



# PARNELL'S

Restaurant & Pub

## DINNER

### SOUPS

**TOMATO BISQUE & GRILLED CHEESE** – NY cheddar, basil oil, crème fraiche and croutons – 12

**FRENCH ONION** – Gruyere and crusty baguette - 9

### SMALL PLATES

**BLACK BEAN TACOS** – Pico de gallo, avocado, cilantro and jalapeno aioli – 12

**PEI MUSSELS** – Lemon herb garlic broth and grilled baguette – 14

**TRUFFLE MAC** – Cheddar, parm and swiss with bacon, kale and panko crust – 12

Add Chicken – 4, Add Steak – 6

**GRILLED CHICKEN QUESADILLA** – Pico de gallo,  
sour cream and black bean salsa – 14

**CRISPY CALAMARI** – Spicy tomato sauce or jalapeno aioli – 13

**STEAK HOUSE CHILI** – Black bean salsa, shredded cheese and sour cream – 13

**SHRIMP AND VEGETBLE DUMPLINGS** – fried or steamed with ginger garlic sauce  
and spicy mustard – 13.00

### SALADS

**CAESAR SALAD** – Garlic crouton and shaved parmesan – 11

**KALE SALAD** – Pickled onions, raisins, toasted almonds and shaved pecorino – 10

**SPICY CHICKEN COBB SALAD** – Baby greens, bacon, blue cheese crumble, avocado, tomato and  
hard boiled egg with house dressing – 16

**WEDGE SALAD** – Tomato, blue cheese crumble, crispy bacon and blue cheese dressing – 10

**MARKET GREENS SALAD** – Red onion, tomato, cucumber and shallot vinaigrette – 9

**GRILLED TUNA SALAD** – Arugula, sun dried cranberries, pecans, cherry tomato, sliced cucumber  
And grilled summer squash in a honey lime dressing – 18

Add Chicken – 5, Steak or Salmon – 7, Tuna – 8

## **SANDWICHES**

**PARNELL'S BURGER** – 9oz. fresh ground Angus on brioche with seasoned herb fries, lettuce, tomato, onion, pickle – 16

Add Bacon or Cheese (American, Cheddar or Swiss)– 1

**PARNELL'S SLICED STEAK SANDWICH** – Sliced hanger with sauteed onions, arugula, mozzarella and fire roasted pepper aioli, served with herb fries – 18

**BUTTERMILK BATTERED CRISPY CHICKEN SANDWICH** – Baby spinach, grilled tomato, spicy cherry peppers and old bay aioli, served with herb fries – 15

## **ENTREES AND CLASSICS**

**GRILLED ATLANTIC SALMON** – Roasted Yukon gold potatoes, sauteed kale and lemon thyme olive oil sauce – 26

**FISH & CHIPS** – Beer battered and fried, served with house tartar sauce and red cabbage slaw – 19

**SHEPHERD'S PIE** – Fresh ground Angus beef, root vegetable, sweet peas, natural jus and a potato crust – 18

**CHICKEN POT PIE** – Whole roasted local chicken, corn, peas and root vegetable with a flaky pastry crust – 19

**GRILLED BRICK CHICKEN** – Rosemary chicken jus, truffle mash and crispy sprouts with grilled mushrooms and onions – 23

**CALVES LIVER** – Bacon, mash, sauteed onions and garden vegetables – 22

**HERB MARINATED PORK TENDERLOIN** – Sweet potato puree, brussel sprouts, rosemary jus – 23

**HANGER STEAK** – Smashed Yukons, creamed spinach and herb brown butter – 27

**OVEN ROASTED COD** – Ginger pear, cous cous, watercress and honey lime dressing – 24

**GRILLED CHICKEN PENNE PASTA** – Cherry tomato, asparagus, sauteed mushrooms and arugula in a light broth finished with lemon – 20

## **SIDE ORDERS – 7.00**

**SAUTEED SPINACH**

**SAUTEED KALE**

**HERB ROASTED YUKON GOLD POTATOES**

**ROASTED GARLIC MASH**

**HERB FRENCH FRIES**

**CREAMED SPINACH**

**MAC N CHEESE**

**SAUTEED BROCCOLI**

**SAUTEED BRUSSEL SPROUTS**

18% gratuity will be added to parties of 6 or more