

# LUNCH AND DINNER

## STARTERS

**HOUSE-MADE SALSA** 8 / 16 / 32

Made Fresh Daily  
8oz/16oz/32oz GF V

**GUACAMOLE BOWL** 12 / 24 / 48

Fresh Avocado, White Onion, Lime, Cilantro  
Tomatos, Jalapenos GF V  
8oz/16oz/32oz

**MEXICAN CORN off the cob** 8 / 16 / 32

Grilled Corn, Queso Fresco, Chipotle Mayo  
8oz/16oz/32oz

### NACHO MACHO

House-made Tortilla Chips, Queso,  
Pico de Gallo, Black Beans, Mexican  
Crema, Pickled Jalapeños GF 18

## SALADS

**OAXACA SALAD** 18

Mixed Greens, Roasted Corn, Tomatoes, Onion,  
Oaxaca Cheese, Avocado Dressing GF V

**HEIRLOOM TOMATO & AVOCADO** 18

Cilantro Pesto, Sonoma Jack GF V

**LOBSTER COBB** 28

Montauk Lobster, Avocado, Blue Cheese, Egg,  
Tomato, Crisp Romaine, Jicama,  
Peppercorn Dressing

### ADD TO ANYTHING

CHORIZO 8  
CHICKEN/CARNE ASADA/ SHRIMP 10  
HALF SLICED AVOCADO 6  
JALAPENOS 4  
EXTRA CHEESE 4

## QUESADILLAS

Two Cheese Blend in a Flour Tortilla, Salsa Verde  
Sour Cream

CHEESE 16  
SEASONAL VEGETABLES 18  
GRILLED CHICKEN, CARNE ASADA 20  
CHICKEN BARBACOA, SHRIMP

## BURRITOS

Rolled Up in a warm Flour Tortilla, Black Beans, Rice,  
Cilantro, Two Cheese Blend, Sour Cream, Pico de Gallo, Salsa

SEASONAL VEGETABLES 22  
LIME-CHIPOTLE CHICKEN 24  
CARNE ASADA  
SHRIMP

*Killer* \* **TACOS** \*

**CRISPY COD** 20

**CHICKEN BARBACOA**

**LIME CHIPOTLE CHICKEN**

**BAJA SHRIMP**

**CARNE ASADA**

**CHORIZO** 18

**SEASONAL VEGETABLES**

**MONTAUK LOBSTER** 30

**\*\* THREE LIKE TACOS PER ORDER \*\***

## CHICKEN AVOCADO Sandwich

Grilled Chicken Sandwich topped with Two cheese  
Blend, Lettuce, Tomato, Onion, 1/2 sliced Avocado,  
Chipotle Mayo. Served with fries. 22  
Add Diced Jalapenos +4

\* dinner only \*

## PARROT BURGER dinner only

Cromer's Aged Angus Beef, Two Cheese Blend,  
Lettuce, Tomato, Onion, Pickle  
Served with Chili Spiced Fries 2

## ENCHILADAS dinner only

Three Rolled Tortillas in a Ranchero Adovo Sauce  
Served with Rice and Beans  
CHEESE v 22  
SHREDDED CHICKEN 24

## FAJITAS dinner only

Served with a side of Guacamole, Sour Cream  
Rice and Beans. Warm Flour or Corn Tortillas  
SEASONAL VEGETABLES 26  
LIME-CHIPOTLE CHICKEN 28  
CARNE ASADA  
SHRIMP  
MONTAUK LOBSTER 36

## SIDES

MEXICAN RICE 8  
BLACK BEANS/REFRIED BEANS GF V 10  
FRIES /CHILI SPICED FRIES

*Killer* **KIDS MENU**

**FISH & CHIPS**

**CHICKEN FINGERS & FRENCH FRIES**

**CHEESE QUESADILLA & RICE & BEANS** 18

# BRUNCH 11:30am-2:30pm

## HUEVOS RANCHEROS

Two Corn Tortillas, Refried Beans, Two Fried Eggs, Queso Fresco and salsa verde. Served with side of guacamole, salsa and diced potato hash <sup>GF</sup>

## EGG BURRITO

3 Scrambled eggs, Pico de Gallo, Monterey Jack cheese. Served with side of guacamole, salsa and diced potato hash

## AVOCADO TOAST

Multigrain Toast, fresh sliced avocado. Served with side of salsa, mexican corn and diced potato hash

## 3 TOFU SCRAMBLE TACOS

2 corn tacos topped with tumeric tofu scramble. Served with side of guacamole, salsa, black beans and diced potato hash <sup>vegan/ GF</sup>

## ADD TO ANYTHING

CHORIZO / CARNE ASADA 7  
TURKEY BACON 6  
JALAPENOS 4  
EXTRA CHEESE 4

## SOFT DRINKS

CANNED SODAS 3

CRANBERRY / ORANGE JUICE 6

ICED TEA / LEMONADE 5 / 8

VOSS BOTTLED STILL / SPARKLING 7

La COLOMBE COLD BREW CAN 6

DRAFT 6 / 8

16oz / 24oz

*Killer*

## MARGARITAS

OUR CLASSIC

“DIRTY BIRD” MARGARITA 16/48/88

10oz / 32oz / 50oz

FROZEN “DIRTY BIRD” MARGARITA 16

ADD FRESH FRUIT PUREE 4  
STRAWBERRY MANGO  
WATERMELON

SKINNY

EL JIMADOR, AGAVE NECTAR, FRESH LIME JUICE 17  
SKINNY SPICY +2

SPICY WATERMELON 

JALAPENO INFUSED SILVER TEQUILA, COINTREAU  
LIME JUICE, FRESH WATERMELON JUICE 18

CADILLAC

AVION BLANCO DOUBLE SHOT  
GRAND MARNIER, OJ, FRESH LIME 20

SMOKEY

MONTE LOBOS MEZCAL  
TRIPLE SEC, OJ, FRESH LIME 21

MAKE YOUR OWN MARGARITA &  
CHOOSE YOUR FAVORITE TEQUILA!

10oz 32oz 50oz

## FAVORITES

RANCH WATER

CASAMIGOS TEQUILA MUDDLED LIME, SPLASH SODA 18

THE BPT

OUR SIGNATURE SPIKED TEA  
CITRUS VODKA, ST. GERMAIN BLACK TEA, CRANBERRY,  
LEMON JUICE, AGAVE 16

## WINE

SINGLE 10 BOTTLE 20

*Canned*

## BEER

TECATE MODELLO @ PACIFICO 5

6 pack

# BLUE PARROT EAST HAMPTON

## TAKE OUT MENU

\* FAMILY STYLE TAKE AWAY

\* FOOD & DRINKS

\* CONTACTLESS &  
CURBSIDE PICKUP

AVAILABLE

33A MAIN STREET

blueparroteasthampton.com

(631) 329- 2583