

PAR3 LUNCH MENU

SOMETHING TO SHARE...OR NOT!

AVAILABLE DAILY 11:00 AM - 4:00 PM

TRADITIONAL CARNITAS TACOS (3) (GF) ROASTED JALAPENO CREAM, PICO DE GALLO AND GUACAMOLE	16.50
SPICY MANGO AND GOAT CHEESE QUESADILLA WITH MANGO AVOCADO SALSA - CHIPOTLE CREAM AND BBQ SAUCE. WITH PULLED BBQ PORK 22	16
PORK EMPANADAS (3) CABBAGE SLAW, RED SALSA, QUESO FRESCO	15
WILD MUSHROOM AND ITALIAN SAUSAGE PIZZA CARAMELIZED ONIONS, PARMIGIANO-REGGIANO AND A HINT OF HEAT	23
"THREE STYLE" MARGHERITA PIZZA (V) HOUSE-ROASTED TOMATOES, BASIL, SHREDDED MOZZARELLA	20
NACHOS (V) CHEDDAR FONDUE, BLACK BEANS, PICO DE GALLO, GUACAMOLE, CHIPOTLE CREAM ADD CHICKEN 6 ADD PULLED PORK 6	17
BACON BITZ (GF) BRAISED PORK BELLY WITH MAPLE CHIPOTLE GLAZE	17.50
CHICKEN WINGS (GF) CHOOSE NAKED, LEMON PEPPER RUB, SPICY, MILD, OR MAPLE-CHIPOTLE, WITH BLUE CHEESE DIP AND CRUDITES	16
OREGON COD FISH TACOS (GF) SPICE RUB, LIME-CABBAGE SLAW, AVOCADO, CHILI CREAM	17
COASTAL FRY CALAMARI REGULAR OR SPICED, LEMON CAPER AIOLI - ADD FRESH GARLIC +1	16
SALMON CAKES WITH LEMON CAPER AIOLI PANKO CRUST, ARUGULA SALAD WITH A LEMON VINAIGRETTE	18.50
ROASTED CAULIFLOWER PARMESAN (V, GF) ROASTED CAULIFLOWER TOSSED IN ONION, GARLIC, THYME, CHILI FLAKE, PARMESAN CHEESE WANT TO SPICE IT UP...ADD BUFFALO HOT WING SAUCE 2 - SO GOOD!	13
CHEESY GARLIC BREAD (V) ADD: PRAWNS +7	4
FRIES (V) (GF) REGULAR, SPICED - ADD: SAUTÉED ROASTED GARLIC 1	6

SOUP & SALAD

CAESAR SALAD AVOCADO, PARMESAN, GARLIC CROUTONS ADD: CHICKEN +7 - SALMON +11 - PRAWNS +10	13
OREGON COD FISH TACO SALAD SERVED IN A FLOUR TORTILLA SHELL, TOSSED ROMAINE LETTUCE, PICKLED ONIONS, BLACK BEANS, PICO DE GALLO, AVOCADO, LEMON VINAIGRETTE OPTIONAL: SUBSTITUTE GRILLED CHICKEN OR ROSEMARY TRI TIP BALSAMICO	20

TRADITIONAL COBB SALAD (GF)	18
BACON, TOMATO, BLUE CHEESE, EGG, CHICKEN, GREEN ONION AND BLUE CHEESE DRESSING	
THAI CHICKEN SALAD	18
GRILLED CHICKEN, ROMAINE AND CABBAGE SALAD, ORANGE SEGMENTS, ROASTED PEANUTS, A PEANUT/GINGER DRESSING AND CRISPY WONTON STRIPS	
FRENCH ONION SOUP	7 CUP 9 BOWL
CARAMELIZED ONION, SHERRY WINE, CROSTINI, SWISS CHEESE GLUTEN FREE OPTION AVAILABLE	
NEW ENGLAND CLAM CHOWDER (GF)	8 CUP 10 BOWL
SERVED WITH SLICED BAGUETTE	

LUNCH

"BETWEEN THE BREAD" COMES WITH CHOICE OF FRENCH FRIES OR SEASONAL GREEN SALAD

PAR3 GRIND BURGER	17
LETTUCE, TOMATO, ONION, PICKLES, SECRET SAUCE, KAISER ROLL ADD: SWISS, CHEDDAR, BLUE CHEESE, PEPPER JACK, FRIED EGG, JALAPENO 1.5 EACH ADD: GRILLED ONIONS, SAUTÉED MUSHROOMS, BACON, AVOCADO, 2 EACH	
FIESTA BURGER	20.50
ROASTED JALAPENO, AVOCADO, PEPPER JACK CHEESE, CILANTRO, CHIPOTLE SLAW, KAISER ROLL	
THE BLUE SHROOM BURGER	23
BURGER PATTY, PORK BELLY, WILD MUSHROOMS, BLUE CHEESE DRESSING, CARAMELIZED ONION, KAISER ROLL	
BUFFALO CHICKEN SANDWICH	15
FRIED CHICKEN BREAST TOSSED IN BUFFALO WING SAUCE, BLUE CHEESE DRESSING, HOUSE SLAW, FOCACCIA ADD BACON OR AVOCADO 2	
PHILLY CHEESESTEAK SUB	18.50
MARINATED BEEF, HORSERADISH CREAM, SAUTÉED ONIONS & MUSHROOMS, PICKLED PEPPERONCINI AND JALAPEÑOS, PEPPER JACK CHEESES, FRENCH ROLL	
GRILLED CHICKEN CLUB	17
LETTUCE, TOMATO, ONION, BACON, CHEDDAR CHEESE, AVOCADO & SMOKED CHILI AÏOLI, FOCACCIA ROLL	
TUNA MELT	15
ALBACORE TUNA WITH CHEDDAR CHEESE SERVED ON SLICED SOURDOUGH, TOMATO, ONION, LETTUCE, LEMON CAPER AÏOLI - ADD AVOCADO 2	
REUBEN	17
SLOW-BRAISED CORNED BEEF, SLICED THIN, MELTED SWISS, COLESLAW, SERVED ON MARBLED RYE WITH HORSERADISH AÏOLI	
EGGPLANT PARMESAN SANDWICH (V)	16
LAYERED EGGPLANT, BASIL, MOZZARELLA, PESTO ON A FOCACCIA ROLL	
N'AWLINS STYLE SALMON SANDWICH	20
CREOLE SLAW AND CREOLE MUSTARD AÏOLI	
FISH & CHIPS	21
BEER-BATTERED OREGON COD, FRIES, COLESLAW, TARTAR SAUCE	
BRENTWOOD CORN RISOTTO	20
SEASONAL BRENTWOOD CORN, PASILLA PEPPERS, AND A HINT OF ROASTED JALAPENO WITH ROASTED CHICKEN 26 WITH SEARED SALMON 28	

20% GRATUITY WILL BE ADDED TO ALL PARTIES OF 6 TO 15 GUESTS, 22% GRATUITY WILL BE ADDED TO PARTIES OF 16 OR MORE GUESTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. NO SPLIT CHECKS - YOU MAY USE UP TO 4 CREDIT CARDS PER TABLE

PAR3 DINNER MENU

SOMETHING TO SHARE...OR NOT!

AVAILABLE DAILY 4:00 PM - CLOSE

TRADITIONAL CARNITAS TACOS (3) (GF) ROASTED JALAPENO CREAM, PICO DE GALLO AND GUACAMOLE	16.50
SPICY MANGO AND GOAT CHEESE QUESADILLA (V) WITH MANGO AVOCADO SALSA - CHIPOTLE CREAM AND BBQ SAUCE WITH PULLED BBQ PORK 22	16
PORK EMPANADAS (3) CABBAGE SLAW, RED SALSA, QUESO FRESCO	15
WILD MUSHROOM AND ITALIAN SAUSAGE PIZZA CARAMELIZED ONIONS, PARMIGIANO-REGGIANO AND A HINT OF HEAT	23
"THREE STYLE" MARGHERITA PIZZA (V) HOUSE-ROASTED TOMATOES, BASIL, SHREDDED MOZZARELLA	20
NACHOS (V) CHEDDAR FONDUE, BLACK BEANS, PICO DE GALLO, GUACAMOLE, CHIPOTLE CREAM ADD CHICKEN 6 ADD PULLED PORK 6	17
BACON BITZ (GF) BRAISED PORK BELLY WITH MAPLE CHIPOTLE GLAZE	17.50
CHICKEN WINGS (GF) CHOOSE NAKED, LEMON PEPPER RUB, SPICY, MILD, OR MAPLE-CHIPOTLE, WITH BLUE CHEESE DIP AND CRUDITES	16
OREGON COD FISH TACOS (GF) SPICE RUB, LIME-CABBAGE SLAW, AVOCADO, CHILI CREAM	17
COASTAL FRY CALAMARI REGULAR OR SPICED, LEMON CAPER AIOLI - ADD FRESH GARLIC +1	16
SALMON CAKES WITH LEMON CAPER AIOLI PANKO CRUST, ARUGULA SALAD WITH A LEMON VINAIGRETTE	18.50
ROASTED CAULIFLOWER PARMESAN (V, GF) ROASTED CAULIFLOWER TOSSED IN ONION, GARLIC, THYME, CHILI FLAKE, PARMESAN CHEESE WANT TO SPICE IT UP...ADD BUFFALO HOT WING SAUCE 2 - SO GOOD!	13
CHEESY GARLIC BREAD (V) ADD: PRAWNS +7	4
FRIES (V) (GF) REGULAR, SPICED - ADD: SAUTÉED ROASTED GARLIC 1	6

SOUP & SALAD

CAESAR SALAD AVOCADO, PARMESAN, GARLIC CROUTONS ADD: CHICKEN +7 - SALMON +11 - PRAWNS +10	13
OREGON COD FISH TACO SALAD SERVED IN A FLOUR TORTILLA SHELL, TOSSED ROMAINE LETTUCE, PICKLED ONIONS, BLACK BEANS, PICO DE GALLO, AVOCADO, LEMON VINAIGRETTE OPTIONAL: SUBSTITUTE GRILLED CHICKEN OR ROSEMARY TRI TIP BALSAMICO	20
TRADITIONAL COBB SALAD (GF) BACON, TOMATO, BLUE CHEESE, EGG, CHICKEN, GREEN ONION AND BLUE CHEESE DRESSING	18
THAI CHICKEN SALAD GRILLED CHICKEN, ROMAINE AND CABBAGE SALAD, ORANGE SEGMENTS, ROASTED PEANUTS, A PEANUT/GINGER DRESSING AND CRISPY WONTON STRIPS	18

FRENCH ONION SOUP
CARAMELIZED ONION, SHERRY WINE, CROSTINI, SWISS CHEESE
GLUTEN FREE OPTION AVAILABLE

7 CUP 9 BOWL

NEW ENGLAND CLAM CHOWDER (GF)
SERVED WITH SLICED BAGUETTE

8 CUP 10 BOWL

DINNER

"BETWEEN THE BREAD" COMES WITH CHOICE OF FRENCH FRIES OR SEASONAL GREEN SALAD

PAR3 GRIND BURGER

LETTUCE, TOMATO, ONION, PICKLES, SECRET SAUCE, KAISER ROLL
ADD: SWISS, CHEDDAR, BLUE CHEESE, PEPPER JACK, FRIED EGG, JALAPENO 1.5 EACH
ADD: GRILLED ONIONS, SAUTÉED MUSHROOMS, BACON, AVOCADO, 2 EACH

17

PHILLY CHEESESTEAK SUB

MARINATED BEEF, HORSERADISH CREAM, SAUTÉED ONIONS & MUSHROOMS, PICKLED PEPPERONCINI AND JALAPEÑOS, PEPPER JACK CHEESES,
FRENCH ROLL

18.50

GRILLED CHICKEN CLUB

LETTUCE, TOMATO, ONION, BACON, CHEDDAR CHEESE, AVOCADO & SMOKED CHILI AÏOLI, FOCCACIA ROLL

17

FISH & CHIPS

BEER-BATTERED OREGON COD, FRIES, COLESLAW, TARTAR SAUCE

21

BRENTWOOD CORN RISOTTO (V) (GF)

SEASONAL BRENTWOOD CORN, PASILLA PEPPERS, AND A HINT OF ROASTED JALAPENO WITH ROASTED CHICKEN 26 WITH SEARED SALMON 28

20

HONEY-SESAME GLAZED SALMON

PANKO'D SUCHI RICE CAKE, SEASONAL VEGETABLES, PICKLED CUCUMBERS

28

BUTTERMILK BRINED BONELESS FRIED CHICKEN

MASHED POTATOES, SEASONAL VEGETABLES, CHICKEN JUS

24

CHICKEN PICATTA

MASHED POTATOES AND SEASONAL VEGETABLES

23

NANA'S MEATLOAF

MASHED POTATOES, SEASONAL VEGETABLES

24

EGGPLANT PARMESAN (V)

ON A NEST OF SPAGHETTI MARINARA

22

SEAFOOD SPAGHETTI WITH MARINARA

PRAWNS, CALAMARI, COD

28

BBQ SHORT RIB

WITH CREAMED CORN AND SEASONAL ROASTED VEGETABLES

29

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