

JUNE 1-7



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

MENU

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



LUNCH

Monday

Country fried steak w/ white gravy, mashed potatoes & gravy, *fresh corn on the cob

L.S. Grouper

Tuesday

*Roasted pork loin, *rice pilaf, *sauteed green beans

L.S. Salmon

Wednesday

*Artichoke salmon, creamed spinach, *sauteed squash & zucchini

L.S. 4 grilled chicken tenders

Thursday

Swedish meatballs over egg noodles, *steamed Bermuda vegetables, *peas

L.S. Salmon

Friday

Fried chicken sandwich(GF bun available), *potato wedges, *fruit salad

L.S. Pork ribeye

Saturday

Crab cake, *wild rice, *Waldorf salad

L.S. Grouper

Sunday

Fried chicken (white or dark), *sausage & cheese breakfast casserole,*cheddar mashed potatoes, asparagus casserole

L.S. (6) steamed shrimp

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, Tomato soup

Wednesday -*Chili, Chicken & dumpling

Thursday -*Tuscan white bean, Creamy ham & potato

Friday -*Egg drop, Cheeseburger

Saturday -*Polish cabbage, Red pepper & gouda

Sunday -*15 bean soup, Mushroom brie

DINNER

Monday

Chicken Divan, *white rice, *steamed vegetable medley

L.S. Grouper

Tuesday

Chicken parmesan over spaghetti, *steamed carrots, *sauteed mushrooms

L.S. Salmon

Wednesday

Bratwurst w/ sauerkraut, *roasted potatoes, *German green beans

L.S. 4 grilled chicken tenders

Thursday

*Cilantro lime chicken thighs, *Spanish rice, *fiesta bean salad

L.S. Salmon

Friday

Shrimp lo mein, *steamed broccoli, vegetable egg roll

L.S. Pork ribeye

Saturday

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

L.S. Grouper

Sunday

Stuffed pasta shells w/ Alfredo sauce, fried zucchini, *roasted cauliflower

L.S. (6) steamed shrimp

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

Featured Desserts

Oreo surprise \$2.50

Custard pie \$2.50

Mississippi mud pie \$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

Chefs Creations

AT THE BISTRO
JUNE 11TH

Course 1

Southwestern Egg Rolls

or

West Indies Crab Salad

or

House or Caesar

Course 2

6 oz Filet with a Red Wine Reduction, Twice Baked
Potato, Mozzarella & Balsamic Baked Tomato

or

Pistachio Crusted Sea Bass, Twice Baked potato,
Mozzarella & Balsamic Baked Tomato

Course 3

Caramel Sea Salt Cheesecake

or

Peanut Butter Pie

\$20 per person

DINNERS ARE TO-GO ONLY. MUST BE RESERVED BY
JUNE 9TH. CALL 7490 TO RESERVE. 5:00, 5:15, 5:30
PICKUP TIMES