

• THE PARC •

LUNCH : DINNER

Ask your server for our daily lunch/dinner special

SMALL PLATES

CHEESE FONDUE & GARLIC BREAD \$8

Swiss cheese fondue with grilled rustic bread.

LAMB CHOPS ★ GF \$10

Pan seared lamb chop served with mint jelly.

MUSHROOM & CHIVE CROQUETTE \$6

Served with garlic and herb aioli

TERIYAKI MEATBALLS (5) \$8

Beef and pork meatballs tossed in teriyaki sauce and topped with sesame seeds and green onions.

TOASTED GARLIC CHEESE BREAD \$5

Thickly sliced rustic white bread toasted with melted rosemary garlic cheese spread.

CORN ON THE COB \$6

Served with sour cream, chili powder, feta cheese and cilantro.

BUILD YOUR OWN OMELET ★ GF \$7

Omelet filled with your choice of CHEESE : medium cheddar, Swiss, provolone, or brie and your choice of VEGETABLE : onion, tomato, spinach, or mushroom, served with hashbrown or fresh fruit.

SHRIMP SCAMPI (6) ★ GF \$8

Pan sauteed shrimp served over wilted spinach and topped with sweet chili glaze.

SEA SCALLOPS (4) ★ GF \$10

Pan seared sea scallop served over wilted spinach and drizzled with chimichurri sauce.

STUFFED AVOCADO ★ GF Half \$5/Full \$9

Avocado stuffed with homemade tuna salad, diced tomatoes and avocado.

VEGETABLE SPRING ROLLS (5) ▶ \$6

Deep fried spring rolls stuffed with cabbage, green beans, mushrooms, carrots, and onions, served with a ginger soy sauce.

SANDWICHES & BURGERS

Includes your choice of house salad, caesar salad, soup, fresh fruit, french fries, sweet potato fries, tater tots, or potato chips
Gluten free bread available

REUBEN SANDWICH Half \$8/ Full \$12

Corned beef, Swiss, sauerkraut, and thousand island dressing served grilled on your choice of bread.

THE SANDWICH STACK Half \$7/ Full \$11

Build your own sandwich by selecting one of each of the following : MEAT - pit ham, corned beef or deli turkey, CHEESE - medium cheddar, Swiss, provolone or brie, BREAD - white, wheat, sourdough, rye, rustic white, or ciabatta. Sandwiches are topped with lettuce, sliced tomato and mayonnaise.

HAM, BRIE, & SWISS CROISSANT \$12

Pit ham, Swiss cheese, brie cheese, and honey mustard sauce layered inside a croissant, oven baked and served warm.

ANGUS BURGER \$11

Charbroiled fresh beef patty topped with lettuce, sliced tomato, red onion, and mayonnaise, served on a Kaiser bun. Your choice of CHEESE- medium cheddar, Swiss, provolone , or brie.
Black bean patty also available.

OUR FAMOUS WRAPS

"THE HOWARD" CHICKEN CAESAR WRAP

Crispy chicken tenders, romaine, croutons, parmesan cheese, and caesar dressing, rolled in a spinach wrap.

\$11

BLACK BEAN CHIPOTLE WRAP

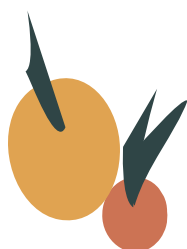
Tomatoes, feta, romaine, cilantro, corn and green onions in a spinach tortilla wrap.

\$11

GLUTEN FREE GF

LOW SODIUM ★

DAIRY FREE ▶



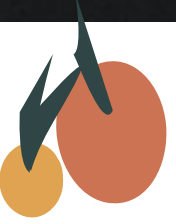
• THE PARC •

LUNCH : DINNER

Ask your server for our daily lunch/dinner special

FROM THE GARDEN

Add charbroiled chicken breast for \$5
OR salmon filet, shrimp scampi,
or steak for \$7



SOUTHWEST SALMON SALAD GF ► \$12

Charbroiled salmon on romaine lettuce with red onions, sweetcorn, black beans, diced tomatoes, and feta cheese, tossed in a Italian dressing.

BLT CHOPPED SALAD \$12

Cut salad with bacon, tomatoes, red onion, croutons, avocado, corn and feta cheese. Tossed in a ranch dressing.

AVOCADO CHICKEN SALAD GF \$13

Salad mix topped with charbroiled chicken breast, black beans, diced tomatoes, red onion, and feta, tossed in an avocado ranch dressing.

CRISPY CALAMARI SALAD \$12

Crispy calamari salad with feta cheese, tomatoes, olives, green onion, chiffonade Romaine and cucumber, tossed in a sweet chili, lemon ranch dressing.

CHARBROILED ASPARAGUS GF \$7

Served with a lemon dressing, fried egg and feta cheese.

HOUSE SALAD ★ SIDE \$5 / BOWL \$8

Salad mix and spring greens topped with tomato wedges, cucumber slices, baby corn, hard boiled egg and your choice of dressing.

CAESAR SALAD SIDE \$6 / BOWL \$10

Romaine lettuce topped with shredded parmesan and fresh croutons, tossed in a caesar dressing.

SALAD AND FRUIT \$8

Side house salad with your choice of dressing, served with a bowl of cut fresh fruit.

SALAD, SOUP AND BREAD TRIO \$9

Side Caesar salad, a cup of our daily or monthly soup, accompanied by a slice of cheese bread.

ENTREES

Served after 4:30

Entrees are served with your choice of french fries, sweet potato fries, tater tots, mashed potatoes, baked potatoes, baked sweet potatoes, scalloped potatoes, or brown rice, and vegetable of the day

MARINATED & CHARBROILED MINUTE STEAK \$14

Marinated with a brandy cream sauce, sautéed mushrooms and topped with crispy onions.

CHILI GLAZED SALMON GF ► \$15

Pan seared salmon filet, brushed with a sweet chili glaze.

CHICKEN MARSALA GF \$14

Pan sautéed chicken breast, topped with mushrooms and a marsala wine sauce.

SPAGHETTI WITH MEATBALLS \$12.5

Spaghetti noodles topped with a traditional marinara sauce and beef and pork meatballs, finished with shredded Parmesan.

BEEF CHILI POTATO \$12

Beef chili, shredded cheese, sour cream and chives filled inside a baked potato.

VEGETABLES

- ★ GF ► STEAM BROCCOLI \$4
- ★ GF ► SAUTEED SPINACH \$4
- ★ GF ► STEAMED PEAS \$4
- ★ GF ► STEAMED CORN \$4
- ★ GF ► VEGETABLE OF THE DAY \$4

DINNER STARCHES

Available after 4:30

- GF MASHED POTATOES \$4
- GF SCALLOPED POTATOES \$4
- GF ► BAKED POTATOES \$4
- GF ► BAKED SWEET POTATOES \$4

STARCHES

- GF ► FRENCH FRIES \$4
- GF ► SWEET POTATO FRIES \$4
- GF ► TATER TOTS \$4
- GF ► ★ BROWN RICE \$4

