



# Parrot

## BAR & GRILLE

872-9989

Open Daily at 11:30am  
for Lunch & Dinner

183 Barry Ave. at MM28.5, Bayside  
Little Torch Key



**Waterfront Dining**  
**Full Bar & Wine List**

- a sampling of our extensive menu -

### **NIBBLERS**

**Caribbean Jerk Parrot Wings** ~ Ten Deliciously Tender Slow Cooked Caribbean Jerk Seasoned Wings that will Tantalize your Taste Buds (They Fall Right Off the Bone) ~ \$8.95

**South Beach Shrimp** ~ Six Large Key West Pink Shrimp, Breaded & Fried, then Tossed in our Homemade Parrotdisse Garlic Raspberry Sauce ~ \$10.95

**Spinach & Shrimp Stuffed Portobello Mushroom** ~ A Portobello Mushroom Filled with Shrimp & Spinach Stuffing & Finished with a Swiss Cheese Mornay Sauce ~ \$9.95

**Sesame Seared Sashimi Tuna** ~ A Six Ounce Yellowfin Tuna Steak Seared in Black & White Sesame Seeds Served with Wasabi, Pickled Ginger, Soy Sauce & Wakami Seaweed Salad ~ \$11.95

### **SALADS, SANDWICHES & WRAPS**

**Caesar Salad** ~ Fresh Romaine Lettuce Tossed in our Homemade Caesar Dressing with Fresh Baked Croutons & Parmesan Cheese ~ \$8.95

Available With Chicken, Sesame Seared Sashimi Tuna, Sautéed or Blackened Snapper, Grilled or Blackened Dolphin, Grilled or Blackened Shrimp, or Grilled or Blackened Grouper

**Raspberry & Peppered Goat Cheese Salad** ~ Mixed Greens Tossed with Raspberry Vinaigrette Dressing Served with Warmed Peppered Goat Cheese ~ \$8.95

**Lobster or Dolphin Reuben in Parrotdisse** ~ (A Parrotdisse Original) Grilled Lobster or Dolphin Topped with Coleslaw, Melted Swiss Cheese, Banana Peppers & Thousand Island Dressing on Grilled Sourdough ~ \$14.50 or \$11.95

**Dolphin, Snapper or Grouper Sandwich** ~ Order your Fish either Grilled, Fried or Blackened Dolphin ~ \$9.95 Snapper ~ \$11.95 Grouper ~ \$12.95

**Cheeseburger in Parrotdisse** ~ (A Legendary Singer/Songwriter Made this One Famous) Our Keys Original, Buckhead Beef Burger, with Heinz 57 on the Side, Lettuce, Tomato & Onion & Your choice of Cheese ~ \$9.95

**Sabella's Bratwurst** ~ Made Locally By Sabella's Sausage Makers. Boiled in Yuengling Beer, served with Sautéed Onions On Cuban Bread ~ \$8.95

**Entertainment 7 Nights a Week**

### **PARROTKEET MENU** (12 and under please)

**Parrot Tenders (really chicken)** ~ \$3.99

**Holy Macaroni & Cheese!** ~ \$3.50

**Flying Fishy Dolphin Nuggets** ~ \$3.99

### **DINNER ENTREES**

**Grouper Oscar** ~ One of the Classics; Dating Back to King Oscar of Sweden. A Wonderful Fillet of Local Grouper Topped with Lump Crabmeat & Asparagus & Finished with Béarnaise Sauce ~ \$25.95

**Banana Curry Shrimp** ~ Lightly Breaded & Fried Shrimp Finished with Fresh Bananas & Spiced Rum Curry Sauce with a Touch of Cream ~ \$21.95

**Snapper Del Sole** ~ Fresh Local Snapper Dusted With Seasoned Corn Meal, Pan Fried Golden Brown & Served with Creamy Jalapeño Sauce ~ \$21.95

**You Hook It, We Cook It** ~ We Are More Than Happy To Prepare Your Freshly Caught & Cleaned Catch Either Grilled, Sautéed, Fried or Blackened ~ \$11.95

**Grilled Vegetable Napoleon En Croute** ~ Seasonal Vegetables & Fresh Herbs Encased in Pastry, Baked & Finished with Herbed Olive Oil ~ \$16.95

**New York Strip Steak** ~ A Twelve Ounce Center Cut Choice Dry Aged New York Strip Steak, Grilled & Served with Black Pepper & Irish Whiskey Sauce ~ \$24.95

**Parrots of the Caribbean** ~ Two of our Plump Chicken Breast Fillets with a Wonderful Basting of Fresh Mangos & Papayas, Grilled to Perfection ~ \$18.95

**Coconut Crusted Grouper** ~ Served with Red Pepper, Jalapeño Pepper & Papaya Jam ~ \$24.95

**Lobster Macaroni & Cheese** ~ Fresh Florida Lobster, Creamy Spiced Béchamel Sauce & Gruyere, Cheddar & Swiss Cheese Served In a Crock, The Ultimate Comfort Food ~ \$22.95

**Parrotdisse Guava Shrimp** ~ Sautéed Key West Pink Shrimp Served with a Key Lime, Guava, Ginger & Cilantro Sauce ~ \$22.95

**San Genaro Pasta** ~ Portobello Mushrooms, Smoked Grape Tomatoes & Fresh Mozzarella Cheese Sautéed with Olive Oil, Garlic & Fresh Oregano & Served over Fettuccini Pasta; Topped with Parmesan Cheese ~ \$17.95

**House Smoked Baby Back Pork Ribs** ~ Smoked Out On Our Beach & Finished with Chipotle Barbeque Sauce, They Fall Right Off The Bone, We Often Run Out So Get Them While You Can ~ \$22.95

menu and prices subject to change

**Come by sea or by land.**