



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

Fried Pickles 10.75

Lightly battered pickle chips served with ranch

Grouper Fingers 15.75

Lightly dusted grouper served with tartar sauce, lemon

Fresh Tortilla Chips GF VEG

salsa \$7.75, guac \$9.75, both \$11.75

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

Basket of Taters 7.75 VEG

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

Onion Rings 10.75 VEG

Jumbo beer battered onion rings served with sour cream

Mozzarella Sticks 12.75

House-made fresh mozzarella sticks with marinara sauce

Crab Balls 15.75

Our famous crab cake mix in mini form fried & served with cocktail sauce

Steamed Shrimp ½ lb – 15.75 | 1lb – 26.75

Served with cocktail sauce

Hand Breaded Chicken Tenders 13.75

Served with honey mustard

Caribbean Jerk Tenders 13.75

Char-grilled caribbean marinated chicken strips served with honey mustard

Coconut Shrimp 15.75

Jumbo coconut shrimp with sweet thai chili sauce

1lb Mojo Bone 15.75

1lb of fallin' off the bone BBQ glazed pork ribs

PARROT JUMBO WINGS 16.75 GF VEG

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

Plain Jane | Buffalo | Caribbean BBQ | 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 7.75 VEG

Homemade vegetarian chili

Gumbo Cup 10.75 | Bowl 19.75

Shrimp, clams, crab, kielbasa over top seasoned rice

Cream of Crab 11.75

Lump crab, old bay, chives

Beach House Salad 9.75

Spring green mix, carrots, tomatoes, onion, cucumber, choice of dressing GF VEG

Parrot Caesar 10.75 VEG

Romaine, croutons, house-made caesar dressing, topped with parmesan cheese

Caprese 11.75 GF VEG

Buffalo mozzarella, basil pesto, local tomatoes, balsamic glaze, sea salt

Arugula 11.75 GF VEG

Dry cranberries, candied walnuts, blue cheese crumbles, lemon vinaigrette

Wedge 11.75 GF

Iceberg, bacon, cherry tomatoes, house-made blue cheese dressing

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, blended jack cheese

Steak Quesadilla 18.75

Caramelized onions, blended jack cheese, blue cheese crumbles, black beans

Shrimp Quesadilla 18.75

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

Veggie Quesadilla 14.75 VEG

Mushrooms, roasted red pepper, spinach, onion, cilantro pesto, blended jack cheese

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

Cuban 16.75

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

Grilled Turkey Rueben 16.75

Shaved turkey, swiss cheese, sauerkraut, house made 1000 island dressing on toasted rye

Parrot Cheesesteak 16.75

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

Key West Shrimp Wrap 17.75

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

Blackened Mahi 17.75

Lettuce, tomato, with a side of tartar on toasted brioche bun

Caprese 11.75 VEG

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

Buffalo Chicken 16.75

Hand breaded chicken tenders, topped with melted cheddar with lettuce & house made ranch on toasted ciabatta

Chicken Caesar Wrap 16.75

Grilled chicken strips, romaine lettuce, parmesan, creamy house made Caesar dressing wrapped in a warm flour tortilla

Our Famous ½ lb Crab Cake Sandwich 25.75

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

BBQ Meatloaf Sub 15.75

baked with ketchup topped with caramelized onions, swiss cheese, BBQ sauce on a roll

Fried Fish Sandwich 16.75

Lightly dusted, fried whole fish filet. Toasted bun with LTO, lemon & tartar

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, tomato, onion, pickle

Hangover 16.75

Bacon, american cheese, fried egg, tomato, lettuce

Black & Blue 16.75

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

Mushroom & Swiss Burger 16.75

Sauteed mushrooms, swiss cheese

Cowboy 16.75

Beer battered onion ring, BBQ sauce, cheddar cheese, with lettuce & tomato

Stuffed Jalapeño 16.75

Cream cheese & jalapeño stuffed patty, sweet Thai chili sauce

Impossible Burger 17.75 VEG

Sautéed onions & mushrooms, garlic aioli, arugula

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 | Mac & Cheese | Fresh Veggies | Small House or Caesar Salad

LARGE PLATES

Blackened Salmon 22.75

Dirty rice, fresh seasonal veggies, creamy cilantro pesto

Schnitzel & Fries 19.75

Thinly pounded pork, braised red cabbage served with a side of german mushroom gravy

Caribbean Shrimp Fry 19.75

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

Moms Meatloaf 19.75

Classic meatloaf mix, topped with ketchup, rich au jus gravy, served with mac & cheese and fresh coleslaw

Grilled Jerk Chicken 19.75

pair of grilled jerk marinated chicken breast, served with mac and cheese and fresh cole slaw

Chargrilled Ribeye & Wedge 26.75 GF

10oz ribeye over top of baby iceberg, house made blue cheese dressing, bacon, grape tomatoes, red onions

Blackened Chicken Alfredo 20.75

blackened chicken breast over penne pasta tossed in a creamy alfredo sauce, spinach, tomatoes, served with garlic bread

1lb Alaskan Snow Crab Legs 38.75 GF

Full Cluster of sweet snow crab legs, served with your choice of two sides, drawn butter and lemon

OUR FAMOUS JUMBO LUMP CRAB CAKE PLATTER 33.75

(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.