



24/7 EATS

BREAKFAST

BRIOCHE SANDWICH	8 ⁰⁰
fried egg, cheese, bacon or sausage patty, mayonnaise	
BREAKFAST WRAP	10 ⁵⁰
scrambled eggs, onion, spinach, cheddar, mozzarella cheese with a side of salsa	
PARQ BREAKFAST	11 ⁰⁰
2 eggs, bacon or sausage patty, hash browns, white or brown toast	
YOGURT	4 ⁰⁰
assorted flavours	
BANANA BREAD	4 ⁰⁰
LEMON LOAF	4 ⁰⁰
BIG COOKIE	2 ⁵⁰

SALADS

CAESER SALAD	9 ⁰⁰
romaine lettuce, parmesan cheese, croutons, caesar dressing	
GREEK SALAD	11 ⁵⁰
olives, bell peppers, onion tomato, cucumber, feta cheese	
COBB SALAD	12 ⁵⁰
romaine lettuce, chicken, bacon, tomato, egg, ranch dressing	

SANDWICHES

CHICKEN SALAD	9 ⁵⁰
lettuce, celery, mayonnaise	
TURKEY	9 ⁵⁰
lettuce, tomato, cranberry mayonnaise	
TUNA	9 ⁵⁰
lettuce, celery, red onion, mayonnaise	
CLUBHOUSE SANDWICH	14 ⁰⁰
bacon, turkey, lettuce, tomato, cheese	

BURGERS & MORE

SERVED WITH FRIES

PARQ CHEESEBURGER	13 ⁰⁰
5oz all beef patty, cheddar cheese, tomato, shredded lettuce, on a brioche bun	
THE PARQ DELUXE CHEESEBURGER	14 ⁵⁰
5oz all beef patty, bacon, cheddar cheese, tomato, shredded lettuce, sautéed mushrooms, 2 onion rings, on a brioche bun	
VEGGIE BURGER	11 ⁰⁰
black bean patty, lettuce, tomato	
THE BEYOND BURGER	12 ⁰⁰
plant-based burger, lettuce, tomato	
CHICKEN BREAST ON BRIOCHE	12 ⁵⁰
cheese, lettuce, tomato	

PANINIS

SERVED WITH FRIES

GRILLED CHEESE	12 ⁰⁰
cheddar, provolone	
HAM & SWISS CHEESE	12 ⁰⁰
swiss cheese, dijon mustard	

SOUP

DAILY FEATURE	6 ⁵⁰
ask your cashier for today's flavour	

SNACKS

CHICKEN TENDERS	14 ⁰⁰
served with fries and dipping sauce	
CHICKEN WINGS 8 PIECES	15 ⁰⁰
choose from hot sauce or salt & pepper	
VEGETABLE SPRING ROLLS	8 ⁵⁰
sweet chili dipping sauce	
POUTINE	8 ⁰⁰
BUTTER CHICKEN POUTINE	13 ⁵⁰
FRENCH FRIES	6 ⁰⁰
ONION RINGS	6 ⁵⁰
SWEET POTATO FRIES	6 ⁵⁰