

Lunch from the Surf

All Sandwiches and Wraps are served with choice of French Fries, Cole Slaw or Sweet Pot Fries.

- Big Fish Sandwich- New England Cod** crispy, batter fried \$5.95
- Grouper Sandwich**-grilled, blackened, or fried \$9.95 add cheese .75
- Grouper Reuben**- grilled or blackened with swiss, Russian dressing and sauerkraut \$10.95
- Fish & Chips**- made with **New England Cod** \$7.95
- Oyster Po'Boy**- deep fried **Oysters** on a "hoagie" roll \$7.95
- Tuna Melt**- toasted with american cheese \$6.95
- Mahi Mahi**- grilled or blackened \$7.95
- Crab Cake Sandwich**-on a bun- \$7.95

Lunch from the Turf

- Homemade Meatball Heros**-topped with melted mozzarella \$6.95
- Shepherd's Pie- Homemade** with "fresh" ground beef and lamb \$7.95
- Homemade Open Face Meatloaf**- topped with our homemade brown gravy \$6.95
- Homemade Open Face Roast beef**- our rich gravy over fresh sliced roast beef \$6.95
- Flank Steak**-char-grilled to order and thin sliced \$7.95
- Parrot Chili Rub Steak Sandwich**- thin sliced steak with portobello mushrooms, blue cheese crumbles and crispy fried onions \$9.95
- Reuben**- our famous home cooked **Corned Beef (NOT DELI)** sauerkraut,swiss & Russian dressing on rye, toasted \$7.95
- Philly Cheese Steak- Watch out Pat and Geno's, our Philly dominates** with peppers, onions, mushrooms and topped with melted mozzarella \$6.95
- Philly Cheese Chicken**- with peppers, onions, mushrooms and topped with mozzarella \$6.95
- Grilled Chicken Cheddar**- with roasted peppers, mushrooms and cheddar \$6.95
- Blue Parrot Chicken Sand**- chicken on a crossiant with blue cheese crumbles, bacon \$6.95
- Chicken Salad Melt**- with swiss on rye toast \$6.95
- Soup & Sandwich**- our grilled cheese with a cup of our homemade soup \$6.95

Cold Sandwiches & Wraps

- Cold Roast Beef Sandwich**- served with lettuce and tom. \$5.95
- Cold Ham and Cheese**- with lettuce and tom \$5.95
- B.L.T.**- bacon, lettuce, and tom \$5.95
- Chicken Salad Sandwich**- made with celery (no onions)and all white chicken \$5.95
- Cobb Wrap**- chicken, tom, bacon, egg, lettuce, and blue cheese crumbles \$6.95
- Shrimp Wrap**- flour fried shrimp, with spring mix, slaw and special sauce \$7.95
- Seared Tuna Wrap**- with the perfect blend of wasabi, ginger,and lettuce \$8.95
- B.L.T. Wrap**- if you like our **Famous BLT** you are going to **LOVE** this wrap \$6.95
- Portobello Wrap**- with roasted peppers and feta cheese \$6.95

Gratuity is NEVER included

BEST Burgers on the Beach

½ lb grade A

Charbroiled

½ lb. Charbroiled burger-Back to Basics \$5.95

Cheese Burger- american, swiss, blue cheese ,or cheddar \$6.95 with **bacon** add \$1.00

Italian Burger- marinara, with melted mozzarella cheese \$6.95

Parrot Burger-the ultimate burger with portobello mushrooms, bacon, fried onions, and mozzarella \$8.95

Salads

Cobb salad- chicken, blue cheese crumbles, bacon, hard boiled egg, leaf lettuce, and tomato \$9.95

Southwest Chicken- chicken, cheddar, roasted peppers, crispy taco strips, and tomatoes \$8.95

Caesar- Plain- \$6.95 **Chicken** (grilled or blackened)\$8.95 **Shrimp**(grilled or blackened) \$9.95

Caesar Salmon(grilled or blackened) \$9.95 **Mahi Mahi**(grilled or blackened)\$10.95

Caesar Grouper(grilled or blackened) \$13.95

Chili rub Steak- lettuce, tom, fresh grilled steak, sweet chili sauce, crisp fried onions, feta cheese, portobello mushrooms \$9.95

Spinach Salad- with feta,onions, tomato, portobello mushrooms, and secret dressing \$7.95

Seared Tuna Oriental- fresh seared tuna,spring mix, noodles, special sesame soy ginger dressing \$9.95

Chipotle Chicken- grilled chicken, cheddar jack cheese, tom., with chipotle ranch dressing \$8.95

Side salad- tom,lettuce, carrots and cucumbers \$2.95

Soups

Seafood Bisque or Chef's daily soup creation- Cup-\$4.25 Bowl-\$5.95

Specialties

Shepherd's Pie- made with ground beef and lamb \$7.95

Hungarian Goulash- served over egg noodles \$7.95

Spaghetti & Meatballs- \$8.95

Spaghetti & Marinara- \$6.95

Seafood Lasagna- homemade with shrimp, bay scallops, and New England Cod on three layers of fresh pasta with a pink cream sauce \$8.95

Fish Tacos- **Baja has nothing** on these **Soft Shell Tacos** served with Fried Cod and our house special sauce \$ 6.95

Gratuity is NEVER included

Appetizers

served day and night

Batter Fried Shrimp-\$5.95

Caribbean Spring Rolls- chicken, banana, black bean, cheese with raspberry sauce and pineapple salsa-\$6.95

Chicken Tenders Plain-\$5.95 or **Buffalo style** \$6.95

Chicken Wings-Best wings on beach- with Buffalo wing sauce or Blackened \$6.95

Coconut Crusted Shrimp- served with pineapple salsa and raspberry sauce \$7.95

Conch Fritters-served with homemade honey mustard-\$6.95

Crispy Calamari-served with marinara tomato basil & orange saffron-\$7.95

Grouper Bites- Deep Fried- \$10.95

Mahi Mahi Nuggets- crispy fried with our homemade tartar sauce-\$7.95

Maryland Style Crab Cakes- served with orange saffron and parrot dip \$6.95

Mussels- with garlic wine butter or tomato wine sauce-\$8.95

Quesadilla- Cheese and Salsa-\$5.95 **Chicken**-\$6.95 **Shrimp**-\$8.95

Scallop a La Prosciutto- *this is a sophisticated, delightful treat which will amaze*, cured prosciutto wrapped scallops stuffed with herb cheese and served on a skewer \$8.95

Shoe String French Fries- \$3.95

Shrimp Rolls- homemade crispy, filled with freshly shredded cabbage and of course shrimp \$7.95

Smoked Fish Spread - Local Smoked Fish- \$6.95

Sweet Potato Fries-\$3.95

Sun Rise Shrimp or Chicken-popular flour fried shrimp or chicken tossed in our special cream sauce -\$7.95

Tuna Sashimi- served with wasabi & pickled ginger- \$7.95

U-Peel-em-Shrimp-1/2 lb-\$6.95- 1lb-\$9.95

Soups

Seafood Bisque or Chef's daily soup creation- Cup-\$4.25 Bowl-\$5.95

Late Night Menu for the Twilights
10pm-Midnight Sunday-Thursday
10pm-1am-Friday and Saturday

Small Plates

Batter Fried Shrimp-\$6.95

Caribbean Spring Rolls- chicken, banana, black bean, cheese with raspberry sauce-\$6.95

Chicken Tenders Plain-\$5.95 or make them Buffalo style for \$6.95

Chicken Wings-Best wings on beach- with Buffalo wing sauce or Blackened \$6.95

Coconut Crusted Shrimp-with pineapple salsa and raspberry sauce \$7.95

Conch Fritters-served with homemade honey mustard-\$6.95

Crispy Calamari-crisp, served with marinara tomato basil & orange saffron-\$7.95

Grouper Bites- Deep Fried- \$10.95

Mahi- Mahi Nuggets-Deep Fried- \$8.95

Maryland Style Crab Cakes- served with orange saffron and parrot dip- \$6.95

Mussels- with garlic wine butter sauce or tomato wine sauce-\$8.95

Quesadilla- Cheese and Salsa-\$5.95 **Chicken**-\$6.95 **Shrimp**-\$8.95

Scallop a La Prosciutto- *this is a sophisticated, delightful treat which will amaze*, cured prosciutto wrapped scallops stuffed with herb cheese and served on a skewer \$8.95

Shoe String French Fries- \$3.95

Shrimp Rolls- homemade crispy, filled with freshly shredded cabbage and of course shrimp \$7.95

Smoked Fish Spread- Local Smoked Fish- \$6.95

Sweet Potato Fries-\$3.95

Tuna Sashimi - served with wasabi & pickled ginger- \$7.95

U-Peel-em-Shrimp-1/2 lb-\$6.95- 1lb-\$9.95

Sun Rise Shrimp or Chicken-popular flour fried shrimp or chicken tossed in our special cream sauce \$7.95

Sandwiches and Wraps

1/2 Charbroiled burger \$7.95 **with cheese** add \$.75

Grilled Chicken Cheddar- with roasted peppers, mushrooms and cheddar \$7.95

Grouper Sandwich-grilled, blackened, or fried \$9.95 add cheese .75

Flank Steak-char-grilled to order and thin sliced \$7.95

Parrot Chili Rub Steak Sandwich- thin sliced steak with portobello mushrooms, blue cheese crumbles and crispy fried onions \$9.95

Cobb Wrap- chicken, tom, bacon, egg, lettuce, and blue cheese crumbles \$7.95

Shrimp Wrap- flour fried shrimp with spring mix and slaw, and special sauce \$7.95

Seared Tuna Wrap- with the perfect blend of wasabi, ginger, and lettuce \$8.95

B.L.T. Wrap- if you like our **Famous BLT** you are going to **LOVE** this wrap \$6.95

Portobello Wrap- with roasted peppers and feta cheese \$6.95

Salads

Cobb Salad- chicken, blue cheese crumbles, bacon, hard boiled egg, leaf lettuce, and tomato \$9.95

Caesar- Plain- \$6.95 **Chicken** (grilled or blackened)\$8.95 **Shrimp**(grilled or blackened)\$9.95

Seared Tuna Oriental- fresh seared tuna, spring mix, noodles, special sesame soy ginger dressing \$9.95

Dinner from the Sea

sides include potato and medley of veggies

- Blue Parrot Ahi Tuna**-delicious sushi grade deep red tuna seared to your liking-\$15.95
- Fish & Chips**-Good old New England Cod deep fried to perfection-\$9.95
- Fried Shrimp Dinner**- Eight battered dipped, golden large shrimp \$11.95
- Grouper Florentine**- Pan Seared with fresh spinach, sun dried tomatoes & herb cheese \$15.95
- Gulf of Mexico Grouper**- served either grilled, fried, or blackened \$14.95
- Mahi- Mahi**- grilled or blackened, with our homemade creamy pesto sauce \$14.95
- Onion Crusted Salmon**-Our secret recipe, seared with delicious key lime sauce \$12.95

Dinner from the Turf

- St. Louis Style Ribs**- our very own unique meaty ribs covered with our prize winning BBQ Sauce \$12.95
- Pork Chops**- 2 premium center cut grilled chops, glazed with our honey roasted pepper sauce \$14.95
- Flank Steak**- char grilled and sliced thin \$13.95
- Old Fashioned Meat Loaf**- with homemade brown gravy \$10.95
- Blue Parrot Chicken**- Chicken Cutlet seared with our creamy basil sauce \$11.95
- Hunter Chicken**-Sautéed Chicken covered with our mushroom brandy wine over rice \$11.95
- Shepherd's Pie**- Homemade and Delicious with ground beef and lamb \$10.95
- Boneless 14oz choice New York Strip Steak**- \$16.95

Dinner Pasta's

- Linguine with White Clam Sauce**- perfect blend of olive oil, garlic, wine, baby clams, and grated Parmesan cheese over linguine-**better than Little Italy's** \$12.95 **red sauce** \$12.95
- Seafood Lasagna**- shrimp, bay scallops, cod, ricotta cheese all mixed with our creamy pink sauce- *You cant find this anywhere*-\$12.95
- Seafood Pasta**- shrimp, scallops, calamari, fish, mussels, andouille sausage, mixed with our creole cream sauce \$14.95
- Shrimp Florentine**- shrimp tossed with tomato, garlic, spinach, and white wine over linguine \$12.95
- Shrimp Scampi**- Made with olive oil, butter, garlic and white wine with grated Parmesan cheese over linguine \$12.95
- Shrimp with Basil Sauce**- Sautéed Shrimp cooked in olive oil and our homemade fresh sweet basil pesto served over linguine- **\$12.95**
- Spaghetti with Meatballs**- made with extra care to our handed down secret recipe \$10.95 plain \$9.95
- Sausage Lasagna**- Layers of goodness ricotta cheese, homemade sauce, mozzarella, grated Parmesan and delicious sausage \$10.95

Gratuity is NEVER included

Dinner Sandwiches and Wraps

1/2 Charbroiled burger \$7.95 **Add cheese 1.00**

Blue Parrot Chicken Sand- chicken with blue cheese crumbles, bacon on crossiant \$7.95

Grilled Chicken Cheddar- with roasted peppers, mushrooms and cheddar \$7.95

Grouper Sandwich- grilled, blackened, or fried \$9.95 Add Cheese .75

Flank Steak-char-grilled to order and thin sliced \$7.95

Parrot Chili Rub Steak Sandwich- thin sliced steak with portobello mushrooms, blue cheese crumbles and crispy fried onions \$9.95

Cobb Wrap- chicken, tom, bacon, egg, lettuce, and blue cheese crumbles \$7.95

Shrimp Wrap- flour fried shrimp with spring mix and slaw and special sauce \$7.95

Seared Tuna Wrap- with the perfect blend of wasabi, ginger, and lettuce \$8.95

B.L.T. Wrap- if you like our **Famous BLT** you are going to **LOVE** this wrap \$6.95

Portobello Wrap- with roasted peppers and feta cheese \$7.95

Salads

Cobb salad- chicken, blue cheese crumbles, bacon, hard boiled egg, leaf lettuce, and tomato \$9.95

Southwest Chicken- chicken, cheddar, roasted peppers, crispy taco strips, and tomatoes \$8.95

Caesar- Plain- \$6.95 **Chicken** (grilled or blackened)\$8.95 **Shrimp**(grilled or blackened) \$9.95

Caesar Salmon(grilled or blackened)\$9.95 **Mahi Mahi**(grilled or blackened)\$10.95

Caesar Grouper(grilled or blackened)\$13.95

Chili rub Steak- grilled steak, lettuce, tom, sweet chili sauce, crisp fried onions, feta cheese, portobello mushrooms \$9.95

Spinach Salad- feta, onions, tomato, portobello mushrooms, and secret dressing \$7.95

Seared Tuna Oriental- fresh seared tuna, spring mix, noodles, special sesame soy ginger dressing \$9.95

Chipotle Chicken- grilled chicken, cheddar jack cheese, tom, with chipotle ranch dressing \$8.95

Side salad- tom, lettuce, carrots and cucumbers \$2.95

Gratuity is NEVER included

Breakfast Sundays

10am-1pm

2 Extra Large Eggs Anyway with breakfast potatoes \$5.95
choice of bacon or sausage

Giant Omelet with Choice of Two \$5.95

Choices-american, swiss, cheddar, tomato, ham, mushrooms, spinach, onions
add items for .75 cents each.
served with an english muffin, breakfast potatoes and bacon or sausage.

Mexican Omelet \$6.95 cheddar cheese and salsa

served with an english muffin, breakfast potatoes and bacon or sausage.

Greek Omelet \$6.95 feta cheese, spinach, black olives, and tomatoes

served with an english muffin, breakfast potatoes and bacon or sausage.

Eggs Benedict with ham \$5.95 **Florentine or Crabmeat** \$6.95

all served with breakfast potatoes

Smoked Salmon Benedict \$7.95

served with breakfast potatoes

French Toast \$5.95

with bacon or sausage

Blueberry Pancakes \$5.95

with bacon or sausage

Homemade Corn beef Hash and Eggs \$6.95

Sandwiches

all served with breakfast potatoes

Monte Cristo-Eggs coated with ham, cheese and tomato melted in the classic way \$6.95

Croissant Egg Sandwich- ham, egg and cheese \$5.95

Grouper Sandwich grilled, blackened, or fried \$8.95

Grilled Chicken Cheddar with roasted peppers and mushrooms \$6.95

Half Pound Charbroiled Burger \$5.95 add cheese .75

B.L.T.- bacon, lettuce, and tom \$6.95

Starting at 11am- Special on Bloody Mary's and Mimosa's \$2.75 Pints

Gratuuity is NEVER included