



Breakfast

\$5 Breakfast
Specials!

American Breakfast	12.00
Eggs any style, bacon, home-style potatoes, grits or toast.	
Classic Eggs Benedict	15.00
Ham, poached eggs, English muffin and hollandaise with potatoes.	
Breakfast Sandwich	8.00
Egg, cheese and bacon on white or wheat toast.	
★ Tuna Salad Sandwich	5.00
Tuna seasoned with lime, mayonnaise, light salt and pepper served on homemade bread.	
French Toast	9.00
Topped with powdered sugar and syrup.	
Buttermilk Pancakes	9.00
Topped with powdered sugar and syrup.	
Croissant Sandwich	9.00
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.	
Stew Conch	20.00
Chicken Souse	15.00
Stew Fish	20.00
Stew Lobster	43.00
Omelet	14.00
3 eggs with a choice of 3 fillings, served with either home style potatoes, grits or toast.	
<i>Fillings: mushrooms, onions, bell peppers, tomatoes, cheddar, Monterey Jack, mozzarella, bacon or sausage.</i>	
Steak & Eggs	25.00
NY Strip steak cooked to your preference, 2 eggs any style and home style potatoes.	
Waffles	8.75
Topped with powdered sugar and syrup.	
Chicken & Waffles	16.00
Waffles topped with house made chicken tenders and syrup.	

Coffee

Sub whole milk for Skim or Almond milk for 70 cents.

Green Tea	2.55	3.35
Coffee	2.55	3.35
Tea	2.15	
Espresso	2.50	3.65
Cappuccino	3.50	4.15
Latte	4.25	5.10
Hot Chocolate	3.20	4.75
Iced Caramel	4.50	5.30
Vanilla Coffee	4.50	5.30

Breakfast Sides

Toast (2 pieces)	2.00	Bacon	3.00
Homestyle Potatoes	4.00	Sausage	3.50
Eggs (2)	3.00	Extra Hollandaise	1.80

Appetizers

Coconut Shrimp	17.00
Fresh shrimp in a coconut batter, served with an orange marmalade sauce.	
Chicken Tenders	16.00
Battered and fried with house made honey mustard.	
Conch Bites	18.00
Tenderised local conch lightly battered & fried, served with lime & tartar sauce.	
Spinach Dip	17.75
House made and topped with melted swiss cheese, served with tortilla chips.	
Spicy Rock Shrimp	16.00
Golden fried shrimp coated with our secret spicy sauce.	
Ahi Tuna Nachos	22.00
Ahi tuna, crispy tortilla chips, avocados, sriracha sauce, ponzu glaze, jalapeños, green onions, cilantro & sesame seeds.	
Crispy Calamari & Jalapeños	19.00
Accompanied by marinara sauce.	
Chicken Wings	6 - 9.75 12 - 18.00
Your choice of BBQ, Jerk, Hot, Mild, Green Parrot Battered or Naked, served with blue cheese dipping sauce, served with carrots.	
Mexican Eggrolls	15.00
Chicken, roasted corn, jalapeños, cilantro, shredded cheese and Mexican spices, served with salsa and sour cream.	
Curry Chicken Spring Rolls	15.00
Served with a Peanut Sauce & Sweet Chili Sauce	
Conch Cakes	17.00
Pan Fried and served with a Lava Lava sauce and spicy pepper slaw.	

Soups & Salads

Conch Chowder	12.00		
A savoury Bahamian chowder of native conch, vegetables and seasonings, simmered until tender.			
Classic Caesar	16.50		
Chicken	19.50	Mahi	23.00
Shrimp	23.50	Cracked Conch	26.00
Fresh romaine, toasted croutons, parmesan cheese and house made caesar dressing.			
Greek Salad	18.00		
Chicken	23.00	Mahi	25.00
Shrimp	25.50		
Fresh romaine and local mixed greens with crumbled feta cheese, cucumbers, red onions, tomatoes, olives served with a side of pita wedges.			

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	21.00
Grilled or blackened fresh mahi served on a brioche bun with lettuce, tomato & onion.	
Caribbean Chicken Sandwich	19.75
Grilled or Jerk chicken breast with crispy bacon, served on a brioche bun with swiss cheese.	
Philly Fanatic	19.75
Grilled steak with caramelized onions, sautéed mushrooms and melted swiss cheese served on a sourdough baguette.	
Hotdog	10.75
Grilled jumbo hotdog on a hoagie roll.	
Island Club	18.25
Roasted turkey breast, honey ham, crispy bacon, lettuce and tomato layered on 3 toasted slices of old fashioned Bahamian bread.	
Conch Po' Boy	21.00
Conch topped with sautéed onions and peppers, with a spicy mayo sauce on a hoagie roll.	
Chicken Caesar Wrap	19.00
Diced grilled chicken, shaved parmesan cheese & fresh romaine lettuce, all tossed in our house made caesar dressing and bundled in a flour tortilla.	
Buffalo Chicken Wrap	19.50
Breaded buffalo chicken tenders with blue cheese dressing, shredded cheddar cheese, fresh romaine lettuce and local vine-ripened tomatoes, wrapped in a warm flour tortilla.	
Vegetarian Wrap	15.75
Tomatoes, mushrooms, onions and jalapeños cooked down and served in a warm flour tortilla with lettuce.	

Burgers

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

Naked Burger	16.00
8 oz. Prime Angus Beef grilled to your liking and served on a brioche bun.	
Blazing Bacon Burger	18.75
8 oz. Prime Angus Beef topped with crispy bacon, caramelized onions, jalapeños, Monterey Jack cheese and BBQ sauce served on a brioche bun.	
Greek Burger	19.00
Ground Angus Beef and New Zealand Lamb mixture, topped with roasted red peppers, Greek relish, kalamata olives, and crumbled cheese served on a brioche bun.	

ADD THE FOLLOWING FOR 75¢

Cheddar, swiss, bacon, coleslaw, caramelized onions, sautéed mushrooms, jalapeños.

Quesadillas

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

Chicken	18.00	Shrimp	22.00
Steak	19.00	Veggie	16.00

Pizza

Margherita	24.00
Fresh tomato sauce, basil, with Buffalo mozzarella cheese.	
Prosciutto & Arugula	25.00
Thinly sliced prosciutto and fresh arugula.	
Mediterranean	26.00
Artichokes, fresh tomatoes, kalamata olives and feta cheese.	
Yukon Gold	26.00
Thinly sliced golden potatoes and mushrooms, topped with a drizzle of truffle oil.	
Frutti Di Mare	30.00
Conch and shrimp.	
Classic	23.00
Pepperoni and mozzarella cheese.	

Vegan Menu

Buffalo Cauliflower Bites	12.00
Breaded and fried chunks of cauliflower dunked in a hot buffalo sauce.	
Mushroom & Black Bean Burger	16.00
Mushrooms and a black bean patty on pita bread served with a mixed green salad & vinaigrette dressing.	

Entrées

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

Grilled Filet of Salmon/Ahi Tuna	38.00
Fresh grilled or blackened filet of Salmon or Ahi Tuna served with dill sauce and two sides.	
Jumbo Shrimp	32.00
Golden fried or grilled and served with 2 sides.	
Seafood Linguine	38.00
Conch, shrimp, broccoli and carrots tossed with your choice of a tomato basil or alfredo sauce. Served over linguini with garlic bread.	
Linguine Alfredo	25.00
<i>Chicken</i>	21.00
<i>Shrimp</i>	25.00
Pasta tossed in an alfredo sauce served with garlic bread.	
Smoked Pork Ribs	34.00
<i>1/2 Slab</i>	27.00
<i>Full Slab</i>	34.00
Served with 2 sides. Add shrimp for an additional 12.00.	
Mahi Fingers	30.00
Lightly battered and fried golden brown. Served with 2 sides.	
Grilled Pork Chops	38.00
Seasoned to perfection and grilled. Served with 2 sides.	
16 oz T-Bone Steak	54.00
Served with 2 sides. Add shrimp for an additional 12.00.	
Fresh Fish Tacos	23.75
Grilled fresh catch of the day topped with cole slaw & jalapeños in warm flour tortillas. Served with 2 sides.	
Cracked Conch	29.00
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.	
Green Parrot Family Size Fried Chicken	45.00
10 pieces of chicken with our special house-made seasonings, served with 2 sides.	
Seafood Trio	59.00
Fish fingers, fried shrimp & cracked conch. Lightly battered and fried golden brown. Served with our signature calypso dipping sauce. Served with 2 sides.	

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
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	15.00
Chocolate Cake	12.00
Red Velvet Cake	12.00
Old Fashioned Cheesecake	12.00
Guava Duff	12.00

Non-Alcoholic

Bottled Water	2.50
Sodas	2.00
Fruit Punch	4.00
Fresh Squeezed Lemonade	4.00
Juices	4.00
Iced Tea	2.75
Arnold Palmer	2.75

Specialty Drinks

Try our Margarita and Mojito pitchers for \$38!

		Yard Cup
Sex in the Backyard	15.00	23.00
Our secret recipe!		
The Squawker	15.00	23.00
Vodka, gin, tequila, triple sec, bacardi 151, simple syrup, lime juice, sprite and orange juice.		
Jolly Rancher	15.00	23.00
Apple & melon pucker, peach schnapps, Smirnoff apple, simple syrup, lime juice, pineapple and cranberry juice.		
Bahama Parrot	15.00	23.00
Blue curaçao, coconut rum, amaretto, Bacardi gold rum, simple syrup, lime juice and pineapple juice.		
Ginger Lemon Shandy	7.00	
Sands beer, lemonade and ginger beer.		
Long Island Iced Tea	16.00	23.00
White rum, triple sec, vodka, tequila, gin, simple syrup, lime juice and cola.		
Mojito	14.00	22.00
Bacardi white, simple syrup, lime juice, club soda and fresh mint leaves.		
Aperol Spritz	14.00	
Prosecco, Aperol and soda water.		
Sky Juice	12.00	
Gin, sweet milk and coconut water.		
Cool as a Cucumber Lime Fizz	15.00	
Cucumber infused vodka, lemonade, prosecco, and soda water.		

Gin & Bubbles	15.00
Gin, elderflower, lemon juice, soda water and prosecco.	
Spicy Grapefruit Margarita	15.00
Tequila, orange liqueur, habanero and pink grapefruit.	
Pineapple Moscow Mule	12.00
Vodka, pineapple juice, ginger beer and lime.	
Blushing Flamingo	15.00
21.00	
Cucumber infused vodka, peach liqueur, lemonade, cranberry juice and soda water.	
Da Island Gal	15.00
21.00	
Coconut rum, gin, blue curaçao, and pineapple juice.	
Tiny Winey	15.00
21.00	
Vodka, amaretto, pineapple and melon liqueur.	
Irish Mule	12.00
Whiskey, lime and ginger beer.	
Classic Margarita	12.00
PATRÓN Margarita	15.00

Frozen

Daiquiris	Unleaded 6.00	Leaded 8.50
Mango, strawberry, Miami Vice, Piña Colada, Blue Ocean.		
Frozen Margarita		15.00
José Cuervo tequila, simple syrup, lime juice, and triple sec.		
Parrot Crush		15.00
Bacardi White, melon liqueur, simple syrup, lime juice, pineapple juice and mango purée.		

Mimosas

Classic	14.00
Prosecco and orange juice	
Sunset	14.00
Rose sparkling wine and grapefruit juice	
Lavender Lemonade	14.00
Prosecco and lavender infused lemonade	
Passionfruit	14.00
Rose sparkling wine and passionfruit juice	
Grand	14.00
Prosecco, orange juice and Grand Marnier	

Martinis

Gin	15.00
Gin, dry vermouth and orange bitters.	
Espresso	15.00
Vanilla infused vodka, coffee liqueur and cream.	

Champagne	15.00
Vodka, lemon juice, champagne, a sugar rim and a cherry.	
Dirty	15.00
Gin, dry vermouth and olive brine.	
Apple	15.00
Vodka, sour apple liqueur and lemon juice.	
Cosmopolitan	15.00
Vodka, triple sec, cranberry juice and lime.	
Passionfruit	15.00
Vodka, passionfruit liqueur, vanilla syrup, pineapple juice and a splash of lime.	

Beers

Beers on Draft
Sands, Sands Light, Kalik, Heineken
Domestic Bottles
Kalik, Kalik Light, Kalik Gold, Kalik Radler, Sands, Sands Lite, Highrock Lager, Sands Pink Lager
Imported Bottles
Heineken, Heineken Light, Budweiser, Bud Light, Bud Light Platinum, Coors Light, Corona, Corona Light, Michelob Ultra, Miller Light, Sam Adams, Guinness Stout, Presidente

Wines

	Glass	Bottle
Red Wine		
19 Crimes Red Blend	11.75	47.00
Frontera Cabernet Sauvignon	6.00	24.00
Submission Cabernet Sauvignon	8.00	32.00
Frontera Merlot	6.00	24.00
Red Diamond Pinot Noir	10.50	42.00
Birds and Bees Sweet Red	6.00	24.00
Stella Rose Black	12.00	47.50
White Wine		
Frontera Chardonnay	6.00	24.00
Lindemans Bin 95 Sauvignon Blanc	7.50	30.00
Fiordaliso Pinot Grigio	7.00	24.00
Santa Margherita Pinot Grigio	14.00	57.00
Birds and Bees Sweet White	6.00	24.00
Stella Rosé Moscato D'Asti	12.00	47.50
Rosé & White Zinfandel		
Sauvignon Rosé d'Anjou	8.50	35.00
Sutter Home White Zinfandel	6.00	25.00
Champagne & Sparkling		
Moet Chandon Ice		Market Price
Dom Perignon		425.00
Da Luca Prosecco		50.00
Da Luca Prosecco Split	14.00	40.00
Arduini Rosé Moscato Split	14.00	

All prices are subject to VAT