

# PARKERSBURG CARRYOUT MENU

## Flamkist Steaks

Choice of Potato & Texas Toast	Calories	
6-oz Junior Top Sirloin	365	12.99
8-oz Sizzlin Top Sirloin	486	14.99
12-oz Large Sirloin	730	17.99
6-oz Sirloin Tips	365	12.99
12-oz Double Sirloin Tips	730	17.99
8-oz Chopped Steak	558	10.49
10-oz Rib Eye	808	19.99
7-oz Bacon Wrapped Filet	548	20.99
Country Fried Steak	450	12.99
10-oz New York Strip	800	18.99

\*Sides not included in calories

### Sides

	Calories	
Sweet Potato	268	3.29
Baked Potato	256	3.29
French Fries	432	3.19
Onion Rings	530	3.19
Grilled Home Fries	200	3.19
Sauteed Mushrooms	69	3.19
Mac and Cheese	380	2.19
Green Beans	25	2.19
Baked Beans	150	2.19
House Salad	129	4.49
Margarine*Sour Cream*TX Toast	200 * 61 * 171	

### Add to Entrée

	Calories	
Grilled Chicken Breast	208	4.49
Fried Chicken Strips	243	4.49
Shrimp Skewer 10 pcs.	110	4.49
Fried Shrimp 5 pcs.	208	4.49

## Chicken & Seafood

Choice of Potato & Texas Toast	Calories	
Steak & Chicken	573	13.99
Steak & Fried Shrimp	703	13.99
Grilled Chicken Breasts	416	10.99
Grilled Chicken Tips	222	11.49
Double Chicken Tips	416	13.99
Fried Chicken Tenders	486	10.29
Shrimp Dinner	420	12.79
Grilled Fish Dinner	248	10.99
Fried Fish Dinner	451	10.99

\*Sides not included in calories

### Sandwiches

Choice of Potato	Calories	
Philly Steak & Cheese	630	9.49
Chicken Philly & Cheese	664	9.49
Chopped Steak Sandwich	698	8.99
Cheeseburger- 6oz	653	8.99
Hamburger - 6oz	563	8.79
Grilled Chicken Sandwich	365	9.49
Fried Fish Sandwich	528	9.49

\*Sides not included in calories



**37 Neal Run Blvd.  
Parkersburg, WV 26101  
304-893-5444**

## Senior Menu

### Senior's 55 & Above

Choice of Potato & Texas Toast	Calories	
Junior Top Sirloin	365	11.99
Sirloin Tips	365	11.99
Grilled Chicken Tips	208	10.49
Country Fried Steak	450	11.99
Shrimp Dinner	420	11.79

\*Sides not included in calories

### Kid's Menu

#### Kid's 10 & Under

Choice of Potato	Calories	
Cheeseburger - 4oz	367	4.29
Fried Chicken Tenders	243	4.29
Shrimp Dinner	208	5.19
Grilled Cheese Sandwich	412	3.99

\*Sides not included in calories

### TO-GO Beverages

	Calories	
Soft Drinks	0 * 240	1.29
Iced Tea	0 * 121	1.29

### Wings TO-GO

	Calories	
1 Dozen Hot Wings	840	9.99
1 Dozen BBQ Wings	1106	9.99

**Meeting Room Available for Banquets  
& Business Meetings: (304-893-5444)**

**Major Credit Cards Accepted:**

Visa \* Master Card  
American Express \* Discover