Monday, August 26, 2019

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

Bruin Special: Mac And Cheese $11.95
bacon and bread crumbs

Grilled Barramundi $16.95
baby tomatoes, basil lemon juice, extra virgin olive oil

Pan Sared Chicken Breast $15.95
roasted bell peppers coulis, fennel salad

Grilled Hanger Steak $16.95
teriyaki sauce and beans sprouts

Poached Salmon $13.95
kale salad

Starches:
Steam Rice With Sesame Seeds
GF, DF, SF
OR
Fingerling Potatoes With Herbs
GF, DF, SF

Vegetables:
Roasted Brussel Sprouts
GF, DF, SF
OR
Zucchini With Pesto
GF, DF, SF

COMPOSED SALADS
Mix and Match Any Three

Chicken Cesar Salad $11.95
romaine lettuce, parmesan, ceasar dressing (contains anchovies)

Kale Salad $11.95
roasted vegetables, toasted almonds, quinoa, goat cheese and balsamic dressing

Tuna Nicoise Salad $11.95
boiled eggs, kalamata olives, capers, red onion, green beans, mixed green and lemon dressing

A LA CARTE ITEMS:

Sandwich Of The Day: Duck Breast Sandwich
brie cheese, baby arugula, dried figs, olives
pesto on walnut bread

Soup Of The Day: Chicken Cilantro Soup
$4 or $5

Chili: Turkey Chili Beans $3.75 or $4.75

VEGETARIAN BAR ITEMS
Mix and match your choice of 3 items

Thai Red Curry Vegetables $10.95
zucchini, cauliflower, carrots, potatoes, sweet potatoes

Cumin Basmati Rice $10.95

Grilled vegetables $10.95