

# THE NEW PARKWAY

SEPTEMBER & OCTOBER 2019

# MENU

## KEY

 VEGETARIAN  GLUTEN-FREE  
 VEGAN  CAN BE MADE...

## STARTERS

### AVOCADO TOAST

Housemade focaccia topped with fresh avocado and a tomato arugula salad.

### CORN FRITTER QUINTET

Five delectable corn and herb fritters, served with an avocado lime dip and a fresh corn side salad.

### PARKWAY WINGS

Six wings tossed in lemon pepper or Sriracha-honey sauce, served with carrots or celery and your choice of ranch or blue cheese.

### WATERMELON ARUGULA

### SALAD

Juicy watermelon, feta, and almonds piled on a bed of arugula and mint, bathed in a fresh lemon and shallot dressing—the perfect summer salad!

### TOFU TACO TRIO

A trio of soft tacos filled with crispy marinated tofu, daikon slaw, and a vegan Sriracha aioli, garnished with cilantro and lime.

### MEXICAN STREET CORN IN

### A CUP

Roasted corn, cut from the cob, mixed with lime juice, chili powder, aioli, and Parmesan, garnished with cilantro, tajin, and a lime wedge.

### QUESADILLA \*

Warm, Cheddary goodness with at least two of the following: sauteed mushrooms, sauteed bells, grilled chicken, bacon, onions, arugula, smoked Gouda and feta. Served with sour cream and red salsa.

## SANDWICHES

### COW OR VEGGIE BURGER \*

Your choice of beef (cooked medium well) or our housemade vegan patty (brown rice, mushrooms, carrots, oats, & garbanzo/black beans) served with arugula, pickles, & aioli, all atop a housemade bun.

### THE CHICKEN CHAMPION

A deep-fried thigh wedged between layers of mac 'n' cheese and coleslaw and drizzled with smoky BBQ sauce, all served on a housemade bun.

### VEGAN SLOPPY JOE

Sloppy and slightly spicy, our version is made with bell peppers, carrots, herbs, tomatoes, and TVP that just might pass for the original!

### AVO B.L.T. \*

Our bacon, lettuce, and tomato sandwich with avocado, served on our housemade focaccia bread with basil aioli. May be made with veggie bacon.

## ENTREES

### SMOKY MAC & CHEESE

Elbow pasta with our housemade smoked Gouda cheese sauce, garnished with soy bits and parsley. Optional chicken, bacon, or veggie bacon add-on.

### SHRIMP AND GRITS

Housemade crispy polenta cakes bathed with a chicken and bacon gravy and topped with herb-buttered shrimp, paprika, and parsley.

### CURRY RICE BOWL

Bell peppers, cauliflower, cabbage, carrots and tofu in a coconut curry served with white rice, cilantro, and chopped peanuts. Optional chicken add-on.

### PARKWAY PLATTER \*

A yummy mystery meal comprised of an entree, two sides, a dessert, and a drink. May be made omnivore, vegetarian, or vegan. You choose your drink but nothing else. Are you bold enough??

### BBQ & FIXINS

Brisket in a tangy BBQ sauce served with baked black beans, coleslaw, and smoky mac 'n' cheese.

## PIZZAS

### CHICKEN MAC 'N' CHEESE

A mozzarella and smoked Gouda base layered with mac 'n' cheese and deep fried chicken tenders, garnished with facon bits, parsley, and BBQ sauce.

### BUTTERNUT SQUASH & SAGE ARUGULA PESTO PIZZA

A base of sage arugula pesto topped with mozzarella and roasted butternut squash and finished with Parmesan, green onions, and a balsamic reduction.

### VEGAN MARGHERITA PIZZA

Balsamic-bathed fresh tomatoes and vegan mozzarella on a garlic oil base, garnished with fresh basil.

### PIZZA PLUS +

This is a 16" pizza with marinara and mozzarella and your choice of the following (\$1.50 each topping):

Grilled Chicken	Arugula
Bacon	Mushrooms
Pepperoni	Bell Peppers
Sausage	Red Onions
Smoked Gouda	Fresh Tomatoes
Feta	Black Olives
Fresh Mozzarella	Kalamata Olives
Butternut Squash	Roasted Corn

### PERSONAL PIZZA \*

This is a 9" pizza with marinara and mozzarella and your choice of one of the above.

## KIDS MENU

### KID'S GRILLED CHEESE \*

Crisp bread and oozy Cheddar, the perfect after school or summer meal, accompanied by either fries or carrot sticks.

### CHICKEN TENDERS

Two tenders, fried to order, accompanied by either fries or carrot sticks.

### PEEWEE PLATTER \*

Similar to the Parkway Platter, only smaller and no alcoholic drinks. But still a mystery...

Please note that gratuity is included in our prices. Prices do not include sales tax.