**Friday, November 8, 2019**

**TODAY'S MAINS:**
Served with a vegetable and starch of the day

- **Bruin Special: Fettuccine Pasta** $13.95
  - green peas and alfredo sauce
  - SF
- **Breaded Red Snapper** $16.95
  - chipotle aioli and lime wedge
  - GF, SF
- **Grilled Chicken Breast** $15.95
  - wild mushroom sauce
  - GF, DF, SF
- **Roasted Leg Of Lamb** $17.95
  - mint au jus
  - DF, SF, GF

**Poached Salmon W/ Mango & Kale Salad** $14.95
- strawberries, farro, toasted almonds, apples and balsamic dressing
  - SF, DF

**Starches:**
- **Herb Roasted Potatoes**
  - GF, DF, SF
- **Couscous W/ Dried Fruit**
  - GF, DF, SF

**Vegetables:**
- **Mixed Vegetables**
  - GF, DF, SF

**COMPOSED SALADS**
*Mix and Match Any Three*

- **Chicken Caesar Salad** $11.95
  - romaine, shaved parmesan, caesar dressing (contains anchovies)
  - GF, SF
- **Calamari Salad** $11.95
  - bell peppers, onion, olives, capers, arugula and cilantro
  - GF, SF, DF
- **Mango & Kale Salad** $11.95
  - strawberries, farro, toasted almonds, apples and balsamic dressing
  - SF, GF, DF

**A LA CARTE ITEMS:**

- **Sandwich Of The Day:** Pulled Bbq Chicken Sandwich $13.95
- **Soup Of The Day:** Chicken Orzo Soup $5 or $5.5
- **Chili:** Turkey Chilli Beans $5 or $5.5

**VEGETARIAN BAR ITEMS**
*Mix and match your choice of 3 items*

- **Stuffed Sweet Potatoes** $13.95
  - kale, garbanzo, kidney beans, tomato and cilantro cream sauce
- **Quinoa** $11.95
  - fava beans and parsley
  - DF, SF
- **Roasted Vegetables** $11.95
  - GF, DF, SF