

LUNCH MENU

Available daily from 11am to 3pm Monday to Saturday

Green Parrot Brunch \$12

2 eggs (any style) on toast (GF/DF available)

Add:

Bacon \$2

Smoked Salmon \$4

Tomato \$2

Brazilian Sausage \$5

Spinach \$2

Hash Brown \$2

Eggs Benedict \$20 (GF toast on request)

English muffin, poached eggs, hollandaise sauce & bacon
OR smoked salmon OR spinach

French Toast \$16

French toast served with bacon, banana & maple syrup
OR berries, maple syrup & whipped cream

Tart/quiche \$12

Smoked salmon & cream cheese tart/quiche served with
small salad

Fish & Chips \$21

Fish of the day served with small salad, fries & house-made
tartare sauce

House Caesar Salad \$25

Crispy iceberg lettuce topped with caesar dressing, crispy
bacon, cherry tomatoes, croutons, parmesan cheese,
poached egg and grilled chicken fillets

Mushroom on Ciabatta \$12 (GF toast on request)

Creamy mushrooms served on toasted ciabatta

Wrap \$16 (GF on request)

Chicken OR Haloumi OR Teriyaki Beef with salad & sauce

Soup of The Day \$15

Served with garlic bread - ask staff for soup of the day

Salad of The Day (GF/DF) \$12

Ask staff for salad of the day

Bowl of Fries \$11

Chicken Burger (grilled chicken on request) \$18

Buttermilk fried chicken, cheese, lettuce, tomato & chipotle
mayo served with fries

Beef Burger \$18

House-made beef patty, cheese, lettuce, tomato & aioli
served with fries

Vegetarian Burger \$18

Vegan black beans patty, cheese, lettuce, tomato,
pickles & aioli served with fries

Muffins \$4

Scones \$4

Slices \$4

Cakes \$6

All prepared in a shared kitchen and cross-contamination could occur despite
following safe handling protocols. If you have any dietary requirements, please
do not hesitate to inform our staff member

MEET US



Experienced chef Gilberto and wife Franciele
own and operate The Green Parrot, along with their
amazing team, with the belief the best memories are
made gathered around the table.

New Zealand has been their home since leaving
Brazil in 2016 to embark a new adventure
and life change.

Since calling NZ home Gilberto & Franciele
have two additions; Laura & Otavia.



SIMPLE. FRESH. DELICIOUS FOOD

SMALL PLATES

Garlic Bread \$10.50

Baked ciabatta bread with garlic butter

Cheese Balls (MWGI)* \$17

Baked Brazilian cheese balls served with butter

Fried Chicken (MWGI, MWD)** \$16

Crunchy & spicy chicken thigh pieces served with chipotle mayo

Calamari (MWGI)* \$16

Coated calamari served with house-made black garlic aioli & pickled ginger

Chilli Prawns (MWGI, MWD)** \$17

Pan Fried prawns seasoned with fresh chilli, garlic & herbs

Pork Bites (MWGI, MWD)** \$15

Delicious pancetta served in housemade honey teriyaki sauce

Marinated Olives (MWGI, MWD)** \$12

Selected olives infused in rich olive oil, fresh herbs & chilli - served warm

TO SHARE

Chefs Trio Suggestion 1 \$38

Platter with cheese balls, calamari and fried chicken served with butter, black garlic aioli & chipotle mayo

Chefs Trio Suggestion 2 (MWGI, MWD)** \$38

Platter with pork bites, warm olives & chilli prawns

MAINS

Ribeye Steak (MWGI)* \$33

Grass fed Ribeye 250g served with fries & garden salad.
Your choice of sauce - mushroom OR garlic butter

Pork Belly (MWGI, MWD)** \$31.50

Slow cooked pork belly served with seasonal vegetables, apple puree & jus

Salmon (MWGI, MWD)** (contains nuts) \$34.50

Pan fried salmon served with carrot & orange puree, seasonal greens, cherry tomatoes topped with toasted sliced almonds

Market Fish \$32

Pan fried or beer battered Orange Roughy served with roasted potato, garden salad, grilled lemon, wasabi mayo
Add pan fried prawns \$8

Steamed NZ Mussels \$32 full portion or \$18 half portion

Infused in coconut cream, garlic, lemon grass, fresh chilli & coriander served with side of bread.

House Caesar Salad \$25.50

Crispy Iceberg lettuce topped with caesar dressing, crispy bacon, cherry tomatoes, croutons, parmesan cheese, poached egg and grilled chicken fillets

Canterbury Quinoa and Lamb Loin Warm Salad \$29

Tripple colour Local Quinoa, seasonal vegetables, red onion, thin slices of cabbage & lamb loin involved in Dukkah (contains nuts)

Vegan option with Teriyaki Tofu on request

GREEN PARROT BURGERS

Chicken Burger (grilled chicken on request) \$24.90

Buttermilk fried chicken, cheese, lettuce, tomato & chipotle mayo served with fries

Beef, Bacon and Double Cheese \$25.90

House-made beef patty, bacon, double cheese, lettuce, tomato, caramelized onion, pickles, aioli & tomato relish served with fries

Double Cheeseburger \$25.90

House-made beef patty x2, double cheese, BBQ sauce & aioli served with fries

Lamb Burger \$26.50

House-made lamb patty, cheese, lettuce, tomato, caramelized onion, jalapeno & mint mayo served with fries

Vegetarian Burger \$25

Vegan black beans patty, cheese, lettuce, tomato, pickles & aioli served with fries

Tomato sauce available on request with all burgers.

Any other sauce \$2.50 extra charge (applicable to any meal)

GF bun on request with all burgers***

SIDES

Fries \$11

Side garden salad \$9

Side roasted vegetables topped with toasted sliced almonds & truffled honey dressing \$11



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