

# PAR3 LUNCH MENU

**SOMETHING TO SHARE...OR NOT!**

AVAILABLE DAILY 11:00 AM - 4:00 PM

<b>3 OREGON COD FISH TACOS (GF)</b> SPICE RUB, LIME-CABBAGE SLAW, AVOCADO, CHILI CREAM	17
<b>3 CARNITAS TACOS (GF)</b> ROASTED JALAPENO CREAM, PICO DE GALLO AND GUACAMOLE	16.5
<b>PORK EMPANADAS (3)</b> CABBAGE SLAW, RED SALSA, QUESO FRESCO	15
<b>3 CHEESE, PEAR &amp; BACON JAM PIZZA</b> RED WINE BRAISED PEARS, PROSCUITTO, CARAMELIZED ONIONS, MOZZARELLA, PARMESAN & BLUE CHEESE BLEND	26
<b>WILD MUSHROOM AND ITALIAN SAUSAGE PIZZA</b> CARAMELIZED ONIONS, PARMIGIANO-REGGIANO AND A HINT OF HEAT	23
<b>"THREE STYLE" MARGHERITA PIZZA (V)</b> HOUSE-ROASTED TOMATOES, BASIL, SHREDDED MOZZARELLA	20
<b>NACHOS (V)</b> CHEDDAR FONDUE, BLACK BEANS, PICO DE GALLO, GUACAMOLE, CHIPOTLE CREAM ADD CHICKEN 6 ADD PULLED PORK 6	17
<b>YAM FRITTERS (V)</b> YAMS, NUTMEG, CHIPOTLE PLUM SAUCE	14
<b>BACON BITZ (GF)</b> BRAISED PORK BELLY WITH MAPLE CHIPOTLE GLAZE	18
<b>CHICKEN WINGS (GF)</b> CHOOSE NAKED, LEMON PEPPER RUB, SPICY, MILD, OR MAPLE-CHIPOTLE, WITH BLUE CHEESE DIP AND CRUDITES	16
<b>COASTAL FRY CALAMARI</b> REGULAR OR SPICED, LEMON CAPER AIOLI - ADD FRESH GARLIC +1 ADD CRISPY PRAWNS +2 PER PRAWN	16
<b>SALMON CAKES WITH LEMON CAPER AIOLI</b> PANKO CRUST, ARUGULA SALAD WITH A LEMON VINAIGRETTE	19
<b>ROASTED CAULIFLOWER PARMESAN (V, GF)</b> 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
<b>CHEESY GARLIC BREAD (V)</b> ADD: PRAWNS +7	4
<b>FRIES (V) (GF)</b> REGULAR, SPICED - ADD: SAUTÉED ROASTED GARLIC 1	6

## SALAD & SOUP

<b>CAESAR SALAD</b> AVOCADO, PARMESAN, GARLIC CROUTONS ADD: CHICKEN +7 - SALMON +11 - PRAWNS +10	13
<b>MARINATED KALE SALAD (GF)</b> GOLDEN RAISINS, RED ONION, SUNFLOWER SEEDS, APPLEWOOD BACON, CHAMPAGNE VINAIGRETTE FOR A VEGETARIAN OPTION OMIT THE APPLEWOOD BACON	18
<b>OREGON COD FISH TACO SALAD</b> 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
<b>TRADITIONAL COBB SALAD (GF)</b> BACON, TOMATO, BLUE CHEESE, EGG, CHICKEN, GREEN ONION AND BLUE CHEESE DRESSING	19
<b>THAI CHICKEN SALAD</b> MARINATED CHICKEN, ROMAINE AND CABBAGE SALAD, ORANGE SEGMENTS, ROASTED PEANUTS, PEANUT & GINGER DRESSING, CRISPY WONTON STRIPS	19

<b>FRENCH ONION SOUP</b> CARAMELIZED ONION, SHERRY WINE, CROSTINI, SWISS CHEESE GLUTEN FREE OPTION AVAILABLE	<b>7 CUP 9 BOWL</b>
<b>NEW ENGLAND CLAM CHOWDER (GF)</b> SERVED WITH SLICED BAGUETTE	<b>8 CUP 10 BOWL</b>
<b>ROASTED PUMPKIN &amp; GINGER SOUP (GF,V)</b> SAGE CREMA FOR A VEGAN OPTION OMIT THE SAGE CREMA	<b>8 CUP 10 BOWL</b>

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## LUNCH

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

<b>PAR3 GRIND BURGER</b> 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	<b>17</b>
<b>FIESTA BURGER</b> ROASTED JALAPENO, AVOCADO, PEPPER JACK CHEESE, CILANTRO, CHIPOTLE SLAW, KAISER ROLL	<b>20.5</b>
<b>THE BLUE SHROOM BURGER</b> BURGER PATTY, PORK BELLY, WILD MUSHROOMS, BLUE CHEESE DRESSING, CARAMELIZED ONION, KAISER ROLL	<b>23</b>
<b>BUFFALO CHICKEN SANDWICH</b> FRIED CHICKEN BREAST TOSSED IN BUFFALO WING SAUCE, BLUE CHEESE DRESSING, HOUSE SLAW, FOCACCIA ADD BACON OR AVOCADO 2	<b>15</b>
<b>PHILLY CHEESESTEAK SUB</b> MARINATED BEEF, HORSERADISH CREAM, SAUTÉED ONIONS & MUSHROOMS, PICKLED PEPPERONCINI AND JALAPEÑOS, PEPPER JACK CHEESES, FRENCH ROLL	<b>18.5</b>
<b>GRILLED CHICKEN CLUB</b> LETTUCE, TOMATO, ONION, BACON, CHEDDAR CHEESE, AVOCADO & SMOKED CHILI AÏOLI, FOCACCIA ROLL	<b>18</b>
<b>TUNA MELT</b> ALBACORE TUNA WITH CHEDDAR CHEESE SERVED ON SLICED SOURDOUGH, TOMATO, ONION, LETTUCE, LEMON CAPER AÏOLI - ADD AVOCADO 2	<b>15</b>
<b>REUBEN</b> SLOW-BRAISED CORNED BEEF, SLICED THIN, MELTED SWISS, COLESLAW, SERVED ON MARBLED RYE WITH HORSERADISH AÏOLI	<b>18</b>
<b>EGGPLANT PARMESAN SANDWICH (V)</b> LAYERED EGGPLANT, BASIL, MOZZARELLA, PESTO ON A FOCACCIA ROLL	<b>16</b>
<b>N'AWLINS STYLE SALMON SANDWICH</b> CREOLE SLAW AND CREOLE MUSTARD AIOLI	<b>20</b>
<b>FISH &amp; CHIPS</b> BEER-BATTERED OREGON COD, FRIES, COLESLAW, TARTAR SAUCE	<b>22</b>
<b>ROASTED PUMPKIN RISOTTO (V,GF)</b> ADD: BROWN BUTTER SAGE CHICKEN BREAST (GF) 25 OR MAPLE GLAZED SALMON (GF) 30	<b>20</b>

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