

The Soup Kitchen

Soup du Jour (soup of the day - seasonal availability) • ask your server for today's selection 3.50

Chili Kidney beans, tomatoes, onions, green peppers, beef - all seasoned in a hearty stock 3.50
with diced onions and cheese 4.50



The Garden Patch Our salads are large in portion

The Pars - our house salad -
nutritious romaine lettuce, tomatoes, red onions,
shredded monterey jack cheese 6.25

The Caesar
healthy romaine lettuce, accompanied by
caesar dressing, grated parmesan cheese
and our own seasoned croutons 6.25


Grilled Chicken
tomatoes, shredded monterey jack cheese,
red onions and grilled chicken
over a bed of nutritious romaine lettuce 7.50
» choice: regular, blackened, cajun,
lemon pepper or mesquite seasoning

♥ **Charbroiled Salmon**
Alaskan caught pink salmon, served with
tomatoes, red onions and monterey jack cheese
over a bed of healthy romaine lettuce 7.95
» choice: regular charbroiled
or blackened seasoning

Ty Cobb Salad
tomatoes, bacon, black olives, red onions,
turkey and monterey jack cheese
all upon a bed of romaine lettuce 7.25

Caesar Chicken
same as the Caesar, but with chicken 8.25
» choice of: regular, blackened, cajun,
lemon pepper or mesquite seasoning

Buffalo Chicken
deep fried chicken tenders, coated with
» your choice of mild, medium or hot wing sauce,
over romaine lettuce, tomatoes, red onions
and monterey jack cheese 7.50

♥ **Charbroiled Tuna Steak** 
tomatoes, red onions, shredded monterey jack cheese
and charbroiled yellowfin tuna,
over a bed of nutritious romaine lettuce 7.75
» choice of regular, blackened, mesquite,
cajun or lemon pepper seasoning

♥ Research has shown Salmon and Tuna to be rich in cholesterol lowering omega-3 and 6 oils ♥

choice of: our dressings
REGULAR
• house (chipotle ranch) • honey mustard • italian • honey french
• thousand island • blue cheese • ranch • balsamic vinaigrette

FAT FREE
or:
• ranch
• raspberry vinaigrette

ALL ADDITIONAL SAUCES ARE .50¢ EXTRA

Nachos

Nachos Par's Way
chili, black olives, jalapenos,
melted shredded Monterey jack cheese,
on a bed of tortilla chips
side of sour cream & salsa 7.50

Nachos Par's Way Chicken
chili, black olives, jalapenos and *grilled chicken*
melted shredded Monterey jack cheese,
on a bed of tortilla chips
side of sour cream & salsa 9.50

Quesadillas

flour tortillas filled with monterey jack cheese, red onions and tomato cut in wedges
- served w/salsa and sour cream on the side -

» for one person 5.50 » w/black beans 5.95
» w/chicken 6.95 » w/both 7.25

» for more than one 7.25 » w/black beans 7.95
» w/chicken 9.25 » w/both 9.65