

# Parnell149

## BREADS

Garlic bread 7

Home baked ciabatta or kumara bread w virgin olive oil, dips 7.5

Wood fired feta & green chilli Turkish flat bread 7.5

Chowder of fresh seafood in a saffron scented veloute 17

## TASTING PLATES

Salt & pepper Queen Olives 8.5

Flat lamb meatballs, sumac, lemon yoghurt (6 pieces) 12

Char grilled eggplant, prosciutto, buffalo mozzarella (4 pieces) 11

Chili spiced calamari, pickled lime aioli (4 pieces) 11

Portuguese char grilled prawns, crisp shallots, piri piri cream sauce (3 pieces) 16

Dutch chicken croquettes, fritessaus, curry ketchup (3 pieces) 12

Duck breast schnitzel, orange glaze, fennel & apple salad (4 pieces) 14

Honeyed roasted butternut, tahini, black pepper tofu, pistachio dust 16 **vegan/gluten free**

Wine corkage 9.5 per bottle  
One account per table / equal share of the bill

**parnell 149 - 09 309 3878**

## CHAR GRILLED & OVEN MEATS

Hanging eye fillet skewer w onion, capsicum & Whiskey grill glaze, crunchy fries or salad 34

Angus Beef Eye Fillet 200grm (grass fed, aged 21 days) 36

Angus Scotch Fillet 300grm (grass fed, aged 21 days) 34

Served w a choice of sauce ....

Madagascan green peppercorn

Gorgonzola & Mascarpone

Béarnaise

Baked garlic jus

Café de Paris butter

Sticky free range pork belly cider braised, caramelized apples, maple syrup apple glaze 33

Crispy skin duck breast w caramelized orange sauce, grilled figs & kumara rosti 34

Manuka honey glazed roasted breast of chicken filled w buffalo ricotta, poached white peach, Salsa Verde 33

Fresh market fish, we will inform you of today's preparation 33

Nine hour braised Alpine Merino lamb shoulder w cheddar & leek bread & butter pudding, pan juices (for two) 62

Eggplant w summer vegetables, Arborio rice, pumpkin seed crumble, Israeli carrot & red lentil puree 31  
**vegan/gluten free**

English tripe & onions, parsley milk sauce Small 17.5 Large 31

## SIDES

Roasted beetroot, crème fraîche 9

Sautéed French beans, garlic, orange gremolata 9.5

Steamed broccolini, lemon virgin olive oil 9.5

Roquette, pear, toasted hazelnuts & feta 9

Cauliflower gratin, cheesy white sauce 9.5

Fries served w aioli 7.5

Polenta fries w gherkin mayonnaise 7.5

[www.parnell149.co.nz](http://www.parnell149.co.nz)

149 Parnell Road, Parnell, Auckland

Hours for Lunch and Dinner

Tuesday to Sunday (closed Monday)

Lunch - 11.30am to 3pm

Dinner - 6pm onwards