



STARTERS

Crabby Tots 17.75

crispy tater tots topped with lump crab dip, melted jack cheese, and old bay

The Big Helga 13.75 VEG

giant german soft pretzel, served with fat tire beer cheese

Fried Pickles 11.75 VEG

lightly battered pickle chips, served with ranch

Grouper Fingers 15.75

lightly dusted grouper, served with tartar sauce and lemon

Guac & Chips 11.75 GF VEG

house-made guacamole with tortilla chips

Hot Crab Dip 17.75

creamy lump crab dip with melted jack cheese, artichokes, old bay, served with tortilla chips

Ours, Not-chos 15.75

fresh tortilla chips topped with mozzarella, tomatoes, onions, jalapeño, sour cream, guac, and three bean chili

Blackened Tuna Bites 17.75 GF

served with lemon garlic aioli, wasabi, and charred lemon

Basket of Taters 8.75 VEG

choice of regular fries, tater tots, or sweet potato fries

Onion Rings 11.75 VEG

jumbo beer-battered onion rings, served with sour cream

Mozzarella Sticks 12.75 VEG

house-made mozzarella sticks, served with marinara

Crab Balls 15.75

our famous crab cake mix in mini form, fried and served with cocktail sauce

Crispy Calamari 16.75

battered by hand with cherry peppers, served with cilantro crema, marinara, and charred lemon

Hand Breaded Chicken Tenders 14.75

served with honey mustard

Jerk Chicken Tenders 13.75 GF

chargrilled caribbean marinated chicken strips, served with honey mustard

Coconut Shrimp 15.75

jumbo coconut shrimp, served with sweet thai chili sauce

Fried Oysters 16.75

crispy hand-breaded oysters, served with remoulade, tarter, and charred lemon

PARROT JUMBO WINGS 16.75

your choice of sauce below, plus ranch or blue cheese
Plain Jane | Buffalo | Caribbean BBQ | Old Bay Dry Rubbed

SOUPS & SALADS

add protein to any salad

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

French Onion 12.75

toasted crostini, melted gruyère, and swiss cheese

Cream of Crab 12.75

lump crab, old bay, and chives

Maryland Crab 12.75 GF

tomato – seafood broth loaded w/ sweet lump crab, potatoes, veggie medley, and house seasoning

Blend of ½ Cream of Crab & ½ Maryland Crab 12.75

Seasonal Soup MKT

Dressing Options

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

Parrot Caesar 10.75 VEG

romaine, croutons, house-made caesar dressing, and topped with parmesan cheese

Caprese 11.75 GF VEG

buffalo mozzarella, local tomatoes, arugula, basil pesto, balsamic glaze, and olive oil

Beach House Salad 9.75 GF VEG

spring green mix, carrots, tomatoes, onion, cucumber, and choice of dressing

Arugula 11.75 GF VEG

strawberry, goat cheese, toasted slivered almonds, and lemon vinaigrette

TACOS & QUESADILLAS

Carne Asada Street Tacos 17.75 GF

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

Blackened Shrimp Street Tacos 17.75 GF

(4) blackened grilled shrimp, pickled red onion, creamy cilantro pesto, and 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, and cilantro on flour tortillas

Mojo Pork Tacos 17.75 GF

(4) mojo marinated pork shoulder, charred pineapple salsa, shredded cabbage, and cilantro crema on corn tortillas, served with tortilla chips & pico

Grilled Chicken Quesadilla 17.75

blend of cheese, fajita veggies served with a side of guac, sour cream, and chipotle aioli **(sub shrimp or steak + 2)**

GF = Gluten-Free

VEG = Vegetarian

HANDHELDS

all come with the choice of one side*

Turkey Club Wrap 16.75
bacon, swiss cheese, lettuce, tomato, onion, dijonaise, sun-dried tomato wrap

Cuban 16.75
roasted mojo pork shoulder, ham, swiss cheese with yellow mustard, and pickles on toasted ciabatta

Grilled Turkey Rueben 16.75
shaved turkey, swiss cheese, sauerkraut, and house-made 1000 island dressing on taosted rye

Parrot Cheesesteak 17.75
shaved ribeye, sautéed mushrooms & onions, cheddar cheese, and garlic aioli on toasted roll

Key West Shrimp BLT Wrap 18.75
grilled old bay seasoned shrimp, bacon, lettuce, tomato, cilantro key lime mayo, flour tortilla

Blackened Tuna Wrap 18.75
shredded lettuce, pickled onions, avocado, chipotle mayo, flour tortilla

Parrot Po Boy 18.75
choice of fried oyster or crispy shrimp, shredded lettuce, tomato, pickled onion, cajun remoulade, and charred lemon

Chicken Caesar Wrap 17.75
romaine lettuce, parmesan, creamy house-made caesar dressing, wrapped in a warm flour tortilla

Our Famous ½ lb Crab Cake Sandwich 26.75
broiled jumbo lump, lettuce, tomato, and onion on toasted brioche bun, served with tartar sauce and lemon

Fried Bologna Sandwich 14.75
dietz & watson bologna, shredded lettuce, american cheese, and dijonaise on toasted white bread

Fried Fish Sandwich 16.75
lightly dusted, lettuce, tomato, and onion, on toasted brioche bun, served with tartar sauce and lemon

Blackened Salmon BLT 19.75
lettuce, tomato, bacon, and cajun remoulade on toasted brioche bun, served with lemon

Caprese 12.75 
buffalo mozzarella, local tomatoes, arugula, basil pesto, olive oil, and balsamic glaze on toasted ciabatta
(add grilled chicken + 7.75)

HOLY COW!

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

Parrot Burger 15.75
american cheese, lettuce, tomato, onion, and pickle

Hangover 17.75
bacon, american cheese, fried egg, tomato, and lettuce

Black & Blue 16.75
blackened burger, blue cheese, sautéed mushrooms & onions, and garlic aioli

French Onion 17.75
swiss cheese, french onion soup onions, and garlic aioli

Cowboy 17.75
beer-battered onion ring, BBQ sauce, cheddar cheese, lettuce, and tomato

Steakhouse Portobello Burger 15.75 
grilled portobello, swiss cheese, roasted red peppers, arugula, and garlic aioli

Turkey Bacon Ranch Burger 16.75
house-made turkey burger, swiss cheese, bacon, lettuce, tomato, onion, and ranch (add fresh avocado + 2.75)

LARGE PLATES

available at 3pm

Our Famous Jumbo Lump Crab Cake Platter 35.75
(2) 4oz Crab Cakes, served with your choice of two sides*

Blackened Salmon 29.75 
mashed potatoes, sautéed veggies, lemon butter sauce, jumbo lump crab

Pork Schnitzel & Fries 19.75
thinly pounded pork, braised red cabbage, served with german mushroom gravy

Parrot Rice Bowl 21.75 
choice of (1) carne asada, blackened shrimp, blackened chicken, blackened tuna bites or mojo pork with cilantro lime rice & roasted corn, seasoned black beans, pico de gallo, guacamole, pickled red onions, fresh cilantro, and chipotle crema

Chicken Stir Fry 21.75
sautéed chicken breast, red & green bell peppers, mushrooms, onions, and spinach tossed with our house teriyaki over rice

Grilled Jerk Chicken 21.75 
chargrilled marinated caribbean chicken, mashed potatoes, pineapple salsa, and cilantro crema

Fish & Chips 23.75
10oz beer-battered north atlantic cod, served with fries, slaw, tartar, and lemon

Fire Grilled Ribeye 33.75 
12oz charred ribeye over mashed potatoes and sautéed veggies

Blackened Steak & Mushroom Alfredo 24.75
grilled blackened ribeye, portobello mushrooms, grape tomatoes, spinach, penne, creamy alfredo sauce, and parmesan cheese, served with garlic bread

Baked Crab Imperial 29.75
topped with imperial dressing and baked till golden brown, served with your choice of two sides*

*Sides

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

Upgrade + 2.75 – Onion Rings
Sweet Potato Fries | Mac & Cheese
Fresh Veggies | Small House or
Caesar Salad | Mashed Potatoes @ 3pm

KIDS MENU

your choice 9.75

Mac & Cheese | Grouper Fingers & Fries
Cheeseburger & Fries | Noodles: Butter or with Red Sauce
Chicken Fingers & Fries | Cheese Quesadilla