

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.greenparrotrestaurant.com

APPETIZERS

HUMMUS

Garbanzo beans, roasted red peppers, feta, spinach and cucumbers. Served with fire-roasted cheese bread 12.99

BUFFALO SHRIMP

Sautéed with bleu cheese crumbles and hot sauce 12.99

FRUTTI DE MARE RAVIOLIS

Lobster, shrimp and scallop raviolis, with a touch of ricotta cheese, sautéed in a creamy plum tomato vodka sauce, topped with fresh bruschetta 12.99

IRISH NACHOS

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

COCONUT AND CURRY MUSSELS

Sautéed Prince Edward Island mussels in a rich broth with chopped cilantro and warm baguette 9.99

CRAB AND AVOCADO TOWER

Fried egg roll skin, layered with diced avocado, lump crab and tomato with sriracha aioli 13.99

CORNED BEEF ANGOLOTTI

Crispy sourdough dusted raviolis atop a Guinness cheddar sauce, shaved brussel sprouts and smoked bacon 10.99

GARLIC KNOTS

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

CHICKEN QUESADILLA

Caramelized onions, monterey jack and cheddar cheese blend, sour cream, guacamole and salsa 12.99

BLT AVOCADO QUESADILLA

Crumbled bacon, monterey jack and cheddar cheese blend, topped with avocado, shredded lettuce, tomato and sour cream 11.99

WINGS

Choose from BBQ, hot, garlic hot, Asian BBQ with wasabi ranch, creamy garlic parmesan with marinara 12.99

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 9.99

NACHOS

Crisp tortilla chips, salsa, sharp cheddar, sour cream, fresh guacamole, jalapeño peppers 10.99
Add: Chili 12.99 • Chicken 13.99

JUMBO BAVARIAN PRETZEL

Served with Guinness cheddar sauce and Bavarian mustard 10.99

PARROT CHARCUTERIE

Jumbo Bavarian pretzel accompanied by fried asparagus wrapped in prosciutto, chicken apple banger, Irish cheddar, brie cheese, crab and artichoke dip, sliced pear, balsamic grapes and Bavarian mustard 21.99

SOUPS

POTATO SOUP

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

CHILI

House made beef chili, sharp cheddar 6.99

SOUP OF THE DAY Cup 3.99 • Bowl 5.99

FRENCH ONION SOUP

Baked with a trio of cheeses and garlic croutons 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 15.99

BRIE AND ARUGULA FLATBREAD

Brie cheese and caramelized onion flatbread, topped with arugula and bacon, strawberry honey truffle vinaigrette 13.99

PEAR AND BEET

Sliced pear and beet, served with baby greens, topped with a fried goat cheese medallion and candied walnuts, 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

CLUB

Crisp romaine, hard cooked eggs, crumbled bacon, grape tomatoes, cheddar cheese and croutons topped with fire roasted chicken breast 14.99

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 12.99

KALE AND QUINOA

Quinoa and baby kale salad, toasted almonds and orange segment, drizzled with honey truffle vinaigrette 12.99

Add to Any Salad: Chicken 4.99 • Shrimp 5.99 • Salmon 6.99 • Scallops 7.99

ENTREES

CHICKEN PARMESAN

Breaded chicken breast, topped with marinara sauce and fresh mozzarella cheese, served over linguini 17.99

CHICKEN BRUSCHETTA

Grilled chicken breast topped with fresh mozzarella and bruschetta mix, over penne tossed with a creamy pesto sauce 17.99

POTATO CRUSTED SALMON

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

BRAISED SHORT RIB

Slow roasted beef short rib, truffle mashed potatoes, crispy brussel sprouts with smoked bacon and au jus 24.99

WOOD FIRED PUB STEAK

Blackened 16 oz. ribeye steak, topped with a gorgonzola butter and cherry cabernet reduction, mashed potatoes, broccoli with garlic butter 28.99

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

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

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 brushed with Bavarian mustard and served with braised red cabbage 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 15.99

CRAB CAKE SLIDERS

Baked jumbo lump crab cakes, lettuce and tomato, side of horseradish sour cream and cole slaw on country white buns served with French fries 14.99

REUBEN

Sliced hot corned beef, sauerkraut, aged Swiss, Thousand Island dressing, on toasted rye bread and coleslaw. Served with French fries 12.99

CHEESY EGG TOAST

Texas toast, layered with bacon, cheddar cheese, sliced tomato, avocado and fried eggs, served open faced with French fries 11.99

SHEPHERD'S PIE

Braised lamb, carrots and onions topped with mashed potatoes and aged cheddar. Served with garden salad 14.99

TACOS

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 15.99

CHICKEN TENDERS

Three housemade chicken tenders served with French fries. Choice of honey mustard or BBQ sauce 11.99

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

House smoked pulled pork minis, tangy bbq sauce, cheddar cheese and cole slaw on country white buns. Served with French fries 12.99

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 15.99

PIZZA

Substitute flatbread for any pizza preparation for 1.99. Gluten Free pizza crust available for 5.99

BREAKFAST STYLE

Caramelized onion, bacon, egg, tomato, cheddar cheese and a touch of mozzarella 12.99

FOUR CHEESE

Parmigiano reggiano, mozzarella, pecorino romano, sharp cheddar, rich tomato sauce 11.99

BUFFALO STYLE

Grilled chicken breast, hot sauce, bleu cheese and mozzarella 13.99

MARGHERITA

Homemade fresh mozzarella, rich tomato sauce and fresh basil 11.99

TRADITIONAL

Rich tomato sauce, mozzarella 9.99

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

WHITE PIZZA

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

Standard Toppings: Pepperoni, Sausage, Mushrooms, Onions, Peppers, Spinach, Roasted Peppers, Broccoli, Roasted Garlic 1.99
Premium Toppings: Chicken 4.99 • Shrimp 5.99 • Jumbo Lump Crab 7.99

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 12.99

BLEU PARROT

Brushed with buffalo sauce, American, bleu cheese and bacon 13.99

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 13.99

SWISS AND PORTABELLO

Grilled portabello mushrooms and onions, aged Swiss 13.99

Add Fried Egg to Any Burger for .99

SIDES

GARDEN SALAD 4.99

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

BRUSSEL SPROUTS With crispy bacon 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