

SOUP, SALADS, and LIGHT ENTREES

Vegetable Garden Soup P ♥

A Rich Blend of Garden Vegetables in a Savory Broth

Garden Salad P ♥

Crisp Iceberg Lettuce, Tomato, Carrot, Cheddar Cheese and Cucumbers

Caesar Salad

Tossed Fresh Romaine, Garlic Croutons, Parmesan Cheese

Parc Omelet or Egg White omelet P ♥

Add Cheese, Onion, Peppers, Ham, Tomato, Mushroom, Bacon

Eggs Anytime

Any Style you like...Served with your choice of Toast

ENTRÉE SALADS

Cobb Salad

Salad Greens, Turkey, Avocado, Bacon, Tomato, Egg, and Blue cheese

Caesar Salad

*Tossed Fresh Romaine, Garlic Croutons, Parmesan Cheese
Add Grilled Chicken or Salmon*

B & B Salad

Bibb Lettuce with Mandarins, Spiced Walnuts, and Bleu Cheese Crumbles

Chicken Tenders Salad

Iceberg Lettuce, Tomato & Cucumber Topped with Crispy Chicken Tenders

Black & Bleu Salad

Romaine Lettuce, Tomato Wedges & Blue Cheese Crumbles Topped with Blackened Beef Tenderloin

SANDWICHES FROM THE GRILL

*All Sandwiches Served with Lettuce, Tomato, Pickle,
And a Choice of accompaniments*

Burger or Cheese Burger

P ♥ *Grilled Chicken Breast*

Bacon Cheese Burger

Grilled Ham and Cheese

Classic BLT

Grilled Cheese

Fried or Baked Fish Sandwich

DELI ITEMS

Served with Your Choice of Accompaniments

Turkey Club Croissant

P ♥ *Tuna or Chicken Salad Plate*

Tuna or Chicken Salad Sandwich P ♥

P ♥ *Trio Salad*

California Croissant P ♥

Chicken Tenders

Reuben or Rachel Sandwich

All Beef Hot Dog

P ♥ Denotes Healthier choice

Classic Selections

Spaghetti Bolognese

NEW

A rich Marina sauce with Italian Sausage and seasoned ground beef served over Spaghetti and topped With Aged Parmesan

Vegetable Plate

P ♥

Your choice of any of our side Accompaniments

Chicken Parmesan

NEW

A Chicken cutlet breaded with Parmesan Bread Crumbs, Sauteed and topped with Marinara & Mozzarella Cheese

Chicken Picatta

NEW

A pounded Chicken Breast, Lightly Dusted, Sauteed and Topped with a Lemon Caper Sauce

Grilled Chicken Breast

P ♥

Lightly seasoned... Grilled to Perfection

Atlantic Salmon

P ♥

Beautiful Salmon Filet Grilled or Broiled

Dover Sole

P ♥

Fresh Dover Sole, Baked, Fried or Blackened

Orange Roughy

New Zealand Caught and prepared either Baked, Fried or Blackened

Seafood Platter

A Trio of Orange Roughy or Dover Sole, Shrimp and Fresh Oysters either Baked or Fried

Shrimp Primavera

NEW

Jumbo Shrimp Sauteed with Seasonal Vegetables and Tossed with White Wine and Extra Virgin Olive Oil

Grilled Filet Mignon

Beef Tenderloin Grilled to order, Onions or Mushrooms available

Chopped Sirloin

Grilled then Topped with Caramelized Onions, Mushrooms and Brown Gravy

Herb Marinated Pork Chop

Grilled Pork Chop marinated in fresh herbs and olive oil

ACCOMPANIMENTS

Parc Chips

French Fries

Mashed Potatoes

Baked Potato *P* ♥

Baked Sweet Potato *P* ♥

P ♥ Sautéed Spinach

P ♥ Steamed Broccoli Florets

P ♥ Southern Green Bean

P ♥ Fresh Asparagus

P ♥ Fresh Fruit Cup

Sweet Potato Fries

P ♥ *Cottage Cheese*

Brown Rice Pilaf

Cole Slaw

Garden Peas *P* ♥ 

P ♥ *Steamed Baby carrots*

P ♥ *Denotes Healthier choice*

