

Please ask your server about available appetizers from
The Park 2909 menu.

Salads & Soups



Winter Park Salad ♥ 348 cal. & 22% fat—9.5

(Spinach, crisp apple, dried cranberries, candied walnuts, choice of feta or blue cheese crumbles with maple balsamic vinaigrette)



Asian Cashew Chicken Salad—10.5

(Grilled chicken, Romaine lettuce, shredded carrots, red pepper, cashews and Mandarin oranges with peanut vinaigrette)

Substitute Salmon or shrimp—4



Chicken Cobb Salad—11

(Blend of romaine and iceberg lettuce, diced grilled chicken breast, diced tomato, diced avocado, ripe olives, chopped bacon, chopped boiled egg, blue cheese & choice of dressing)



Caesar Salad ♥ 238 cal. & 31% fat - 8

(Crisp romaine lettuce with croutons, Caesar dressing and parmesan)

Add: Grilled Chicken 4oz ♥ 230 cal. & 20% fat, - 2.7

Crispy Chicken Strips - 4, Grilled Salmon 3oz ♥ 120 cal. & 13% fat - \$4.4,

Grilled Shrimp 3oz ♥ 50 cal. & 11% fat - \$4.4

Large Salad Bar—7

Small Salad Bar (one trip)—6

House Salad—3

Add Soup and/or Salad Bar to any dinner

Small Salad—3.5, Large Salad—4, Cup of Soup—3

Soup De Jour

1 Cup—4

1 Bowl—5

*****We offer Vegetarian, Vegan, and Gluten Free dishes
and some dishes can be modified to be Gluten Free.
Just ask and look for these logos!*



Vegan



Vegetarian



Gluten Free



Can be modified to be GF

Sandwiches

(Choice of fries)

BLT—9.5

(Applewood smoked bacon, lettuce, tomato, mayo)

Cod—9

(fried cod patty, lettuce, tomato, tartar sauce)

Pork Tenderloin—9.5

(fried pork fritter, mustard)

Choice of Classic Reuben or Turkey Reuben—10

(corned beef or turkey, Swiss cheese, sauerkraut, 1000 Island dressing, on marble rye)



Grilled Chicken

(healthy choice) ♥ **465 cal. & 49% fat (sandwich only)—9.5**

(seasoned chicken breast, lettuce, tomato, onion, mayo, on wheat Kaiser)



Chicken Salad Sandwich - ♥ 473 cal. & 32% fat—9

(lettuce, tomato, mayo, on croissant)

Avocado Toast—9

(open faced 9 Grain toast w/seasoned mashed avocados and tomato and basil relish drizzled w/Balsamic syrup)

Add Feta—.5



Smothered Grilled Chicken Breast—10

(grilled chicken breast w/caramelized onions, sautéed mushrooms, Swiss and wilted spinach and a dijonnaise dressing)

Deli ♥—8

Beef (374 cal. & 22% fat), Turkey (304 cal. & 26% fat), Ham (359 cal. & 64% fat)

(ham, turkey, roast beef, lettuce, tomato, (choice of) cheddar, Swiss cheese, pepper jack, American and mayo on (choice of) white, wheat, wrap or marble rye)

Grilled Cheese—7.5

Sandwiches that can be ordered as a **Half Sandwich—7**
BLT, Classic or Turkey Reuben, Grilled Cheese & Deli

Cup of soup & 1/2 sandwich—9.5

(only sandwiches in the halved sandwich category)

Burgers

(Choice of French Fries, Chips, Cole Slaw or Fruit Cup)

Hamburger—9



Turkey Burger ♥ (263 cal. & 14% fat)—8.5



Salmon Burger ♥ (313 cal. & 12% fat)—9



Veggie Burger (V) ♥ (173 cal. & 2% fat)—8.5

Lettuce, tomato, onion, pickles, ketchup, mustard

Add Patty—1.5

Add Bacon—2

Add Cheese—1.5

Bacon Cheddar Patty Melt—10

(ground beef patty sandwiched between two slices of cheddar cheese with sautéed onion and mushrooms on Texas Toast)



BBQ Pepper Jack Burger—10.5

(beef patty with pepper jack cheese, onion rings and Sweet Baby Ray's BBQ Sauce on toasted bun)

add a fried egg to any burger—1

sub gourmet Onion Straws—1.5

♥ *Heart healthy information is for sandwich only-not sides.*

Personal Sized Pizzas

Barbeque Chicken Pizza—10

(BBQ sauce, Chicken, red onions, cheddar & Mozzarella cheese)

Pepperoni or Sausage—8

Veggie—7.5

Cheese—6.5

Driscoll Pizza—9

Sausage and tomato basil garlic relish

Combination—10

(Pepperoni, sausage, onion, olives & mushrooms)

Each additional topping

Meat—-.5

Vegetable—-.25

**Gluten Free crust available upon request*

Entrees - Only Dinner (after 5 PM)

(All entrees served with your choice of two sides)

4oz Chicken breast ♥ 230 cal. & 20% fat—12

New York Steak—18.5

(10oz New York steak, grilled to your liking)

Toppings for steak

Sauté onion—-.5

Sauté mushrooms—-.5

Blue Cheese—1

Parmesan Shrimp—3

Coconut Shrimp—15

(Coconut & panko crusted shrimp with an orange ginger sauce)

Pat's Lemon Garlic Grilled Shrimp Skewers ♥—15

(Fresh shrimp sautéed in garlic butter & white wine)

Fish on 1st & 4th Fridays

Wednesday Chef's Special - Pork- Price to be determined

Salmon ♥ (240 cal. & 6% fat if baked or broiled)—17.5

(6oz Salmon Filet)

Sides

Starch De Jour, baked potato, French fries, veg du jour, house salad -
substitutes allowed with the exception of onion straws—1.5

♥ *Heart healthy information is for sandwich only-not sides.*

Desserts

Shakes & Malts—Vanilla, Chocolate—3.5

Ice Cream Sundae—3.5

(Chocolate, caramel, strawberry and Oreo crumble)

Root Beer Float—3.5

Cookies: Cookie of the day—1

Dessert ala Mode—Add ice cream to your dessert—1

Fruit Crisps or Fruit Pies—5

Cake of the Week—5

Daily Featured Dessert - \$ ask your server

Ice Cream— ask about the flavors of the day

Small Cone—2.5

Ice Cream Bar—3.5

Small Dish—2.5

Large Dish—4.5

All Vegan Desserts—4


Kids Menu

(Served with one side of your choice)

Grilled Cheese—7.5

Chicken Strips—7

Hot Dogs—6

 Hamburger—7

Add Cheese—.5

 Cheese Pizza—6.5

Sides - French Fries, Fruit Bowl,

Chips, or Cottage Cheese

Additional Sides

Cottage Cheese—2

Potato Salad / Cole Slaw—2

Fresh Fruit Bowl—2.5

Onion Straws—7

 French Fries—2.5
(Sweet Potato, American, Curly)

Chips -

small bag— .5

large bag—1

Beverages

Soda - Orange, Strawberry, Root Beer, Sprite, Diet Coke, Coke - 2

Lemonade—2

Iced Tea—2

Juice—2.5

(Orange, cranberry, prune, apple, grape, tomato)

Milk—2

Coffee and Hot Tea (reg. and decaf) are complimentary.

~ If you have requirements (special diets or allergies) we may be able to adjust the menu to fit your specific needs. Please ask your server.

~Gluten Free items & Sugar Free desserts available. Please ask your server.