THE GREEN PARROT

Harbour Front

Nassau
BAHAMAS

Breakfast

7 am - 11 am

Saturday & Sunday Only Stew fish, stew conch, chicken souse and boil fish served with johnny cake or grits.

American Breakfast 8.50
Eggs any style, bacon, home-style potatoes, grits & toast.

Classic Eggs Benedict 14.00
Canadian bacon, poached eggs, English muffin & hollandaise with fruit or potatoes.

Breakfast Sandwich 8.00
Egg, cheese & bacon on white or wheat toast.

Tuna Salad Sandwich 5.00
Tuna seasoned with lime, mayonnaise, light salt & pepper served on homemade bread.

French Toast 8.00
Topped with powdered sugar & syrup.

Buttermilk Pancakes 8.00
Topped with powdered sugar & syrup.

Croissant Sandwich 8.00
Eggs, cheese, bacon, lettuce and tomato.

Fire Engine 5.00
Corned beef sautéed with Bahamian spices, served with grits.

Tuna & Grits 5.00
Tuna salad with lime and mayo, served with grits.

Omelet 12.00
3 eggs with a choice of 3 fillings, served with either home-style potatoes, grits or toast.
Fillings: mushroom, onions, bell peppers, tomatoes, cheddar, Monterey jack, mozzarella, bacon & sausage.

Steak & Eggs 18.00
NY Strip steak cooked to your liking, 2 eggs any style and home style potatoes.

Waffles 8.00
Topped with powdered sugar & syrup.

Chicken & Waffles 14.00
Waffles topped with house made chicken tenders & syrup.

Tropical Mango Smoothie Bowl 8.00
Yogurt, almond milk, and fresh mango blended & topped with chia seeds, coconut flakes and granola.

Strawberry Banana Smoothie Bowl 8.00
Yogurt, almond milk, strawberries and bananas blended and topped with chia seeds, coconut flakes and granola.

Smoothies

Brown Girl in the Ring 7.00
Bananas, dates, peanut butter, cocoa butter & almond milk.

Strawberry Banana 7.00
Strawberries, bananas, yogurt & almond milk.

Tropical Mango 7.00
Mango, banana, yogurt & almond milk.

Peanut Butter & Jelly 7.00
Strawberries, blueberries, dates, peanut butter, cinnamon & almond milk.

Sides

Toast (2 pieces)	2.00	Bacon	3.00
Homestyle Potatoes	2.25	Sausage	3.10
Eggs (2)	2.50	Extra Hollandaise	1.80

Appetizers

Coconut Shrimp 14.00
Fresh shrimp in a coconut batter, served with an orange marmalade sauce.

Conch Bites 12.50
Tenderized, bite size pieces of local conch, lightly battered and fried served with a spicy mayo sauce.

Chicken Tenders 14.50
Battered and fried with house made honey mustard.

Spinach Dip 14.75
House made & topped with melted swiss cheese, served with tortilla chips.

Curry Chicken Spring Rolls 14.00
Served with a peanut sauce & sweet chili sauce.

Spicy Rock Shrimp 15.00
Golden fried shrimp coated with our secret spicy sauce.

Ahi Tuna Nachos 20.00
Ahi tuna, crispy tortilla chips, avocados, sriracha sauce, ponzu glaze, jalapenos, green onions, cilantro and sesame seeds.

Conch Cakes 15.75
Pan fried and served with lava lava sauce & spicy pepper slaw.

Crispy Calamari & Jalapeños 17.00
Accompanied by marinara sauce.

Chicken Wings 6 - 8.75 12 - 16.00
Your choice of BBQ, Jerk, Hot, Mild or Naked, served with blue cheese dipping sauce, carrots & celery sticks.

Mexican Eggrolls 13.00
Chicken, roasted corn, jalapeños, cilantro, shredded cheese and Mexican spices, served with salsa and sour cream.

Sandwiches & Wraps

All sandwiches & wraps served with french fries.
Substitute for Sweet Potato Fries 1.00
Add house or caesar salad 3.50

Mahi Sandwich 19.00
Grilled or blackened fresh mahi served on a brioche bun with lettuce, tomato & onion.

Caribbean Chicken Sandwich 17.50
Grilled or Jerk chicken breast with crispy bacon, served on a brioche bun with swiss cheese.

Philly Fanatic 17.75
Grilled steak with caramelized onions, sautéed mushrooms & melted swiss cheese served on a sourdough baguette.

Hotdog 10.75
Grilled jumbo hotdog on a hoagie roll.

Island Club 17.50
Roasted turkey breast, honey ham, cheese, crispy bacon, lettuce & tomato layered on 3 toasted slices of old fashioned Bahamian bread.

Conch Po' Boy 17.50
Cracked conch topped with sautéed onions & peppers with a spicy mayo sauce on a hoagie roll.

Chicken Caesar Wrap 16.50
Diced grilled chicken, shaved parmesan cheese & fresh romaine lettuce all tossed in our house-made caesar dressing & bundled in a flour tortilla.

Lobster Salad Wrap Market Price
Spiny Bahamian lobster salad tossed with a dill mayo sauce served in a warm flour tortilla.

Buffalo Chicken Wrap 17.25
Breaded buffalo chicken tenders with blue cheese dressing, shredded cheddar cheese, fresh romaine lettuce & local vine ripened tomatoes, all wrapped up in a warm flour tortilla.

Vegetarian Wrap 14.75
Tomatoes, mushrooms, onions and jalapeños cooked down and served in a warm flour tortilla with lettuce.

Soups & Salads

Curry Conch Chowder Cup - 9.75 Bowl - 12.00
Our twist on a classic Bahamian favourite.

Classic Caesar 14.75
Chicken • 17.00 Mahi • 19.00 Shrimp • 19.75 Cracked Conch • 20
Fresh romaine, toasted croutons, parmesan cheese house made caesar dressing.

Greek Salad 16.00
Chicken • 17.00 Mahi • 19.00 Shrimp • 20.50
Fresh romaine & local mixed greens with crumbled feta cheese, cucumbers, red onions, tomatoes, olives & pita wedges.

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Entrées

Substitute a side for a Caesar Salad or Loaded Potato for $2.00

Grilled Filet of Salmon/Ahi Tuna 34.50
Fresh grilled or blackened filet of Salmon or Ahi Tuna served with dill sauce. Served with 2 sides.

Roast Rack of Lamb 36.00
Grilled, crusted with herbs and served with lava lava sauce. Served with 2 sides.

Jumbo Shrimp 28.00
Golden fried or grilled and served with 2 sides.

Seafood Linguine 36.00
Conch, shrimp, lobster, broccoli and carrots tossed with your choice of a tomato basil or alfredo sauce. Served over linguini with garlic bread.

Smoked Pork Ribs 1/2 slab 22.50 full slab 29.50
Add shrimp • 10.00 *Add cracked lobster • 12.00*
Served with 2 sides.

Mahi Fingers 23.00
Lightly battered and fried golden brown. Served with 2 sides.

Fresh Fish Tacos 22.75
Grilled fresh catch of the day topped with cole slaw & jalapeños in warm flour tortillas. Served with 2 sides.

16 oz T-Bone Steak 39.00
Add shrimp • 10.00 *Add cracked lobster • 12.00*
Served with 2 sides.

Cracked Conch 23.00
Tenderized local conch lightly battered & fried, served with lime & tartar sauce. Served with 2 sides.

Fried Snapper Market Price
Crispy fried snapper, served with 2 sides.

Fried Chicken 22.00
Crispy fried chicken, served with 2 sides.

Cracked Lobster Market Price
Tenderized local lobster lightly battered & fried, served with lime & tartar sauce. Served with 2 sides.

Seafood Platter 59.00
Fish fingers, fried shrimp, cracked lobster & cracked conch. Lightly battered and fried golden brown. Served with our signature calypso dipping sauce.

Quesadillas

Tortillas stuffed with cheddar cheese, jalapeños, tomatoes, chilies & onions. Served with sour cream & salsa.

Chicken	**16.50**	**Shrimp**	**19.00**
Steak	**17.50**	**Veggie**	**14.50**

Burgers

Comes with handcut fries, lettuce & tomato, pickles, and onions. Any burger can be substituted with a veggie patty.

Naked Burger 14.00
8oz. Prime Angus Beef grilled to your liki
bun.

Blazing Bacon Burger 17.00
8oz. Prime Angus Beef topped with crispy b
jalapeños, monterey jack cheese & BBQ sauc
bun.

Greek Burger 17.75
Ground Angus beef & New Zealand Lamb mixtu
roasted red peppers. Greek relish, kalam
feta cheese, served on a brioche bun.

ADD THE FOLLOWING FOR 75¢
Cheddar, Swiss, Bacon, Coleslaw, Caramelized Onions, Sautéed Mushrooms, Jalapeños.

Pizza

Margherita 23.00
Fresh tomato sauce, basil, with Buffalo mozzarella cheese.

Prosciutto & Arugula 24.00
Thinly sliced prosciutto and fresh arugula.

Mediterranean 25.00
Artichokes, fresh tomatoes, kalamata oli

Yukon Gold 25.00
Thinly sliced golden potatos and mushrooms, topped with a drizzle of truffle oil.

Frutti Di Mare 28.00
Scallops, conch and shrimp.

Classic 20.00
Pepperoni and mozzarella cheese.

Sides

**Not included in entrées side options.*

Steamed Vegetables	**5.00**
French Fries	**4.00**
Sweet Potato Fries	**5.00**
Baked Potato	**4.50**
Loaded Potato*	**6.25**
Mashed Potatoes	**4.00**
Coleslaw	**4.00**
Macaroni	**5.00**
Peas n' Rice	**5.00**
Mixed Green Salad	**5.00**
Plantains	**5.00**
Side Caesar*	**5.75**

Dessert

Key Lime Pie	**9.75**
Chocolate Cake	**12.00**
Old Fashioned Cheesecake	**10.00**
Guava Duff	**10.00**

Vegan Menu

Buffalo Cauliflower Bites
Breaded and fried chunks of cauliflower du
sauce.

Vegan Vegetable Soup Cup - 8.75 Bowl - 12.00
A clear broth soup with a medley of cabbag
Served with garlic pita bread.

Mushroom & Black Bean Burger 15.00
Mushrooms and a black bean patty on pita b
mixed green salad & vinaigrette dressing

Vegan Rice 5.00
Brown rice with broccoli, carrots, red be
avocado.

Spicy Tomato Penne & Vegan Meatballs 6.00
Vegan meatballs in a spicy marinara sauce over penne pasta.

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