**TODAY'S MAINS:**

_Served with a vegetable and starch of the day_

- **Bruin Special: Orecchiette W/ Cherry Tomatoes, Spinach & Basil** $13.95
  - parmesan cheese
  - SF
- **Grilled Barramundi W/ Citrus Salsa** $16.95
  - mango, lime, cilantro, red bell pepper, green onion
  - GF, SF, DF
- **Roasted Chicken Breast** $15.95
  - creamy turmeric sauce
  - SF, GF
- **Roasted Pork Loin W/ Apple Compote** $16.95
  - madeira sauce
  - SF, GF, DF
- **Poached Salmon W/ Nicoise Salad & Little Gem** $14.95
  - green beans, tomatoes, eggs, potatoes, olives
  - SF

**Starches:**
- **Mashed Potatoes**
  - GF, SF, DF
  - OR
- **Jasmine Rice**
  - GF, DF, SF

**Vegetables:**
- **Roasted Broccoli**
  - GF, DF, SF
  - OR
- **Roasted Beets**
  - GF, DF, SF

**COMPOSED SALADS**

_Mix and Match Any Three_

- **Chicken Caesar Salad** $11.95
  - romaine, shaved parmesan, ceasar dressing (contains anchovies)
  - GF, SF
- **Avocado & Citrus Salad** $11.95
  - watercress, red onion, oranges, almonds, dill & mustard dressing
  - SF
- **Nicoise W/ Little Gem, Tuna & Green Beans** $11.95
  - potatoes, tomatoes, boiled eggs, olives
  - SF, GF, DF

**A LA CARTE ITEMS:**

**Sandwich Of The Day:** Turkey Club Sandwich $13.95
- tomato, lettuce, bacon & mayo on whole grain bread

**Soup Of The Day:** Cauliflower & Cheddar Soup
- $5 or $5.5
- Chili: Turkey Chilli Beans $5 or $5.5

**VEGETARIAN BAR ITEMS**

_Mix and match your choice of 3 items_

- **Spinach & Ricotta Lasagne** $13.95
  - w' pomodoro sauce
  - SF
- **Farro W/ Mushrooms, Garlic, Fava Beans** $11.95
  - DF, SF
- **Roasted Vegetables** $11.95
  - GF, DF, SF