

# Parrot Restaurant

WHERE WE TAKE PRIDE IN SERVING YOU DELICIOUS FOOD MADE WITH THE FRESHEST INGREDIENTS!

## Appetizers

### Cilantro Hummus US\$6.00

Cilantro jalapeño coconut hummus served with tortilla points

### Pear Gorgonzola Salad US\$7.00

Paprika honey roasted pecans lettuce bacon bits pear gorgonzola cheese & honey mustard dressing

### Shrimp Wrap US\$7.50

Wrapped bacon shrimp with Chipotle aioli sauce

### Local Salbutes US \$6.00

3 Fried puffed corn tortillas are topped with shredded chicken and an easy cabbage slaw

## Soups

### Creamy Pumpkin Soup US\$9.00

Made with local fresh ingredients

### Caribbean Corn Soup US\$9.00

Made with local fresh ingredients

## Pasta

### Fettuccine Alfredo US\$15.00

Creamy fettuccine pasta tossed in a rich, Alfredo sauce and served with garlic bread roll  
Add chicken for \$4.00 or shrimp for \$5.00

### Penne Pasta Arrabbiata US\$13.00

A classic Italian dish made with signature homemade spicy and served with garlic bread roll  
Add chicken for \$4.00 or shrimp for \$5.00

### Long Pesto Pasta US\$13.00

A classic signature homemade fresh basil pesto sauce and served with garlic bread roll  
Add chicken for \$4.00 or shrimp for \$5.00

## Beverages

### Soft Drinks US\$2.50

Coke, Diet Coke, Sprite, Ginger ale, and more

### Fresh Juice or Iced tea US\$3.00

Classic sweet or unsweetened iced tea

### Local Beer US\$3.50

### Glass of White Wine US\$8.00 Glass of Red Wine US\$9.00

A selection of domestic and imported beers, as well as red and white wines

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# Parrot Restaurant

## Entrees

Ask about our Chef Special of the Day

### Stuffed Chicken Breast

US\$23.50

Stuffed chicken breast with spinach, mozzarella and bacon\*. Rosemary white wine creamy sauce. Served with, parsley mash potatoes and steam vegetables

### Corn Black Recado

US\$19.25

Pan fried chicken breast with onion garlic butter white wine kernel corn & black recado served with cilantro polenta and roasted market vegetables

### Fish Belle Meuniere

US\$27.50

Pan fried fish fillet with butter garlic onion bay leaves chopped mushrooms & shrimp white wine served with parmesan mashed potatoes & charred vegetables

### Off The Rack

US\$30.00

Oven baked honey glazed baby-back ribs served with homemade cinnamon pineapple bbq sauce with twice baked potato served with seasonal sautéed vegetables

### Land and Sea

Garlic Marinated Shrimp & Chargrilled Chicken Breast - Sautéed seasonal vegetables, turmeric rice, lemon-thyme beurre blanc

US\$30.00

Grilled Ribeye Steak & Lemon garlic Shrimp/Lobster\* - buttery vegetable, served with risotto rice

US\$35.00 - US\$45.00

### Eggplant parmesan

US\$22.00

Layers of breaded eggplant, marinara sauce, and melted mozzarella cheese served with a side of pasta

### Veggie Wok

US\$22.00

Veggie wok with teriyaki sauce served over a coconut steam rice topped with a roasted sesame seed

## Sides

French Fries	US \$3.00
Wedges	US \$5.00
Plantian Chips	US \$3.00
Sweet Potato Chips	US \$5.00
Coleslaw	US \$3.99
Garlic bread roll	US \$5.99
Rice and beans	US \$3.99
Pineapple Ginger Fried Rice	US \$4.99
Garlic mashed potatoes	US \$5.99
Seasonal garden salad	US \$5.99
Corn in spicy coconut milk	US \$3.99

## Desserts

Ask about our Dessert of the Day

### Tropical Fruit Sobert

US\$5.00

Purée the fruit in a blender, along with the citrus juice

### Cheesecake

US\$7.50

Creamy cheesecake with a graham cracker crust, topped with fresh berries

### Chocolate Lava Cake

US\$9.00

Decadent chocolate cake with a warm, molten center, served with vanilla ice cream

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## Poolside Appetizers

AVAILABLE DAILY FROM 11:00 AM TO 4:00 PM

### Nachos

House-made Tortilla Chips, Beans, Salsa, and Cheese. with your choice of meat.

Veggie: US 12.00  
Beef: US 14.00  
Chicken: US 14.00  
Pork: US 14.00  
Fish or Shrimp: US 16.00

### Quesadilla

House-made Flour Tortilla, with cheese and beans with you choice of meat.

Veggie: US 12.00  
Beef: US 14.00  
Chicken: US 14.00  
Pork: US 14.00  
Fish or Shrimp: US 16.00

### Dreamer Burger

6oz beef tenderloin topped with cheddar cheese, grilled mushroom, jalapeños, caramelized onions, lettuce, tomato and pickles

**US\$16.00**

### Bruschetta

**US\$9.00**

roasted tomatoes, garlic & basil on homemade French bread, drizzled in balsamic reduction & topped with feta cheese

### Vegetable Spring Rolls

**US\$10.00**

served with Sweet Chilli sauce

### Seafood Ceviche

**US\$16.00**

Belizean style ceviche. Shrimp combined with freshly made Pico de Gallo

### Coconut Shrimp

**US\$16.00**

Battered and fried shrimp served with garlic aioli sauce

### Signature Wings

**US\$12.00**

8 fried wings coated in a sauce of your choice

Honey BBQ | Hot Buffalo | Sweet Chilli

## Sides

French Fries	US \$3.00
Wedges	US \$5.00
Plantian Chips	US \$3.00
Sweet Potato Chips	US \$5.00
Coleslaw	US \$3.99
Garlic bread roll	US \$5.99
Rice and beans	US \$3.99
Pineapple Ginger Fried Rice	US \$4.99
Garlic mashed potatoes	US \$5.99
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Corn in spicy coconut milk	US \$3.99

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## Beverages & Cocktails

### Pitcher Drink

Each pitcher serves four (4) people

**MOJITO PITCHER - US \$33.00**

a refreshing minty, citrus cocktail

**PINEAPPLE DAZE PITCHER - US \$40.00**

signature Dream Valley cocktail

**RUM PUNCH PITCHER - US \$27.50**

a blend of tropical flavors combined with Belizean rum

### Beers and Non-alcoholics

Belikin's (Regular, Light & Stout)	US \$3.50
Landshark	US \$4.00
Smirnoff	US \$5.00
Red Stripe	US \$5.00
Water	US \$2.00
Soda	US \$2.50
Shirley temple	US \$3.50
Glass of Red Wine	US \$9.00
Glass of White Wine	US \$8.00

### Frozen Favorites

<b>Daiquiris</b> (Strawberry, Mango, Lime, Banana or watermelon)	<b>US \$10.00</b>
<b>Margaritas</b> (strawberry, pineapple & blue margarita)	<b>US \$15.00</b>
<b>Mango Jalapeño Margarita</b>	<b>US \$12.50</b>
<b>Frozen Coconut Mojito</b>	<b>US \$10.00</b>
<b>Dark &amp; Stormy</b>	<b>US \$10.00</b>
<b>Painkiller</b>	<b>US \$6.50</b>
<b>Lazy Lizard Juice</b>	<b>US \$9.00</b>
<b>Piña Colada</b>	<b>US \$9.00</b>

### Mixes

<b>Tipsy Belizean</b> Tequila, Peach schnapps, Cranberry, Ginger-ale	<b>US \$12.50</b>
<b>Forbidden Jungle Portion</b> Pineapple juice, Lime juice, White rum, Peach schnapps liquor	<b>US \$10.00</b>
<b>Purple Passion</b> Grapefruit juice, Grenadine, Blue Curacao, Vodka Splash lime juice	<b>US \$12.50</b>
<b>Mai Tai</b> Dark rum, Pineapple juice, Orange Juice, Grenadine	<b>US \$10.00</b>
<b>Negroni</b> Gin, Campari, Vermouth	<b>US \$12.50</b>
<b>Panty Rippa</b> Coconut rum, Pineapple juice	<b>US \$6.50</b>

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## Breakfast Menu

AVAILABLE DAILY FROM 7:00 AM TO 10:00 AM

### Breakfast Smoothie **US \$7.00**

Oats, Frozen Banana, Milk, Cinnamon, Vanilla

### Tropical Smoothie **US \$8.50**

Banana, Mango, Pineapple, Coconut Water, Watermelon, Spinach

### Coffee Smoothie **US \$10.00**

Coffee, Vanilla ice cream, Frozen banana, Coconut milk, Cacao powder, Almond butter.

## Beverages

Daily Complimentary Coffee and Tea

Daily Complimentary Water Refills

Fresh Juice - US \$2.50

Watermelon, Orange Juice, Pineapple

### Continental - **US \$8.50**

Sliced Tropical Fruit

Granola or Cereal

Assorted of Yogurts

Chef choice savory OR sweet baked goods

Toast (made to order)

Spreads/ Jams

### Tofu Scrambler **US \$9.00**

Tofu scrambled with spinach, mushrooms, green pepper, cheese and side of fruits

### The Scrambler **US \$10.00**

Two eggs scrambled with onion, green peppers, mushrooms, and diced breakfast sausage with side toast

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## Belizean Breakfast

US \$14.00

Two eggs anyway, stew beans, fried plantains, fried jacks, and Local cheese  
Served with bacon or sausage

## Mayan Breakfast Burrito

US \$12.50

Scramble eggs infused chaya, habanero infused cheese, beans, sausage or  
bacon wrapped in flour tortilla. Served with salsa and sour cream

## Stuffed Jacks

US \$11.50

Deep-fried jacks infused with refried beans, eggs, cheese and  
Jalapeños served with bacon or sausage

## Buttermilk Pancakes

US \$10.00

Two large hotcakes served with your choice eggs , an option of bacon, or  
sausage, or fresh fruits

## Classic French toast

US \$10.00

Four slice of rich and delicious homemade bread soak in a vanilla  
cinnamon sauce, toasted and served with  
a side of bacon or sausage or optional fresh fruits

## Omelets

US \$11.50

Vegetable omelets with seasonal vegetables | Meat Lover omelets |  
Mushroom and cheese omelets,  
Served with side of toast and a choice of bacon or sausage

## Huevos Rancheros

US \$9.00

Two sunny sides up eggs topped with green salsa and roasted tomato  
sauce, queso fresco, refried coconut beans

## Eggs Benedict

US \$10.00

Toasted bread topped with grilled tomato, ham, two poached eggs and  
hollandaise sauce

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