

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.*