



PARKLAND

restaurant

An Authentic Family Tradition



Our intention is to continue serving good tasting dishes daily and homemade soups. Along with that of course, we intend to serve breakfast all day, other popular favorites and desserts. We believe that the warm, easy-going atmosphere is every bit as important to our customers as what's on the menu.

*We are pleased to serve you
and appreciate your patronage!*

Appetizers & Soups

Smothered Pierogies

with caramelized onions, sour cream & scallions 6.99

Plain Pierogies 5.99

Buffalo Tenders

with bleu cheese dressing 8.99

Mozzarella Sticks

with marinara sauce 7.99

Loaded Baked Potato

stuffed with bbq pulled pork & cheddar cheese 6.99

Wings

Mild - Hot - BBQ - Honey Mustard, served with celery sticks and bleu cheese dressing 8.99

Steak Cut Onion Rings

with Ranch dressing 6.99

Parkland's Fries

American cheese & gravy 3.99

Parkland's

Loaded Fries

Cheddar cheese, bacon, and BBQ sauce 5.99

Stuffed Mushrooms

Filled with our crabcake filling 9.99

PARKLAND'S Appetizer Sampler

(2) chicken fingers, (2) mozzarella sticks, (2) pierogies, and (3) onion rings. and marinara sauce 11.99

:: NO SUBSTITUTIONS PLEASE ::

Homemade Soups

Always hot and hearty. Ask your server for today's selection. Cup 3.29 | Bowl 3.99



Crock of French Onion Soup 5.99

Quesadillas

Scallions, tomatoes, cilantro, Monterey Jack & cheddar cheeses, served with salsa & sour cream

CHICKEN 10.99 | **STEAK** 10.99

VEGGIE

Onions, peppers, mushrooms & broccoli 9.99



Personal Pizza

add meat 1.99 | add vegetable 1.00

CHEESE 7.59

MEAT TRIO 10.99

Cheese, bacon, pepperoni, sausage

served with cup of soup



Fresh Salads

Dressing Choices:

Greek Vinaigrette | Creamy Italian | French | Russian | Ranch | Bleu Cheese | Lite Italian Vinaigrette | Balsamic

Chef's Salad

Thinly sliced roast beef, ham, turkey, and American cheese rolled on a bed of greens with sliced onion, green pepper, tomato and hardboiled egg 11.99

Cobb Salad

Grilled or crispy chicken, bacon, hard boiled egg, greens, tomatoes, onions, and green peppers 12.99

Tuna or Chicken Salad Platter

Served on a bed of lettuce with tomatoes, hard boiled egg, green pepper, onion and chef's garnish side of coleslaw, cottage cheese, pickled beets and pasta 11.99

Caesar Salad

Romaine lettuce tossed in our homemade Caesar dressing with parmesan cheese and seasoned croutons 8.99

add chicken 4.99

add shrimp or salmon 5.99

Chicken Salad

Grilled or crispy chicken atop greens, tomatoes, onions and green peppers 11.99

PARKLAND'S Greek Salad

A mixture of greens, tomatoes, onions, cucumbers, green peppers, anchovies, feta cheese, black olive and stuffed grape leaves, served with Greek vinaigrette, and specialty herbs 11.99

add chicken or gyro 4.99

Taco Salad

Tomatoes, lettuce, salsa and sour cream, jalapeños, olives, shredded cheese, pico de gallo, black bean. Choice of **taco meat** or **chicken** served in a tortilla bowl 12.99



Hot & Cold Sandwiches

Specialty Sandwiches Deluxe

Served with cup of *soup* OR *fries*, cole slaw and pickle

Classic Gyro or Chicken Gyro

Served on pita bread with lettuce, tomato, onions, and tzatziki sauce 10.49

Turkey Rachel

Served on rye bread, with cole slaw, 1000 island dressing, and Swiss cheese 10.49

Tuna OR Chicken Salad Sandwich

on pita with lettuce and tomato 10.49

Corned Beef Reuben 10.49

Roast Beef Melt

on Kaiser roll with Swiss cheese and onion 10.49

Fried Chicken Patty

on Kaiser roll with lettuce and tomato 10.49

Tuna OR Chicken Salad Hoagie

with lettuce, tomato, onion, mayo 10.49

Fried Haddock Sandwich with lettuce 10.49

Turkey Provolone Hoagie

with mayo, lettuce, onion, tomato 10.49

Monte Cristo Sandwich 10.49

Cold Meatloaf Sandwich with mayo and lettuce 9.49

BBQ Pulled Pork on Kaiser roll 10.49

Pulled Pork Reuben 10.49



Club Sandwiches

Served on your choice of white, wheat or rye with lettuce, tomatoes, bacon, mayo, cole slaw & pickle

Your Choice 10.99

**Roast Beef | Turkey | Ham | Tuna
Cheeseburger**



Hot Open Sandwiches

Served with gravy & two sides **Your Choice 11.99**

**Roast Beef | Roast Turkey
Baked Virginia Ham
Homemade Baked Meatloaf**



Classic Sandwiches

Served with cole slaw and pickle | *add* tomato slice .25 | *add* cheese (2 slices) 1.20

Steak or Chicken Sandwich 7.99

California Steak or Chicken Steak Sandwich 7.99

Cold Roast Beef with mayo and lettuce 6.99

Cold Baked Ham with mayo and lettuce 5.99

Cold Roast Turkey with mayo and lettuce 5.99

Tuna OR Chicken Salad with lettuce 6.99

Grilled Cheese 5.99 *add* bacon or ham 6.99

Meatball Parmigiana Hero 6.99

Fried Tilapia Sandwich with lettuce on Kaiser roll and tartar sauce 6.99

PARKLAND'S

Fried Crab Cake with lettuce on Kaiser roll and tartar sauce 7.99

Buffalo Chicken Sandwich on Kaiser roll with bleu cheese dressing and buffalo sauce 8.49

Pork Roll Sandwich on Kaiser roll 5.99

Veal Parmigiana Hero 7.99

Grilled Chicken Sandwich on Kaiser roll with lettuce, tomato and mayo on side 7.99

Bacon, Lettuce, Tomato with mayo 5.99

Tuna Melt Sandwich tuna, American cheese and tomato on grilled rye 7.99

Chicken Salad Melt chicken salad, American cheese and tomato on grilled rye 7.99

2 Hot Dog with sauerkraut 5.99

Burgers & Wraps

*Burgers

¼ lb. USDA choice beef. All served with cole slaw and pickle

- | | | |
|------------------------------------|---|---|
| Hamburger 4.99 | Patty Melt Burger 6.59 | California Burger
lettuce, tomato, mayo,
green pepper,
and raw onion 6.99 |
| Cheeseburger 6.59 | Mushroom Swiss Burger 6.59 | Pizza Burger 6.99 |
| Bacon
Cheeseburger 7.99 | ♥ Low Carb Burger 6.59
cottage cheese, lettuce & tomato | |

DELUXE *BURGERS

all deluxe burgers served with cup of soup or fries

PARKLAND'S Special Burger	Tex Mex Burger	Greek Burger	Steak Burger	Grilled Chicken Burger
Deluxe hamburger with lettuce, tomato, onion, green pepper, mayo 8.99	Two ¼ lb hamburger patties, fried onions, bacon, Monterey Jack and cheddar cheeses, BBQ sauce 10.99	feta cheese, lettuce, tomato, side of homemade tzatziki sauce 8.99	on steak roll fried onions, mushrooms, BBQ sauce, cheddar cheese 9.99	fried onions, bacon, BBQ sauce, Swiss cheese, pickle and cole slaw 9.99



Wraps

- | | | | |
|---|--|---|---|
| B L T Chicken Wrap
Diced chicken, bacon, lettuce, tomatoes, Monterey Jack & cheddar cheeses and ranch dressing, served with cole slaw & pickle 8.99 | Tuna or Chicken Salad Wrap
Lettuce, tomatoes, Monterey Jack and cheddar cheeses, served with cole slaw & pickle 7.99 | Turkey Club Wrap
Thinly sliced turkey breast, lettuce, tomato, bacon, and mayo, served with cole slaw & pickle 8.99 | Veggie Wrap
tomatoes, onions, peppers, mushrooms, broccoli & Monterey Jack and cheddar cheeses, served with cole slaw & pickle 6.99 |
|---|--|---|---|

DELUXE WRAPS - Your Choice: 11.99

all deluxe wraps served with cup of soup or fries

Mexican	Gyro	Chicken Caesar	Cheesesteak	Mediterranean
Grilled chicken, rice, cheddar, black beans & salsa	Lettuce, tomato, onion & homemade tzatziki sauce	Grilled chicken, Romaine lettuce & caesar dressing	with marinara sauce and sautéed onions	Grilled chicken, onion, pepper, feta cheese, tomato & house dressing



Dinner Entrées

Homemade Favorites

Served with *salad* or *cup of soup*, two sides, bread & butter

Turkey Dinner
roast young tom turkey with filling, gravy and cranberry sauce 14.99

Homemade Baked Meatloaf
with gravy 12.99

Honey Dipped Fried Chicken
14.99

Homemade Shepherd's Pie
12.99

Chicken Croquettes
on a bed of mashed potatoes covered with gravy 12.99

Texas Meatloaf
with bacon, BBQ, topped with cheddar cheese 14.99

Grilled Chicken Breast
marinated chicken over rice 14.99

½ Roasted Chicken
over homemade filling 13.99



Baskets \$12.99

Served with fries and cole slaw

Chicken Finger Basket
with honey mustard sauce

Shrimp Basket
with tartar sauce

Fish & Chips
with tartar sauce



Fajitas

Served with salsa, sour cream, guacamole, lettuce, Jack and cheddar cheeses, rice, flour tortillas, roasted onions, and peppers.

Steak Fajita 15.99

Chicken Fajita 14.99

Shrimp Fajita 16.99



BEVERAGES

Coffee 2.20
regular or decaf (free refills)

Hot Tea
regular or decaf 2.20

Herbal Tea 2.59
Iced Coffee
(free refills) 2.99

Soda
(free refills) 2.99

Milk
small 2.25 | large 2.75

Chocolate Milk
small 2.50 | large 2.99

Hot Chocolate
with whipped cream 2.99

Fruit Juices
small 2.65 | large 3.15

*NOTICE However Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness

Dinner Entrées

*Seafood

Served with **salad** or **cup of soup**, two sides, bread & butter | Add browned butter 1.00

Broiled Filet of Tilapia

in butter 14.99

Fried Filet of Tilapia

14.99

Broiled Filet of Haddock

in butter 15.99

Broiled Salmon

in butter 16.99

Broiled Filet of Flounder

in butter 15.99

Fried Butterflied Shrimp

15.99

Fried Filet of Haddock

14.99

Broiled Stuffed Shrimp

in butter 16.99

Broiled Crab Stuffed Flounder

in lemon 15.99

Broiled Crab Stuffed Haddock

in butter 15.99

Broiled Deep Sea Scallops

in butter 17.99

Broiled Stuffed Mushrooms

in butter 15.99

PARKLAND'S Crab Cakes broiled or fried. 17.99

BROILED SEAFOOD COMBINATION

crab cake, stuffed shrimp, bacon wrapped scallops, haddock and stuffed mushroom with lemon butter 18.99



FRIED SEAFOOD COMBINATION

haddock, shrimp, scallops, and crab cake served with cocktail & tarter sauce. 18.99



*Steak & Chops

Served with **salad** or **cup of soup**, two sides, bread & butter

Ribeye Steak

with steak cut onion rings 18.99

N.Y. Strip Steak

with steak cut onion rings 17.99

Country Fried Steak

with sausage gravy 13.99

London Broil

with mushrooms and gravy 16.99

Fresh Baked Virginia Ham

with fruit sauce 13.99

Boneless Pork Chops

15.99

Center Cut Pork Chops

15.99

Half BBQ Ribs

12.99

Grilled Baby Beef Liver

with onions and gravy 11.99
add **bacon** 1.99

Handcrafted Chopped Sirloin

with onions and gravy 13.99

COOKING TEMPERATURES FOR STEAKS AND BURGERS

RARE-cold, red center, **MEDIUM RARE**-cool, red center, **MEDIUM**-warm, pink center, **MEDIUM WELL**-hot, slightly pink center, **WELL**-hot, brown center



PARKLAND'S Stir Fry

Served with **salad bar** or **cup of soup**, bread & butter. | Stir fry served over a bed of rice.

Vegetable 12.49

Chicken 15.99

Shrimp 16.99

Beef 15.99

Dinner Entrées

Italian Specialties

Served with *salad* or *cup of soup*, bread & butter

**Breaded Veal
Cutlet Parmigiana**
over linguini 14.49

Breaded Veal Cutlet
with homemade gravy or
homemade marinara sauce
(served with two sides) 13.99

Pork Parmesan
over linguini 14.99

**Breaded
Chicken Parmigiana**
over linguini 14.99

**Breaded
Eggplant Parmigiana**
over linguini 12.99

Chicken Scampi
over linguini 15.99

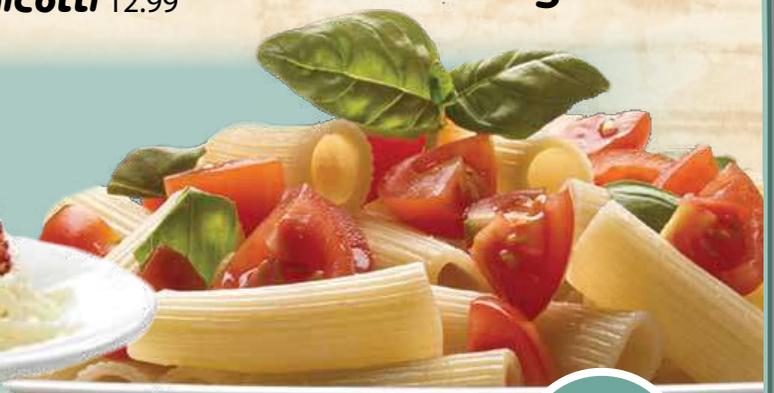
Manicotti 12.99

Shrimp Scampi
over linguini 17.59

Chicken Alfredo
with mushrooms
over linguini 17.59

Linguini
with tomato sauce 9.99
with meatballs 11.99

Meat Lasagna 12.99



Must be
55 or
older

Senior Citizen

No Other
Discount
Available

Served with *salad* or *cup of soup*, one side, bread & butter

**Homemade
Baked Meatloaf**
with gravy 10.79

Baby Beef Liver
with onions & gravy 10.79

**Boneless
Pork Chop** 10.79

Veal Cutlet
with gravy or
tomato sauce 10.79

**Grilled BBQ
Chicken Breast** 10.49

**Chicken
Croquettes**
with gravy 10.49

**Stuffed Crab
Flounder** 12.99

**Baked
Virginia Ham**
with fruit sauce 10.99

PARKLAND'S

Famous Crabcake

A Family recipe since 1983 | 11.99



**Center-cut
Pork Chop** 10.99

12 years
and
under

KIDS MENU

Includes small soda or milk and scoop of ice cream or jello

**Chicken
Fingers**
with fries 8.99

**Grilled
Cheese**
with fries 8.99

**Baked
Meatloaf**
with mashed
potatoes & gravy 8.99

Spaghetti
with tomato sauce
& meatballs 8.99

***Hamburger**
with fries 7.99

Hot Dog
with fries 8.99

Side Orders

Caesar Salad 4.99
with any entrée 2.00

Garden Salad 3.99
with any entrée 2.00

**French Fries or
Homefries** 2.99

Spinach Pie 2.99

Mashed Potato
with gravy 2.99

Bread & Potato Filing
with gravy 2.99

Rice Pilaf 2.99

Vegetable of the Day 2.99

Coleslaw 2.99

Pickled Beets 2.99

Applesauce 2.99

Pita Bread 2.99

Cottage Cheese 2.99
with apple butter 1.00 extra

Breakfast all Day

Egg Platters

Two Eggs

served with homefries,
buttered toast, and jelly 5.99

One Egg

served with homefries,
buttered toast, and jelly 4.99

Egg Beaters

served with homefries,
buttered toast, and jelly 6.99

Add any meat: ham, bacon, sausage, scrapple, pork roll & Canadian bacon for 3.49
Corned beef hash 3.99 | Add cheese (2 slices) 1.20 | Sub fruit for homefries 2.25

3 *Egg Omelettes

Served with home fries, buttered toast & jelly

Egg beaters or egg whites 1.99 extra | Add cheese (2 slices) 1.20

Cheese 6.99

Bacon or Ham or Sausage 7.99

Western 7.99

Smoked Sausage 7.99

Cheesesteak

thinly sliced chip steak, fried
onions, American cheese
and marinara sauce 8.99

Greek

crumbled feta cheese, spinach,
diced onions & tomatoes 8.99

Meat Lover's

ham, bacon &
smoked sausage 8.99

Gyro

chopped gyro meat, tomatoes,
onions, side of tzatziki sauce 8.99

Turkey Club

thinly sliced turkey breast,
bacon & tomatoes 8.99

Godfather

sausage, peppers, onions,
provolone & marinara sauce 8.99

Florentine

spinach, swiss and
provolone cheeses 8.99

From The Griddle

Served with butter & syrup | Add fresh Strawberries or Blueberries 2.25 | Banana 1.75

Buttermilk

Pancakes (3) 6.99
Short Stack (2) 5.99

French Toast (3) 6.99
Short Stack (2) 5.99

Blueberry or Chocolate Chip

Buttermilk Pancakes 7.79
Short Stack (2) 6.79

Stuffed French Toast

3 French toast with sweetened
cream cheese, strawberries,
blueberries, powdered sugar &
whipped cream 8.79
Short Stack 7.99

Banana Nut

Buttermilk Pancakes
3 buttermilk pancakes filled with
walnuts and bananas 8.79
Short Stack 7.69

Cinnamon Raisin Bread

French Toast 7.99
Short Stack 6.99

Buttermilk

Pancake Rolls (2)
stuffed with sweetened
cream cheese, strawberries,
blueberries, powdered
sugar & whipped cream 8.99

Desserts

Ask about our **sugar free** and specialty desserts. | **A La Mode 1.99 extra**

Homemade Pudding

with whipped cream
small 3.99 | large 4.99

Jello

with whipped cream
small 3.99 | large 4.99

Assorted Pies 4.99

Assorted Cakes 5.99

Cheesecake 6.49

Ice Cream

small 3.99 | large 4.99

Ice Cream Sundae 7.79

Banana Split Sundae

French vanilla ice cream, with
chocolate syrup, whipped cream,
strawberries, crushed peanuts,
& maraschino cherry 7.99

