



## Soups, Salads, and Light Entrees

### **Low-Sodium Tomato and Chicken Noodle Soup**

Tomato and chicken noodle soup in a low-sodium selection

### **Garden Salad**

Crisp iceberg and Romaine lettuce, tomato, carrot, and cucumbers

### **Caesar Salad** ♥

Tossed fresh Romaine lettuce, garlic croutons, parmesan cheese

### **Parc Omelet or Egg White Omelet** ♥

Add cheese, onion, peppers, ham, tomato, mushroom, bacon

### **Eggs Anytime**

Any style you like... served with your choice of toast

### **Fried Chicken Fingers**

Breaded chicken fingers, deep fried to a golden brown

## Entree Salads

### **Greek Salad** ♥

Iceberg lettuce and Romaine with cucumber, tomato, banana peppers, olives and feta

### **Spinach Salad**

Fresh spinach greens with bacon, boiled egg, tomato, onion and cheddar jack cheese

### **Tuna or Chicken Fruit Plate**

Homemade tuna or chicken salad, with assorted seasonal fruit

### **Cobb Salad**

Salad greens, turkey, avocado, bacon, tomato, boiled egg and blue cheese

## Sandwiches from the Grill

All sandwiches served with lettuce, tomato, pickle and your choice of accompaniments

**Grilled Chicken Breast** ♥

**Grilled Fish Sandwich** ♥

**Grilled Turkey Burger** ♥

**Bacon, Lettuce and Tomato**

**Black Bean Burger** ♥

**Turkey Wrap** ♥

**Parc Burger with cheese/bacon**

**Chicken Salad Sandwich**

**Grilled Ham and Cheese**

**Grilled Cheese on white/wheat**

♥ Denotes Healthier Choice



## Classic Selections

Served with your choice of accompaniments

### **Vegetable Plate** ♥

Grilled, sautéed, or fresh... choose the "veggies" of your liking

### **Atlantic Salmon** ♥

Salmon filet, prepared grilled, steamed, baked or Florentine-style

### **Fish of the Day** ♥

Fresh market fish, prepared steamed, baked, or fried

### **Citrus Shrimp Cocktail** ♥

Marinated Georgia white shrimp, boiled to perfection and served with cocktail sauce

### **Fried Shrimp**

Six (6) butterflied shrimp, breaded and fried to perfection,  
served with your choice of cocktail or tartar sauce

### **Shrimp Scampi**

Sautéed shrimp in a white wine garlic butter sauce, and served over angel hair pasta

### **Grilled Filet Mignon**

Beef tenderloin, grilled to order and topped with mushroom demi glace

### **Country Fried Steak**

Lightly-breaded beef, pan-fried to perfection and topped with white pepper gravy

### **Chopped Steak**

Hamburger steak, topped with mushroom and onion gravy

### **Southern Meat Loaf**

Angus ground beef, mixed with all the fixings, topped with a tomato glaze and mushroom demi

### **Liver and Onions**

Calves liver, sautéed and topped with caramelized onions and bacon

### **Pulled BBQ Pork**

Pulled pork, smothered in homemade bbq sauce and topped with coleslaw, on a kaiser bun

### **Chicken Pot Pie**

Tender chunks of chicken with seasonings and vegetables in a creamy sauce,  
served over puff pastry, toast or buttermilk biscuits

### **Roasted Turkey** ♥

Tender roasted turkey, thick-sliced and served with brown gravy and mashed potatoes

## Accompaniments

**Onion Rings**

**French Fries/Sweet Fries**

**Baked Potato/Sweet Potato**

**Fresh Corn**

**Baby Carrots**

**Mashed Potatoes**

**Fried Okra**

**Broccoli Florets**

**Steamed Asparagus**

**Fresh Green Beans**

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