

PAR3 LUNCH MENU

SOMETHING TO SHARE...OR NOT!

AVAILABLE DAILY 11:00 AM - 4:00 PM

3 OREGON COD FISH TACOS (GF) SPICE RUB, LIME-CABBAGE SLAW, AVOCADO, CHILI CREAM	17
3 CARNITAS TACOS (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
3 CHEESE FIG & BACON JAM PIZZA PARMESAN, BLUE CHEESE & MOZZARELLA, FRESH FIG, BACON JAM, PROSCIUTTO & CARAMELIZED ONION	25
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
COASTAL FRY CALAMARI REGULAR OR SPICED, LEMON CAPER AIOLI - ADD FRESH GARLIC +1 ADD CRISPY PRAWNS +2 PER PRAWN	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

SALAD & SOUP

CAESAR SALAD AVOCADO, PARMESAN, GARLIC CROUTONS ADD: CHICKEN +7 - SALMON +11 - PRAWNS +10	13
HEIRLOOM TOMATO & WATERMELON SALAD (GF) GOAT CHEESE, BALSAMIC REDUCTION FOR A VEGAN OPTION, OMIT THE GOAT CHEESE	18
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 MARINATED CHICKEN, ROMAINE AND CABBAGE SALAD, ORANGE SEGMENTS, ROASTED PEANUTS, PEANUT & GINGER DRESSING, 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
RUSTIC TOMATO SOUP TOPPED WITH CHEDDAR CROUTONS FOR A VEGAN & GLUTEN-FREE OPTION OMIT THE CHEDDAR CROUTON	8 CUP 10 BOWL

LUNCH

"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
FIESTA BURGER ROASTED JALAPENO, AVOCADO, PEPPER JACK CHEESE, CILANTRO, CHIPOTLE SLAW, KAISER ROLL	20.50
THE BLUE SHROOM BURGER BURGER PATTY, PORK BELLY, WILD MUSHROOMS, BLUE CHEESE DRESSING, CARAMELIZED ONION, KAISER ROLL	23
BUFFALO CHICKEN SANDWICH FRIED CHICKEN BREAST TOSSED IN BUFFALO WING SAUCE, BLUE CHEESE DRESSING, HOUSE SLAW, FOCACCIA ADD BACON OR AVOCADO 2	15
BLT&A 4 SLICES APPLEWOOD BACON, DRESSED ARUGULA, MARINATED HEIRLOOM TOMATOES, AVOCADO, PEPPER JACK CHEESE, AND A SUNDRIED TOMATO AÏOLI	18
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, FOCACCIA ROLL	17
TUNA MELT ALBACORE TUNA WITH CHEDDAR CHEESE SERVED ON SLICED SOURDOUGH, TOMATO, ONION, LETTUCE, LEMON CAPER AÏOLI - ADD AVOCADO 2	15
REUBEN SLOW-BRAISED CORNED BEEF, SLICED THIN, MELTED SWISS, COLESLAW, SERVED ON MARBLED RYE WITH HORSERADISH AÏOLI	17
EGGPLANT PARMESAN SANDWICH (V) LAYERED EGGPLANT, BASIL, MOZZARELLA, PESTO ON A FOCACCIA ROLL	16
N'AWLINS STYLE SALMON SANDWICH CREOLE SLAW AND CREOLE MUSTARD AÏOLI	20
FISH & CHIPS BEER-BATTERED OREGON COD, FRIES, COLESLAW, TARTAR SAUCE	21

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