



## STARTERS

### Crabby Tots 16.75

Our house-made crab dip on top of crispy tater tots with old bay & chives

### The Big Helga 13.75 VEG

Giant german soft pretzel served with fat tire beer cheese & german spicy mustard

### Fried Pickles 10.75

Lightly battered pickle chips served with ranch

### Grouper Fingers 13.75

Lightly dusted grouper served with tartar sauce, lemon

### Chips with Salsa & Guac 10.75 GF VEG

Fresh house made pico & guac served with tortilla chips

### Hot Crab Dip 16.75 GF

Blend of cheeses, old bay, artichokes, lump crab served with tortilla chips

### Ours, Not-chos 14.75 GF

Fresh tortilla chips topped with mozzarella, tomatoes, onions, jalapeño, sour cream, guac, & three bean chili

### Coconut Shrimp 15.75

Jumbo coconut shrimp with sweet thai chili sauce

### Onion Rings 10.75 VEG

Jumbo beer battered onion rings served with sour cream

### Buffalo Shrimp 15.75

Crispy shrimp tossed in buffalo served with ranch

### Mozzarella Sticks 12.75 VEG

House-made fresh mozzarella sticks with marinara sauce

### Crab Balls 15.75

Our famous crab cake mix but mini bites fried served with cocktail sauce

### Steamed Shrimp ½ lb – 15.75 | 1lb – 26.75 GF

Served with cocktail sauce

### Hand Breaded Chicken Tenders 13.75

Served with honey mustard

### Caribbean Jerk Tenders 13.75 GF

Char-grilled caribbean marinated chicken strips served with honey mustard

### Basket of Taters 7.75 VEG

Your choice of regular fries, tater tots, or sweet potato fries (+1.00)

### PARROT JUMBO WINGS 16.75 GF

(10) your choice of sauce below, plus ranch or blue cheese

Plain Jane | Buffalo | Caribbean BBQ | Spiced Honey | Garlic Parmesan | Old Bay Dry Rubbed

## SOUPS & SALADS

### Add Protein

Grilled Chicken + 7.75 | Grilled Shrimp Skewer + 10.75 | Blackened Mahi + 12.75 | Grilled Salmon + 13.75 | Crab Cake + 17.75

### Three Bean Chili - Homemade vegetarian chili – 7.75 VEG

### Gumbo - Cup 10.75 | Bowl 19.75

Shrimp, clams, crab, kielbasa over top seasoned rice

### Cream of Crab - Jumbo lump crab, old bay, chives – 10.75

### Beach House Salad - Spring green mix, carrots, tomatoes, onion, cucumber, choice of dressing – 9.75 GF VEG

### Parrot Caesar - Romaine, croutons, house-made caesar dressing, topped with parmesan cheese – 10.75 VEG

### Caprese - Buffalo mozzarella, basil pesto, local tomatoes, balsamic glaze, sea salt – 11.75 GF VEG

### Arugula - Strawberries, candied walnuts, blue cheese crumbles, lemon vinaigrette – 11.75 GF VEG

### Wedge - Iceberg, bacon, cherry tomatoes, house-made blue cheese dressing – 11.75 GF

### Dressing Options

Ranch | Blue Cheese | Balsamic Vinaigrette | Lemon Vinaigrette | Honey Mustard | Raspberry Vinaigrette

## TACOS & QUESADILLAS

### Carne Asada Street Tacos 16.75

(4) marinated ribeye, fresh cilantro, onion, queso fresco, & tomatillo sauce on corn tortillas served with tortilla chips & pico

### Blackened Shrimp Street Tacos 16.75

(4) blackened grilled shrimp, pickled red onion, creamy cilantro pesto, & queso fresco on corn tortillas served with tortilla chips & pico

### Baja Fish Tacos 16.75

(4) lightly battered fried white fish, pickled slaw, baja crema, & cilantro on flour tortillas

### Chicken Quesadilla 17.75

Jerk chicken, cilantro pesto, jalapeños, tomatoes, black beans, cheese blend

### Steak Quesadilla 18.75

Caramelized onions, blend of cheeses, blue cheese, black beans

### Shrimp Quesadilla 18.75

Roasted corn, black beans, pickled onions, cilantro pesto, baja sauce, cheese blend

### Veggie Quesadilla 14.75 VEG

Mushrooms, roasted red pepper, spinach, onion, cilantro pesto

GF = Gluten-Free VEG = Vegetarian

# HANDHELDS

All come with the choice of one side\*

## Turkey Club Wrap 15.75

Bacon, swiss cheese, lettuce, tomato, onion, honey mustard, sun-dried tomato wrap

## Crab & Shrimp Roll 19.75

Cold crab & shrimp salad, lettuce, old bay, chives, split top bun

## Cuban 16.75

Roasted pork shoulder, ham, swiss cheese, yellow mustard, pickles toasted on ciabatta

## Buffalo Chicken 16.75

Breaded chicken tossed in buffalo sauce, american cheese, ranch, toasted ciabatta

## Parrot Cheesesteak 16.75

Shaved ribeye, sauteed onion & mushrooms, cheddar cheese, garlic aioli

## Blackened Mahi BLT 17.75

Lettuce, tomato, bacon, garlic aioli, brioche bun

## Key West Shrimp Wrap 17.75

Old bay grilled shrimp, bacon, lettuce, tomato, cilantro key lime mayo, flour tortilla

## Caprese 11.75 VEG

Local tomatoes, buffalo mozzarella, arugula, basil pesto, balsamic, toasted ciabatta (Add grilled chicken + 7.75)

## Grilled Ruben 17.75

Slow roasted corn beef piled high, 1000 island dressing, melted swiss cheese on grilled rye bread

## French Dip 16.75

Thin sliced prime rib, melted swiss cheese, on a roll with au jus dipping sauce

## Our Famous ½ lb Crab Cake Sandwich 23.75

Broiled jumbo lump, lettuce, tomato, onion, toasted brioche, tartar sauce

## PARROT'S BIG WEENIE 14.75

Jumbo foot long dog, melted beer cheese, onion, chopped pickled jalapeños, and three bean chili  
(You'll need a fork and knife for this one!)

# HOLY COW!

All burgers are cooked to order and come with your choice of one side\*

## Wimpy 13.75

American cheese, lettuce, onion, tomato, pickle

## Hangover 15.75

Bacon, american cheese, fried egg, tomato, lettuce

## Black & Blue 16.75

Blackened burger, blue cheese, sautéed onion & mushrooms, garlic aioli

## Cowboy 15.75

Beer battered onion ring, BBQ sauce, cheddar cheese, lettuce

## Stuffed Jalapeño 15.75

Cream cheese & jalapeño stuffed patty, sweet Thai chili sauce, lettuce

## Brat Burger 16.75

Hand formed bratwurst burger, sauerkraut, German grain mustard, Swiss cheese

## Impossible Burger 17.75 VEG

Sautéed onions & mushrooms, garlic aioli, arugula, tomato

## JUMBO MUMBO BURGER 19.75

One-pound burger grilled to order on a toasted bun with lettuce, tomato, and onion  
(Don't order this if you're in a hurry!)

## \*Sides

Cole Slaw | Potato Salad | Fries | Tater Tots | Rice

Upgrade + 2.75 – Onion Rings | Sweet Potato Fries | Fresh Veggies | Small House or Caesar Salad

# LARGE PLATES

Available after 5PM

## Blackened Salmon 22.75 GF

Dirty rice, fresh seasonal veggies, creamy cilantro pesto

## Schnitzel & Fries 19.75

Thin pounded pork, braised red cabbage, german mushroom gravy

## Caribbean Shrimp Fry 19.75

Jumbo coconut shrimp, fries, coleslaw, sweet thai chili slaw

## Bavarian Schweinshaxe 29.75

A southern Bavarian favorite, crispy pork shank served over mashed potatoes with a dark bier au jus & red cabbage

## Chicken Parmesan 19.75

Crispy chicken, marinara, buffalo mozzarella, linguine

## Mojo BBQ Ribs 21.75

Potato salad, mac n cheese, coleslaw

## Grilled Jerk Chicken 19.75 GF

Grilled marinated chicken breasts, mashed potatoes, grilled pineapple salsa, veggies

## Teriyaki Beef & Shrimp Kabob 23.75

One beef & one shrimp kabob with bell peppers, onion, tomato, and mushrooms with house teriyaki glaze served over rice

## OUR FAMOUS JUMBO LUMP CRAB CAKE PLATTER 30.75

(2) 4oz Crab Cakes with your choice of two sides\*

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.