

# Bauman Bistro

## TODAY'S FEATURED SELECTIONS

### ●Smoked Beef Tenderloin

*green peppercorn Brandy demi glaze*

### ●Salmon Provençal (Gluten Free)

*sautéed capers, olives, tomatoes, red onions, white wine*

### Chicken Parmesan

*Panko breaded chicken, mozzarella, parmesan, tomato sauce*

### \* Eggplant Rollatini

*Eggplant ricotta, parmesan cheese, tomato sauce, green beans*

### Mediterranean Quinoa Bowl (Gluten Free)

*Kalamata olives, roasted peppers, tomato, arugula, Feta cheese, crispy chickpeas,  
Lemon Oregano Dressing*

**\*Vegetarian or with grilled chicken**

### ●The Well-Spring Classic Combo Burger

*grilled fresh ground beef patty, Apple Smoked Bacon, cheddar cheese,  
lettuce, tomato, Dijon mayonnaise sauce on the side*

**\*specialty burgers can be made vegetarian**

### Marinated Grilled Chicken Breast

## SIDES

\*Wilted Spinach with Roasted Peppers,  
Garlic and Olive Oil

Broccoli with Garlic Butter

Linguini Noodles

Au Gratin Potatoes

## SALADS

Tossed Salad      Fruit Cup

## SOUPS

\*Roasted Red Pepper  
& Shoepeg Corn Chowder

Low-Sodium \*Roasted Red Pepper  
& Shoepeg Corn Chowder

## BREADS

Assorted Muffin  
Ciabatta Bread

\* Vegetarian

● Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness.

Monday 4

## FEATURED SANDWICHES

**Turk-cumber Wrap** Fresh sliced turkey breast, baby spinach, tomato slice, shredded carrots, Boursin cheese cucumber spread in a spinach tortilla with a side of Honey Dijon Dill dressing

**Panini Melt** Grilled chicken, spinach and mozzarella cheese on Sunflower Panini Bread

## ADDITIONAL ENTREE SELECTIONS

### Homemade Salad Plates

Served over mixed greens with tomatoes, cucumbers, carrots, grapes and strawberries

*Chicken Salad, Tuna Salad, Egg Salad or Pimento Cheese*

### Sandwiches

Served on your choice of bread, with lettuce, tomato, pickle spear and your choice of sides

*Homemade Chicken Salad, Tuna Salad, Egg Salad or Pimento Cheese*

**Cold Cuts** *Roast Beef, Turkey Breast or Ham*      **Cheeses** *American, Cheddar or Swiss*

### Bread (toasted or not toasted)

*Wheat, White, Rye, Pumpernickel, Panini, Croissant or Multigrain*

**Hebrew National Hot Dog** served with chili, onions, coleslaw, pickle relish and dill pickle

**Smoked Atlantic Salmon & Bagel Platter** served with cream cheese, onion slices, tomatoes, lettuce and capers

**Regular or "Beyond" Vegetable Burger** served on a grilled bun with lettuce, tomato, onion slice and dill pickle

**Sides** *Coleslaw, Potato Chips, French Fries or Potato Salad*

## DESSERTS

### Regular and Sugar-Free Dessert of the Day

**Ice Cream** *Vanilla, Chocolate, Coffee, Lemon Ice, Frozen Yogurt or Weekly Choices*

**Fresh Fruit** *Apple, Orange or Banana*

**Sugar Free Ice Cream** *Weekly Choices*

### Pudding Parfait

**Jell-O Parfait** *regular or sugar-free*

**Assorted Cookies**

## BEVERAGES

**Coffee, Iced Tea and Hot Tea**

**Juice** *orange, apple, cranberry, V-8, tomato, prune, lemonade, grapefruit*

**Soft Drinks** *Coke, Diet Coke, Sprite, Sprite Zero, Ginger Ale, Root Beer or Fanta Orange*

**Milk** *Whole, 2%, Skim or Buttermilk*