



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 ♥

Turkey Wrap ♥

Grilled Fish Sandwich ♥

Parc Burger with cheese/bacon*

Bacon, Lettuce and Tomato

Chicken Salad Sandwich

Black Bean Burger ♥

Grilled Ham and Cheese

Chicken Panini Sandwich

Grilled Cheese on white/wheat

♥ Denotes Healthier Choice

* Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.



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

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

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

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

Maryland Crab Cakes

Crab meat seasoned with all ingredients sautéed on each side baked in a 350 degree oven for 3 to 5 minutes. Garnished with tartar sauce, remoulade or lemon.

Country Fried Steak

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

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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