

Welcome to  
**Parker's**

**STEAKS | SEAFOOD | DRINKS | GOOD TIMES**

1349 Washington Ave., Portland, ME 04103 Phone (207) 878-3339 [www.parkers-maine.com](http://www.parkers-maine.com)

★ **Lunch Servings of Our Classics\***

<p><b>Daily Luncheon</b></p> <p><b>BLACKBOARD</b></p> <p><b>Specials</b></p> <p>Served with choice of <b>Cole Slaw, French Fries, Featured Potato or Rice Pilaf.</b></p> <p><b>Side Salad 3.99</b></p>	<p><b>Teriyaki Tips*</b> – Hand-cut, marinated pieces 12.99</p> <p><b>Fish &amp; Chips</b>– A lunch portion of our classic 12.99</p> <p><b>Charbroiled Sirloin*</b>– 7 oz. Hand-cut on premises 14.99</p> <p><b>Baked Haddock*</b>– Light crumb topping 12.99</p> <p><b>Fried Clam Platter</b>– Full belly clams lightly crumbed Market price</p> <p><b>Baked or Fried Scallops*</b>– Light crumb topping or deep-fried 14.99</p> <p><b>Chicken Parmigiana*</b>– Classic style with side of linguine 12.99</p> <p><b>Chopped 1/2 lb. Sirloin*</b>– Topped with mushroom gravy 12.99</p>
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Luncheon entrees available 11:30am – 4:30pm daily. Dine in or take out...

★ **Sandwiches\***

**Spicy Pan-Blackened Haddock\***

Open-faced on rye with lettuce, tomato and horseradish sauce 9.99

**Fried Haddock\***

with lettuce, tomato, side of tartar on a toasted bulky 9.99

**Downeast Reuben**

Open-faced fried haddock, cole slaw, tartar and Swiss baked on rye 9.99

*A House Favorite!*

**Dude Rancher**

Open-faced turkey, slaw, crumbled bacon, diced tomato, Swiss & horseradish sauce on rye 9.99 *A House Favorite!*

**Philly Steak or Chicken Sandwich\***

Sautéed peppers, onions, mushrooms & melted Swiss 10.99

**Classic BLT**

Bacon, lettuce and tomato with mayo 8.99

**Turkey or Ham BLT**

Traditionally layered with lettuce, tomato and bacon 10.99

**F. Parker Reidy's Steak Sandwich\***

Charbroiled petite sirloin on a toasted bulky with peppers and onions 14.99

*A House Favorite!*

**Hot Roast Turkey Sandwich\***

Roasted turkey from our kitchen, open-faced with homemade gravy 8.99

**Chicken Cordon Bleu Sandwich\***

Chicken breast with Virginia ham, swiss, Monterey Jack and supreme sauce 10.99

**Grilled Chicken\***

Plain or Cajun, with lettuce and tomato 8.99

**French Dip**

Tender, shaved prime rib on a roll 12.99

**1/2 lb. Grilled Sirloin Burger\***

with lettuce and tomato 9.99

ADD:

- cheese: american, cheddar or swiss .75
- onion, green pepper (each) .75
- bacon 1.50

★ **Wraps\***

**Buffalo Chicken Wrap\***

Lettuce, tomato, served with a side of bleu cheese dressing 9.99

**Crispy Chicken Wrap\***

Lettuce, tomato and honey mustard 9.99

**Steak and Mushroom Wrap\***

Sauteed onions and mushrooms, lettuce, and crumbled Bleu cheese 10.99

**Turkey Wrap**

Lettuce, tomato, shredded cheddar, cranberry mayo 9.99

**Grilled Chicken Caesar Wrap\***

Romaine, parmigiana and Caesar dressing 9.99

★ **Salads**

**Cobb Salad**

Grilled chicken, tomato, sliced egg, shredded cheddar and chopped bacon 12.99

*A House Favorite!*

**Orange Chicken Salad**

Crispy chicken coated in orange glaze served over a garden salad with sweet pepper, mandarin orange, toasted almonds and sesame seeds 12.99

**Greek Salad**

Feta cheese, artichoke hearts, calamata olives, mushrooms and tomatoes 8.99

**Caesar Salad**

Classic style with Romaine, Pecorino Romano, Croutons and anchovies 7.99

**Parker's Salad**

Garden salad with shredded cheese 8.99

**SALAD ADD-ONS**

Grilled Chicken\* 6.00  
Sirloin burger\* 6.00  
Shrimp\* 9.00  
Sirloin\* 7 oz. 9.00

**DRESSINGS**

Bleu Cheese  
Caesar  
Honey Mustard  
Balsamic Vinaigrette  
Ranch  
Parmesan Peppercorn  
Thousand Island  
Green Goddess

Additional dressings .75

Salads available for lunch and dinner.

*Parker's Signature Pizzas also available for lunch.*

*See other side of this menu*

Served with your choice of Cole Slaw, French Fries, Featured Potato or Rice Pilaf. Substitute or add Sweet Potato Fries or Onion Rings 2.99

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.