

# Brook Bistro

MONDAY — THURSDAY FROM 11:30 AM UNTIL 6:00 PM & FRIDAY FROM 11:30 AM UNTIL 2:00 PM

## SALADS

House salad	1.20/2.40
Caesar salad	1.20/2.40
Greek salad	1.80/3.00
Smoked salmon platter	6.00

### Choice of dressings:

Greek, ranch, honey mustard, blue cheese, Italian, balsamic, raspberry, Caesar, 1000 island

## SANDWICHES + WRAPS

BLT	3.60
Chicken, tuna, or egg salad croissant	3.60
Pimento cheese sandwich	3.60
Build your own sandwich	3.60
ham, turkey, or corned beef on white, wheat, sourdough, rye, croissant or brioche bun	
1/2 sandwich + soup	3.60
blt, chicken, tuna or egg salad + a cup of soup	

## SIDES

Coleslaw	0.90
Waffle fries	0.90
Shoestring french fries	0.90
Onion rings	0.90
Sweet potato fries	0.90
Selection of chips	0.90

## BEVERAGES

Canned soda	0.90
Coffee	0.90
Dunkin donuts iced coffee	3.00
Bottled juice	1.20
Bottled water	1.20
Gatorade	1.50
Gold peak tea	1.50
Ensure	1.50
Milk	0.90
Lactaid	1.50

### BISTRO SPECIAL OF THE WEEK

#### Southwest Chicken Wrap 4.20

Diced chicken, sliced bacon, tomatoes, sliced avocado, Cajun mayonnaise, on a spinach wrap

## FEATURED SALADS

<b>Trio Salad</b>	4.80
A scoop of chicken salad, tuna salad, and pimento cheese on a bed of lettuce. Served with crackers	
<b>Asian chicken salad</b>	4.80
spring mix, tomatoes, onions, mandarin oranges, toasted almond slices, chow mien noodles, Asian dressing	
<b>Chef salad</b>	4.80
ham, turkey bacon, tomato, cucumber, egg, cheddar cheese, ranch dressing	
<b>Sunshine chicken salad</b>	4.80
grilled chicken, raisins, mandarin oranges, almonds, poppyseed dressing	

## FEATURED SANDWICHES

<b>California club</b>	4.20
sliced ham & turkey, avocado, swiss cheese, bacon, lettuce, tomato, mayonnaise on toasted white bread	
<b>Grilled chicken sandwich</b>	4.80
grilled chicken breast, honey mustard, bacon, swiss cheese on a brioche bun	
<b>Hot ham &amp; cheese</b>	4.20
ham with melted swiss, spicy mustard on rye toast	
<b>Greek wrap</b>	4.20
grilled chicken, iceberg lettuce, diced tomatoes, cucumber, olives, tzatziki sauce, feta cheese in a spinach wrap	

## FLATBREADS

<b>Hawaiian flatbread</b>	5.40
diced pineapple & ham, marinara, mozzarella	
<b>Margherita flatbread</b>	5.40
sliced tomatoes, sliced fresh mozzarella, pesto	
<b>Build your own</b>	5.40
marinara, pesto, or olive oil, pepperoni, sausage, mushrooms, peppers, onions, spinach, cheddar or mozzarella	

# ARBOR ROOM LUNCH MENU

FOR THE WEEK OF APRIL 22ND | SERVED FROM 11:30 AM UNTIL 1:30 PM

## MONDAY

Vegetable beef soup  
Chicken chowder

Roasted fingerling potatoes (GF)  
*Low sodium protein: Chicken Breast* (GF)

Beef goulash  
(GF) \*Baked tilapia  
(GF) \*Sautéed garlic mushrooms  
(GF) \*Roasted brussels sprouts

## TUESDAY

Beef & potato soup  
Butternut squash soup

\*Mashed sweet potatoes (GF)  
*Low sodium protein: Pork Tenderloin* (GF)

(GF) BBQ pulled pork  
Fried catfish  
Pinto beans  
(GF) \*Steamed squash & zucchini

## WEDNESDAY

Chicken & rice soup  
Red pepper bisque

Fried rice (GF)  
*Low sodium protein: Salmon* (GF)

Teriyaki chicken  
(GF) \*Sweet chili shrimp  
(GF) \*Stir fry vegetables  
Egg rolls

## THURSDAY

Beef & barley soup  
Broccoli cheese soup  
Garlic Toast  
Buttered Spaghetti  
*Low sodium protein: Cod* (GF)

Spaghetti with meat sauce  
Herb crusted cod  
(GF) Buttered asparagus  
(GF) Stewed tomatoes & okra

## FRIDAY

Corn beef and cabbage soup  
Zuppa Toscano soup

Angel hair pasta  
*Low sodium protein: Shrimp* (GF)

Garlic parmesan shrimp  
Pesto chicken with pesto cream sauce  
(GF) \*Lemon green beans  
(GF) \*Roasted Cauliflower

## SATURDAY

Chili  
Pork & bean soup  
Carrots & celery sticks  
Potato salad  
*Low sodium protein: Chicken Breast* (GF)

Chicken wings  
Pepperoni flat bread  
(GF) Caesar salad  
Baked beans

## SUNDAY

French onion soup  
Turkey chowder  
French Toast  
Made to order omelet (\$3.60)  
*Low sodium protein: Pork Tenderloin* (GF)

Fried chicken  
(GF) Honey Ham Glazed  
(GF) Broccoli with cheese sauce  
(GF) \*Sautéed green beans  
Macaroni & cheese

# ARBOR ROOM DINNER MENU

FOR THE WEEK OF APRIL 22ND | SERVED FROM 4:30 PM UNTIL 6:30 PM

## MONDAY

Vegetable beef soup  
Chicken chowder

Mashed potatoes (GF)  
*Low sodium protein: Chicken Breast* (GF)

(GF) Beef medallion with onion gravy  
Coconut shrimp  
(GF) \*Steamed broccoli, cauliflower, carrots  
Corn fritters

## TUESDAY

Beef & potato soup  
Butternut squash soup

Wild rice (GF)  
*Low sodium protein: Pork tenderloin* (GF)

Chicken Pot pie  
Pork tenderloin with Marsala cream sauce  
(GF) \*Grilled Asparagus  
(GF) \*Citrus herb beets

## WEDNESDAY

Chicken and rice soup  
Red pepper bisque

Spinach creamy orzo  
*Low sodium protein: Salmon* (GF)

(GF) Boneless short ribs  
Salmon w/ hollandaise  
(GF) \*Steamed broccoli  
(GF) \*Sautéed spinach

## THURSDAY

Beef & barley soup  
Broccoli cheese soup

Boiled red potatoes\* (GF)  
*Low sodium protein: Cod* (GF)

(GF) Corned beef  
Baked chicken thigh with apricot glaze  
(GF) \*Roasted vegetable medley  
(GF) Roasted fennel & Cabbage

## FRIDAY

Corn beef and cabbage soup  
Zuppa Toscano soup

Rice pilaf  
*Low sodium protein: Shrimp* (GF)

(GF) Herb baked bone-in chicken  
BBQ pork ribs  
(GF) \*Sautéed garlic zucchini  
Fried okra

## SATURDAY

Chili  
Pork & bean soup  
Cranberry sauce  
Mashed potatoes (GF) & turkey gravy  
*Low sodium protein: Chicken Breast* (GF)

(GF) Roasted turkey  
(GF) Beef tips  
(GF) \*Honey thyme carrots  
(GF) Steamed broccoli

## SUNDAY

French onion soup  
Turkey chowder  
French Toast  
Made to order omelet(\$3.60)  
*Low sodium protein: Pork Tenderloin* (GF)

(GF) Maple glazed pork tenderloin  
Mushroom ravioli w/ Alfredo sauce  
(GF) \*Roasted fingerling potatoes  
(GF) \*Parmesan asparagus  
(GF) \*Buttered Peas and carrot

# ARBOR ROOM CAFÉ

## FROM THE GRILL

<b>Wesley commons burger</b>	<i>4.20</i>
<b>1/4 lb. all beef hot dog</b>	<i>3.00</i>
<b>Corned beef or turkey Reuben</b>	<i>4.20</i>
<b>Grilled cheese sandwich</b>	<i>1.80</i>
<b>Cheese quesadilla</b>	<i>2.40</i>
<b>Chicken quesadilla</b>	<i>3.00</i>
<b>Grilled chicken breast</b>	<i>3.00</i>
<b>Hamburger patty</b>	<i>3.00</i>
<b>Chicken finger platter</b>	<i>3.60</i>
<b>Build your own sandwich</b>	<i>3.60</i>

ham, turkey, or corned beef on white, wheat, sourdough, rye, croissant or HB bun

### Grill Special

Blue Burger 4.20

Grilled hamburger topped with melted blue cheese, onion straws, lettuce, tomato, on a bun

## SALAD BAR

**2.40 small bowl | 4.20 large bowl | 0.90 salad feature (small container)**

spring mix, chopped iceberg, diced cucumbers, cherry tomatoes, diced eggs, sliced onion, sliced mushrooms, olives, fresh seasonal fruit, cheddar, mozzarella, feta, croutons, sliced olives, salad feature

### choice of dressings:

Greek, ranch, honey mustard, blue cheese, Italian, balsamic, raspberry, Caesar, 1000 island

## SIDES

<b>Baked or sweet potato</b>	<i>0.90</i>
<b>Sweet potato fries</b>	<i>0.90</i>
<b>Coleslaw</b>	<i>0.90</i>
<b>Waffle fries</b>	<i>0.90</i>
<b>Shoestring French fries</b>	<i>0.90</i>
<b>Onion rings</b>	<i>0.90</i>
<b>Fresh seasonal fruit</b>	<i>0.90</i>
<b>Activia yogurt</b>	<i>1.20</i>
<b>Selection of chips</b>	<i>0.90</i>

## DESSERTS

<b>Assorted cookies (1)</b>	<i>0.90</i>
<b>Fudge brownie</b>	<i>1.20</i>
<b>Assorted dessert</b>	<i>2.10</i>