

**APPETIZERS**

**CHEESY SPINACH DIP** **Gf**

served with corn chips

**CAULIFLOWER BITES** **NEW**

deep fried cauliflower with your choice of sauce: bbq, honey garlic, hot or teriyaki

**YAM FRIES** **Gf**

crispy yam fries with spicy mayo

**GARLIC BUTTON RIBS** **Gf**

pork bites tossed in garlic butter, salt & pepper

**VEGGIES N' DIP** **Gf**

carrots, cucumber, broccoli, peppers and cherry tomatoes, served with ranch

**POUTINE**

crispy hot french fries with canadian cheese curds, smothered in rich gravy

TASTY TIP: ADD BEEF, CHICKEN OR PULLED PORK \$3

**PIG PUFFS** **Gf** **NEW**

crispy fried pig skin with a side of hot sauce

**SOUP OF THE DAY**

ask your server for our daily flavour

**CHICKEN TENDERS**

chicken tenders + french fries, served with spicy mayo

**CRISPY PICKLES**

deep fried pickles with spicy dipping sauce

**SINGLE NACHOS** **Gf**

layered corn chips and nacho cheese, topped with diced tomatoes, olives + jalapeños, served with salsa and sour cream

TASTY TIP: ADD GUACAMOLE \$2

ADD CHICKEN, BEEF OR PULLED PORK \$3

**CHICKEN WINGS** **Gf**

bbq, hot, jerk, salt + pepper or honey garlic

TASTY TIP: ADD RANCH, TERIYAKI, CELERY

& CARROTS \$1.50

**PEROGIES**

potato and cheddar stuffed, served with sour cream + green onion

TASTY TIP: ADD CRISPY BACON BITS \$1.50

**SPAM SUSHI** **NEW**

warm teriyaki grilled spam on sushi rice with wasabi & spicy soy sauce

**MAC & CHEESE BOMBS** **NEW**

crispy mac & cheese balls stuffed with pulled pork and served with your choice of sauce: bbq or hot

**SALADS**

**TOSSED SALAD** **NEW**

with cucumber, tomatoes + carrots in a red wine vinaigrette

**CAESAR SALAD**

crunchy romaine with creamy garlic dressing, herb roasted croutons + double smoked bacon

**SOUTHWEST SALAD**

romaine lettuce, black beans, corn, crispy jalapeños, red onion + nacho cheese, in sour cream citrus dressing, served with corn tortillas

**SANDWICHES AND WRAPS**

ALL COME WITH FRIES

SUB: YAM FRIES, CAESAR SALAD, TOSSED SALAD, VEGGIES N' DIP OR SOUP

**PARROT BEEF BURGER**

on a brioche bun with lettuce, tomato, onion, mayo + mustard

TASTY TIP: ADD CHEESE OR BACON \$1.50

**CHICKEN SHAWARMA**

grilled marinated chicken, lettuce + tomato, with yogurt garlic sauce + wrapped in naan bread

TASTY TIP: ADD HOUSE-MADE HOT SAUCE \$0.50

**SPICY CHICKEN WRAP**

breaded spicy chicken with lettuce, onion, tomato and ranch in a tortilla

TASTY TIP: ADD CHEESE OR BACON \$1.50

**THREE CHEESE GRILLED CHEESE**

cheddar, swiss and monterey jack on sourdough

TASTY TIP: ADD BACON \$1.50

**VEGGIE BURGER**

vegetarian patty topped with lettuce, tomato, onion, mayo + mustard

**BEEF DIP**

on ciabatta bread with sautéed onions and garlic mayo, served with au jus

TASTY TIP: ADD CHEESE \$1.50

**BLT**

crispy bacon, iceberg lettuce, tomatoes and spicy mayo on sourdough

TASTY TIP: ADD CHEESE \$1.50

**GRILLED TURKEY AND SWISS**

with dijon mustard on sourdough bread

**SUGAR-COATED IGA JELLY DOUGHNUT BACON CHEESE BURGER** **NEW**

**ADDS + SIDES**

BBQ SAUCE \$0.50

PICKLE \$0.50

HOUSE-MADE HOT SAUCE \$0.50

HARD BOILED EGG \$1.00

GARLIC TOAST \$1.00

SAUTÉED MUSHROOMS \$1.50

BACON \$1.50

BACK BACON \$1.50

GRAVY \$1.50

SWISS CHEESE \$1.50

CHEDDAR CHEESE \$1.50

MONTEREY JACK CHEESE \$1.50

BEEF \$3.00

CHICKEN \$3.00

PULLED PORK \$3.00

## PARROT LEGENDS

### SPINACH SALAD \$13.00 **NEW**

spinach, dried cranberries, mushrooms, cherry tomatoes  
+ hard boiled egg tossed in a poppy seed vinaigrette

### SPICY CALIFORNIA CHICKEN BURGER \$13.00

chicken breast dipped in house-made hot sauce batter,  
fried, then covered with jalapeño jack cheese +  
guacamole, topped with lettuce, tomato, red onion + pickle,  
served with fries

SUB: YAM FRIES, CAESAR SALAD, TOSSED SALAD,  
VEGGIES N' DIP OR SOUP \$1.50

### EXIT WOUND BURGER \$13.25 **NEW**

the hottest, most spicy burger this side of Texas!  
house-made spicy beef patty, with house-made spicy relish  
+ jalapeño jack cheese, topped with mayo, mustard,  
lettuce, tomato, red onion + pickle, served with fries

SUB: YAM FRIES, CAESAR SALAD, TOSSED SALAD,  
VEGGIES N' DIP OR SOUP \$1.50

### CHICKEN LETTUCE WRAPS \$14.00

a meal you make yourself!

thinly sliced chicken with mushrooms, carrots, onions,  
bell peppers and egg noodles, sautéed in hoisin sauce,  
served with iceberg lettuce for wrapping

### SPICY THAI NOODLE BOWL \$16.00 **GFM**

tiger prawns, carrots, onions, bell peppers  
and rice noodles in a spicy red curry coconut cream sauce,  
served with toasted garlic ciabatta bread

## PIZZA - FOR TWO

12" PIZZA PREPARED ON HOUSE-MADE PIZZA DOUGH

### SPICY CAPICOLA & PEPPERONI PIZZA \$15.00

pepperoni, spicy capicola, diced bell peppers + mozzarella cheese

### BBQ CHICKEN PIZZA \$14.00

diced bell peppers, chicken and mozzarella cheese on a bbq sauce base,  
finished with a drizzle of ranch dressing + topped with fresh sliced tomatoes

### VEGETARIAN PIZZA \$13.50

mushrooms, spinach, roasted garlic,  
spicy chipotle onions, sliced brie + mozzarella cheese

### BASIC MOZZARELLA PIZZA \$11.50

start here and create your own personal masterpiece

### ADD ANY PIZZA TOPPING \$1.50 EACH

mushrooms | spinach | fresh tomatoes | peppers | black olives  
onions | banana peppers | pineapple | sun-dried tomatoes  
feta | spicy capicola | ham | chicken | shrimp | pepperoni | bacon

# BARKING PARROT BAR

[barkingparrot.com](http://barkingparrot.com)