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

*Bruin Special: Orecchiette*  $11.95
pomodoro and andouille sausage and spinach
  SF

*Pan Seared Sole*  $15.95
leek, onion, sun dried tomato and cream sauce
  GF, SF

*Grilled Chicken Breast*  $14.95
fennel, tomatoes and red pepper coulis
  DF

*Grilled Hanger Steak*  $15.95
green onion, sesame seeds and teriyaki sauce
  DF

*Cold Poached Salmon*  $13.95
cous cous salad
  GF, DF, SF

**Starches:**
*Basmati Rice With Lentils*  
GF, DF, SF

*Or*

*Roasted Fingerling Potatoes*  
GF, DF, SF

**Vegetables:**
*Mixed Sauteed Greens Spinach, Kale And Swiss Chard*  
GF, DF, SF

*Or*

*Roasted Turnips*  
GF, DF, SF

**COMPOSED SALADS**
Mix and Match Any Three

*Chicken Caesar Salad*  $11.95
grilled chicken breast, romaine lettuce, grated parmesan, croutons and caesar dressing (contains anchovies)
  SF

*Pearl Cous Cous Salad*  $11.95
zucchini, bell peppers, onion, parsley, eggplants, baby arugula, lemon vinaigrette
  SF, DF

*South Western Chicken Salad*  $11.95
avocado, jicama, black beans, sweet corn, tortilla strips, cilantro vinaigrette
  GF, SF, DF

**A LA CARTE ITEMS:**

**Sandwich Of The Day:**  Pulled Duck Sandwich
  *bbq sauce and coleslaw on brioche bun*

**Soup Of The Day:**  Creamy Shrimp And Corn Soup  
$4 or $5

*Chili:*  Turkey Chili  $3.75 or $4.75

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

*Stuffed Bell Pepper*  $10.95
  *wild rice and soy chorizo*
  SF

*Farro And Green Peas*  $10.95
  DF, SF

*Grilled winter Vegetables*  $10.95
  GF, DF, SF