

Green Parrot is pleased to offer Gluten Free options on many of our dishes. We are not a Gluten Free Kitchen and cannot ensure cross contamination will not occur.



Ask us about off premise catering for your next catered affair

www.TheGreenParrotRestaurant.com

APPETIZERS

HUMMUS

Garbanzo beans, roasted red peppers, feta, spinach and cucumbers. Served with fire-roasted cheese bread 11.99

CRAB STUFFED PORTOBELLO

Roasted portobello mushroom stuffed with artichoke and spinach dip, topped with crispy crab cake, toast points 12.99

BUFFALO SHRIMP

Sautéed with bleu cheese crumbles and hot sauce 12.99

SEAFOOD BRUSCHETTA

Baby shrimp and crab, sautéed with bruschetta mix, light creamy pesto sauce, romano cheese, toast points 13.99

IRISH NACHOS

Kettle chips topped with onions, tomatoes, jalapeño peppers, chili and Irish cheddar with horseradish sour cream and fresh guacamole 12.99

DRUNKEN CLAMS

"An Irish dozen" little necks, sautéed with pancetta, white wine and garlic broth, served with warm baguette 8.99

CHICKEN QUESADILLA

Caramelized onions, cheddar cheese, sour cream, guacamole and salsa 12.99

WINGS

BBQ, hot, garlic hot, Old Bay or chipotle lime 11.99

SESAME AHI TUNA

Seared rare, sliced over sesame flatbread, topped with a cucumber and seaweed salad, wasabi and lime aioli 12.99

PHILLY EGG ROLLS

Crispy egg roll stuffed with marinated rib eye steak, fried onions and American cheese garnished with ketchup, peppers and sautéed onions 8.99

NACHOS

Crisp tortilla chips, salsa, sharp cheddar, sour cream, fresh guacamole, jalapeño peppers 10.99
Add: Chili 11.99 • Chicken 12.99 • Southwest Crab 14.99

JUMBO BAVARIAN PRETZEL

Served with Guinness cheddar sauce and Bavarian mustard 10.99

GARLIC KNOTS

Baked and tossed in a garlic herb butter with a side of marinara sauce 7.99

SOUPS

POTATO SOUP

Baked potatoes, cream, fresh herbs, topped with sharp cheddar and crisp bacon Cup 3.99 • Bowl 5.99

SOUP OF THE DAY

 Cup 3.99 • Bowl 5.99

CHILI

House made beef chili, sharp cheddar 6.99

SALADS

Dressings: Caesar, Bleu Cheese, House Vinaigrette, Ranch, Chipotle Ranch, Thousand Island, Honey Mustard, Citrus Vinaigrette, Balsamic and Olive Oil, Balsamic Glaze

SONOMA

Pan-seared shrimp, mandarin oranges, green peppers, crumbled bleu cheese, toasted walnuts with seasonal greens and citrus vinaigrette over cheese bread 14.99

GREEK FLATBREAD

Feta, tomato and pepperoni flatbread topped with an arugula salad, black olives, roasted peppers and cucumbers, balsamic vinaigrette 13.99

TEMPURA ASPARAGUS AND ARUGULA

Tempura asparagus wrapped in prosciutto served with bruschetta and fresh mozzarella over arugula, with a balsamic glaze 12.99

PARROT WEDGE

Baby iceberg topped with crumbled bleu cheese, toasted pistachios, apple sticks, grape tomatoes, crumbled bacon with a side of honey truffle vinaigrette 12.99

Add to Any Salad: Cheese Bread 3.99 • Grilled Chicken 4.99 • Grilled Shrimp, Salmon 5.99 • Scallops 6.99 • 4 oz. Filet 7.99

CLUB

Crisp romaine, hard cooked eggs, crumbled bacon, grape tomatoes, cheddar cheese and croutons topped with fire roasted chicken breast 13.99

CAESAR

Crisp romaine, house made croutons, shredded parmigiano reggiano 9.99

SOUTHWEST

Chopped romaine, black beans, avocado, corn, tomato, cheddar cheese, fried corn chips with chipotle ranch dressing 11.99

SCALLOP QUINOA

Seared scallops, quinoa, baby kale, candied walnuts and fresh apple salad over butternut squash puree with honey truffle vinaigrette 14.99

ENTREES

CHICKEN PARMESAN

Fried chicken breast, topped with marinara sauce and fresh mozzarella cheese, served over linguini 16.99

CHORIZO AND SEAFOOD PAELLA

Sautéed rock shrimp, scallops, chorizo sausage, little neck clams, served atop a spicy tomato and pepper paella 24.99

MONKFISH ROULADE AND LOBSTER RAVIOLI

Monkfish wrapped in bacon served over lobster ravioli with a creamy vodka blush sauce and sautéed spinach 25.99

CHICKEN DIANE

Sautéed chicken breast in a brandy cream sauce with mushrooms and a touch of dijon mustard, mashed potatoes and broccoli with garlic butter 17.99

POTATO CRUSTED SALMON

Baked, served atop a horseradish and stone ground mustard white wine butter sauce, broccoli with garlic butter 22.99

TUNA AND SOBA NOODLES

Seared rare, ahi tuna, resting atop bok-choy salad sautéed with carrots, bell peppers and mandarin oranges, soy ginger glaze 22.99

VODKA RIGATONI

Homemade rigatoni, prosciutto ham, red onions, plum tomatoes in a creamy vodka sauce 15.99 Add chicken 4.99 • Add shrimp 5.99

VEAL SALTIMBOCCA

Sautéed veal cutlets in a sage butter sauce, topped with prosciutto and fresh mozzarella, mashed potatoes and broccoli with garlic butter 23.99

8 OZ. FILET MIGNON

Grilled filet mignon, cooked to your liking, in a cognac demi glaze with a touch of cream and black pepper. Served with mashed potatoes and broccoli with garlic butter 26.99

Add some Surf to your Turf: Shrimp or Lump Crab 5.99

BLACK AND BLEU PUB STEAK

Grilled 16oz. ribeye, served with a bleu cheese and leek fondue, bacon mashed potatoes, broccoli with garlic butter 27.99

TWIN PARROT

Our own secret recipe, fire roasted crab cakes, served over a creamy sweet corn, asparagus and tomato risotto, choice of cocktail or tartar sauce 26.99

SANDWICHES & PUB GRUB

Substitute sweet potato fries 2.00.

BABY BACK RIBS

Slow smoked, fall off the bone tender, Texas-style BBQ sauce, served with French fries and cole slaw. Half 11.99 • Full 20.99

FISH AND CHIPS

Beer battered Atlantic pollock paired with French fries and coleslaw 15.99

IRISH CUBAN

Roasted pulled pork, Irish ham, Swiss and pickles served on a long roll, brushed with spicy mustard. Served with French fries 12.99

BANGERS AND MASHED

Chicken apple sausage, fire roasted over mashed potatoes with rich onion gravy 14.99

MAC AND CHEESE

Sharp cheddar, romano and American, pancetta, sage, homemade rigatoni, served with garden salad 12.99

CHICKEN POT PIE

Wood oven roasted chicken breast, fresh vegetables and herbs in a creamy velouté sauce topped with house made puff pastry. Served with garden salad 13.99

SALMON BLT

Blackened salmon fillet, arugula, tomato, avocado and bacon, lemon and basil aioli on a toasted white bread served with French fries 13.99

CRAB CAKE SLIDERS (3)

Baked jumbo lump crab cakes, lettuce and tomato, housemade chipotle tartar sauce and cole slaw on country white buns served with French fries 15.99

REUBEN

Sliced hot corned beef, sauerkraut, aged Swiss, Thousand Island dressing, on toasted rye bread and coleslaw. Served with French fries 10.99

VEGGIE WRAP

Tomato, spinach, crumbled feta, avocado, roasted red peppers and hummus. Served with sweet potato fries 12.99

SHEPHERD'S PIE

Braised lamb, carrots and onions topped with mashed potatoes and aged cheddar. Served with garden salad 13.99

TACOS (3)

Grilled flour tortillas, baja slaw, fresh lime, guacamole, ancho-chili honey sauce, served with Spanish rice and a side of guacamole Chicken 12.99 • Mahi or Shrimp 14.99

CHICKEN TENDERS

Three housemade chicken tenders served with French fries. Choice of honey mustard or BBQ sauce 10.99

PARROT PRIME AND DIP

Shaved prime rib, sautéed onions and mushrooms, melted Swiss cheese, au jus, toasted long roll, horseradish sour cream served with French fries 14.99

PULLED PORK SLIDERS (3)

House smoked pulled pork minis, tangy bbq sauce, cheddar cheese and cole slaw on country white buns. Served with French fries 13.99

STEAK FAJITAS

Grilled ribeye, sautéed peppers and onions, black bean Spanish rice, shaved lettuce, cheddar cheese, guacamole and sour cream on the side. Served with warm tortillas 14.99

PIZZA

Pizza dough made fresh in house daily. Gluten Free pizza crust available for 5.99

BLACK AND BLEU

Blackened chicken, cheddar cheese, mozzarella, bleu cheese, crisp bacon, caramelized onions 11.99

FOUR CHEESE

Parmigiano reggiano, mozzarella, pecorino romano, sharp cheddar, rich tomato sauce 10.99

BUFFALO SHRIMP OR CHICKEN

Grilled chicken breast or grilled shrimp, hot sauce, bleu cheese and mozzarella Chicken 11.99 • Shrimp 13.99

MARGHERITA

Homemade fresh mozzarella, rich tomato sauce and fresh basil 11.99

TRADITIONAL

Rich tomato sauce, mozzarella 8.99

MEAT LOVERS

Pepperoni, sausage, bacon, steak meat, mozzarella cheese and rich tomato sauce 12.99

VODKA RIGATONI

Ricotta and provolone, topped with rigatoni, prosciutto, red onion, plum tomatoes in a creamy vodka sauce 11.99 • Add: Chicken 2.99 • Shrimp 4.99

WHITE PIZZA

Ricotta and sharp provolone, roasted garlic, spinach and broccoli 13.99

Standard Toppings: Pepperoni, Sausage, Mushrooms, Onions, Peppers, Spinach, Roasted Garlic 1.99

Premium Toppings: Shrimp, Chicken, Roasted Peppers, Fresh Mozzarella 2.99

BURGERS

All 8 oz. burgers served with French fries and lettuce, tomato and pickle. Gluten Free bun available for 1.99

CHEESEBURGER

Choice of cheese: American, sharp cheddar, aged Swiss, mozzarella or bleu 11.99

BLEU PARROT

Brushed with buffalo sauce, American, bleu cheese and bacon 12.99

IRISH

Irish rashers, cheddar cheese, stone ground mustard, horseradish mayo 13.99

PORTOBELLO BURGER

Grilled portobello mushroom, fresh bruschetta, mozzarella cheese, sliced avocado and a side of arugula chummi churri 12.99

TURKEY AND BRIE

Ground turkey mixed with caramelized onions and grilled, topped with brie cheese, apple, strawberry balsamic jam, sweet potato fries 13.99

THE PARROT DOUBLE

Two 8 oz. burgers with bacon, caramelized onions, Swiss, cheddar and chipotle mayo 15.99 • Single 13.99

BBQ BACON CHEDDAR

Crisp bacon, sharp cheddar, smokey Texas-style BBQ sauce 12.99

MUSHROOM AND SWISS

Sautéed mushrooms and onions, aged Swiss 12.99

SIDES

GARDEN SALAD 3.99

CAESAR SALAD 4.99

SAUTÉED BROCCOLI 5.99

VEGETABLE OF THE DAY 5.99

MASHED POTATOES 4.99

FRENCH FRIES 4.99

SWEET POTATO FRIES 6.99

SPANISH RICE 3.99

KETTLE CHIPS WITH CHEESE SAUCE 4.99

CHIPS AND SALSA 4.99

Add Guacamole 2.99

CHEESE BREAD With marinara 5.99

BEVERAGE

SODA

Coke, Root Beer, Sprite, Ginger Ale, Diet Coke, Cherry Coke, Lemonade, Fresh Brewed Unsweetened Iced Tea 3.00

JUICES

Orange, Cranberry, Grapefruit, Apple, Tomato 2.99

COFFEE OR TEA 2.25

BOTTLED WATER

Sparkling Water, San Pellegrino, Still Water - Aqua Panna 4.99

HANK'S BOTTLED SODAS 3.99

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Our food is cooked to order. Please be patient with your order. Thank you very much!

Ask us about our off premise catering for your next catering party