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

Bruin Special: Penne Pasta Bake  $ 11.95
lentils, butternut squash, sugo & mozzarella  
SF

Baked Fillet Of Alaskan Cod  $ 16.95
red pesto (red peppers, basil, pinenuts, garlic, sun dried tomatoes, olive oil) 
GF, SF

Thai Red Chicken Curry  $ 14.95
chicken breast, coconut, onions, green beans, bell pepper 
GF, DF, SF

Chargrilled New York Steak  $ 15.95
red wine & mushroom sauce 
GF, DF, SF

Poached Salmon  $ 14.95
roasted cauliflower, red quinoa, avocado & feta  
SF

Starches: 
Jasmine Rice  
GF, DF, SF 
OR
Herb Crushed Potatoes  
GF, DF, SF 
Vegetables: 
Green Beans  
GF, DF, SF 
OR
Sweet Potato & Butternut Squash  
GF, DF, SF

COMPOSED SALADS
Mix and Match Any Three

Chicken Caesar Salad  $ 11.95
romaine, chicken, boiled eggs, parmesan, caesar dressing (contains anchovies)  
SF

Insalata Caprese  $ 11.95
vine tomatoes, mozzarella, basil, extra virgin  
GF, SF

Roasted Cauliflower & Red Quinoa Salad  $ 11.95
cauliflower, red quinoa, feta, avocado chickpeas and arugula  
DF, SF

A LA CARTE ITEMS:

Sandwich Of The Day:  Chicken Pesto
chicken, pesto, sun dried tomatoes, avocado, arugula and mayo

Soup Of The Day:  Curried Cauliflower
$ 4 or $ 5

Chili:  Turkey Chili Beans  $ 3.75 or $ 4.75

VEGETARIAN BAR ITEMS
Mix and match your choice of 3 items

Sweet Potato, Black Bean Enchiladas  $ 10.95
corn tortillas, onions, sweet potato, black beans, guajillo chiles, cotijo cheese  
GF, SF

Cilantro Rice  $ 10.95  
GF, DF, SF

Grilled Spring Vegetables  $ 10.95
eggplant, bell peppers, zucchini, asparagus  
GF, DF, SF