

APRIL 27-MAY 3



WE OFFER BLUE
PLATE SPECIALS
Lunch 11:30-1:00 pm
Dinner **4:30-6:30 pm**
Extended Hours

MENU

A LA CARTE
Entree/L.S. \$3.00
Veg/Starch \$1.00
Baked/Sw. Pot \$1.00



LUNCH

Monday

Chicken Divan, parmesan orzo, *steamed vegetable medley

L.S. Grouper

Tuesday

*Sliced ham, *vegetable wild rice, *glazed carrots

L.S. Salmon

Wednesday

*Salmon w/ orange glaze, *yams, *sauteed squash & zucchini

L.S. Cod

Thursday

Beef stroganoff over egg noodles, *steamed Bermuda vegetables, * steamed peas

L.S. Salmon

Friday

Fried clam strips, *pasta salad, *apple slaw

L.S. Pork ribeye

Saturday

Hamburger or hot dog w/ fixings, *warm potato salad, *vegetarian baked beans

L.S. Grouper

Sunday

Fried chicken (white or dark) or Spinach, tomato, & Swiss quiche, *mashed potatoes, *creamy cucumber salad

L.S. Steamed shrimp (6)

Omelets: \$2.50 plus toppings, Pancake Platter \$4.50 (Sundays, 11:30-1:30)

****Low sodium may be substituted for daily protein****

Daily Soups

\$1.75/\$3.00/\$6.00

Monday -Chicken noodle (GF pasta available), Corn chowder

Tuesday -Brunswick stew, Tortellini

Wednesday -*Chili, Split pea

Thursday -*Tuscan white bean, Creamy ham & potato

Friday -Chicken stew, Cheeseburger

Saturday -*Polish cabbage, Red pepper & gouda

Sunday -Seafood gumbo, Tomato basil

DINNER

Monday

Lasagna, *Italian salad, roasted asparagus garlic toast (.50)

L.S. Grouper

Tuesday

*Carved NY strip, *rice pilaf, *sauteed green beans

L.S. Salmon

Wednesday

*Corned beef, *parsley potatoes, *braised cabbage

L.S. Cod

Thursday

(2)beef tacos (*hard or soft shell), *Spanish rice, *plantains

L.S. Salmon

Friday

Shrimp lo mein, *steamed broccoli, pork egg roll

L.S. Pork ribeye

Saturday

Short ribs w/ mushroom demi-glace, *Greek lemon potatoes, *corn

L.S. Grouper

Sunday

Ham & cheese pasta bake, *succotash, *steamed dill carrots

L.S. Steamed shrimp (6)

Pancakes available Sunday dinner (4:30-6:30)

Featured Desserts

Chocolate tort (GF) \$2.50

Strawberry cream pie \$2.50

Tres leches sheet cake \$2.50

Ice cream scoop \$1.00 Peach, Moose tracks, Butter pecan, Vanilla, Pistachio

*** denotes gluten free**

Brook Bistro

MONDAY — SUNDAY from 11:30 AM - 2:00 PM, AND 4:00 PM - 6:30 PM

SALADS AND SUCH

House Salad*	1.75/3.25
Spring mix, cucumber, tomato, & onion	
Caesar Salad	2.00/3.50
Romaine, parmesan cheese, croutons, Caesar	
Greek Salad*	2.50/4.50
Iceberg, cucumbers, tomatoes, kalamata olives, feta cheese, Greek dressing	
Smoked Salmon Platter	6.00
3 oz smoked salmon, boiled egg, capers, red onions, rye toast points, dill cream sauce	
Hummus*	4.00
Served with pita chips	
Choice of Dressings:	
Greek, ranch, honey mustard, blue cheese, Italian, balsamic, raspberry, Caesar, 1000 island, oil & vin.	

FEATURED SALADS

Shrimp or Chicken Caesar Salad	6.00
Steamed shrimp or grilled chicken, romaine lettuce, parmesan cheese, croutons and Caesar dressing	
Asian Chicken Salad	6.50
Spring mix, tomatoes, onions, mandarin oranges, toasted almond slices, chow mien noodles, Asian dressing	
Chef Salad*	6.50
Ham, turkey bacon, tomato, cucumber, egg, cheddar cheese, ranch dressing	
Sunshine Chicken Salad*	7.00
Grilled chicken, raisins, mandarin oranges, almonds, poppyseed dressing	

FLATBREADS

Philly Flatbread	6.00
Sliced beef, bell peppers, onions, mozzarella, mayo	
Margherita Flatbread	6.00
sliced tomatoes, sliced fresh mozzarella, pesto	
Marinara & Mozz (add'l toppings .50 each)	5.00
marinara, pesto, or olive oil, pepperoni, sausage, ham, banana peppers, mushrooms, peppers, onions	

SANDWICHES AND WRAPS

California Club**	7.00
Sliced ham & turkey, avocado, Swiss cheese, bacon, lettuce, tomato, mayonnaise on toasted white bread	
Italian Sub	6.50
Salami, pepperoni, ham, provolone cheese, lettuce, tomato, and Italian dressing on a hoagie bun	
Caesar Chicken Wrap	6.00
Chicken, romaine lettuce, tomatoes, parmesan cheese, Caesar dressing in a spinach wrap	
Peanut Chicken Wrap	6.00
Chicken, shredded cabbage & carrots, peanuts, cilantro, in a tortilla with peanut sauce on the side	
BLT**	4.00
4 pieces of bacon, lettuce, tomato, mayonnaise on your choice of toasted bread	
Chicken, Tuna, or Egg Salad Croissant**	4.00
Lettuce & tomato	
Pimento Cheese Sandwich**	3.50
On untoasted bread	
Build your Own Sandwich**	4.00
Ham, turkey, or corned beef on white, wheat, rye, croissant or brioche bun. With lettuce and tomato	
1/2 Sandwich & Soup**	4.25
BLT, chicken, tuna or egg salad & a cup of soup	
Tuna Melt**	4.50
House made tuna salad & Swiss cheese on your choice of grilled bread	
Greek Melt(vegetarian)**	4.50
Feta cheese, kalamata olives, roasted red pepper, mozzarella cheese, tzatziki sauce	
Cuban Panini	6.50
Sliced ham, pulled pork, pickle slices, Swiss cheese, and Dijonaise	
Pastrami Panini	5.00
Sliced pastrami, Swiss cheese, & Dijon mustard	
Chicken Philly	6.00
Thinly sliced chicken, sauteed peppers, onions, & provolone cheese on a hoagie roll	

WC Burger**	5.00
<i>Burger patty, lettuce, tomato, onion, on a Brioche bun</i>	
Hamburger Patty (plain)*	4.00
Hamburger Steak	5.00
<i>With sauteed onions, mushrooms, & gravy</i>	
1/8 lb. or 1/4 lb. Loaded Nathan's Hot Dog	3.25/4.00
<i>Ketchup, mustard, onions, relish, & chili available</i>	
Corned Beef or Turkey Reuben**	5.00
Grilled Cheese Sandwich**	2.25
Cheese Quesadilla	3.00
Chicken & Cheese Quesadilla	4.50
Grilled Chicken Breast*	3.00
Chicken Finger Platter	4.50
<i>3 tenders, shoestring fries, slaw</i>	
Palmetto Chicken	4.50
<i>Grilled chicken breast, sauteed onions & mushrooms, roasted red pepper sauce</i>	
Fish & Chips	6.50
<i>6 oz of cod, beer battered, with potato wedges</i>	

SIDES

Coleslaw or Potato Salad*	1.00
Baked or Sweet Potato*	1.25
Shoestring Fries or Sweet Potato Fries*	1.25
Onion Rings	1.50
Brown Rice*	1.00
Salad Feature	1.25
Fresh Seasonal Fruit*	1.25
Selection of Chips	1.25
Cottage Cheese* (add berries .50)	1.25
Applesauce*	.50

BEVERAGES

Canned Soda	1.00
Fountain Soda	1.25
Dunkin Donuts Iced Coffee	3.00
Bottled Juice/Naked Fruit Juice	1.50/3.00
Bottled Water	1.20
Gatorade	2.00
Gold Peak Tea	2.00
Ensure	2.00
Milk	1.00
V8-can	1.20

DESSERTS

Assorted Cookies (1)	1.25
Fudge Brownie	1.50
Desserts of the Week	2.50
Ice Cream Bars/Cups	1.50/1.00

**Gluten free hamburger bun and sliced bread available upon request

*Denotes gluten free item



*Happy
Mother's Day*

MAIN COURSE

Beef Tenderloin with Red Wine Demi-Glace
Grouper with Butter Sauce

SIDES

Herb Roasted Fingerling Potatoes
Wild Rice Pilaf
Sweet Potato Casserole with Marshmallows
Broccoli Casserole
Lima Beans
Roasted Acorn Squash
Spinach, Strawberry, Feta, and Pecan Salad
Spirali Garden Pasta Salad

DESSERT

Cheese Cake with Strawberries
Banana Pudding

