline Cream	£7.75
Strawberry Tart 487 kcal with Basil Cream	£9.50
Lemon and Blueberry Cake 680 kcal	£7.50
Homemade Duo of Scones 449 kcal with Strawberry Preserve and Clotted Cream	£7.75

N – Contains Nuts

Chocolate Mousse ^(N) 764 kcal Chocolate and Bickfield Milk Ice Cream, Chocolate Mousse, Chocolate Shards, Whipped Cream and Nut Crunch	£13.75
Lemon Meringue Pie 584 kcal Lemon Pie and Vanilla Ice Cream, Raspberry Sorbet with Lemon Curd, White Chocolate and Italian Meringue	£14.50
Eden Mess 359 kcal Meadowsweet and Rhubarb Ice Cream, Blueberry and Blood Orange Sorbet, Whipped Cream, Blueberries and Meringue	£13.75
Banana Split ^(N) 770 kcal Vanilla and Chocolate Ice Cream, Caramelised Banana, Chocolate Sauce, Whipped Cream and Toasted Almonds topped with a Maraschino Cherry	£13.75
The Original Dusty Road ^(N) 731 kcal Coffee and Chocolate Ice Cream, Toffee and Chocolate Sauce, Whipped Cream, Mocha Beans and a Coffee Macaron	£13.75

PARLOUR TEA

Available from 11.45am | £22.95 per person

Enjoy one delicious dish of your choice...

Welsh or Elegant Rarebit 519 / 711 kcal

Tomatoes on Toast 170 kcal
with Basil Pesto and Balsamic Vinegar

Trout Fisheake 564 kcal
with Tartare Sauce

Before satisfying your sweet tooth...

Homemade Duo of Scones 449 kcal
with Strawberry Preserve and Clotted Cream

Served with a Pot of Fortnum's Tea or Coffee 1 kcal / various †

SHAKES & FLOATS

Rhubarb and Lemon Float 132 kcal Rhubarb Sorbet and Fresh Lemonade	£8.25
Cherry Cola Float 286 kcal Vanilla Ice Cream and Cherry Cola	£8.25
Classic Shake 128 kcal + Ice Cream kcals Two Scoops of Ice Cream with Organic Milk	£8.25
Chocolate Shake 407 kcal Chocolate Ice Cream, Chocolate Sauce and Whipped Cream	£8.25

KNICKERBOCKER GLORIOUS



Fortnum's introduced the Knickerbocker Glory to the UK in the 1950s. It's been a firm favourite on our menus ever since, and now we're bringing you limited-edition seasonal flavours to enjoy.

Knickerbocker Glory 686 kcal Strawberry and Vanilla Ice Cream, Pineapple, Raspberries, Whipped Cream, Italian Meringue, Raspberry Coulis	£14.50
Spring Knickerbocker Glory 369 kcal Meadowsweet Ice Cream, Rhubarb Sorbet, Stem Ginger, Poached Rhubarb, Italian Meringue, Raspberry Coulis	£14.50



DISCOVER THE STORY OF OUR KNICKERBOCKER GLORY...

† Our selection of coffees is available on our Drink menu, where kcal information can also be found.