

REFLECTIONS



Bistro

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Soups / Appetizers

Home-Style Chicken Noodle Soup

Home-style egg noodles, diced carrot, celery, sweet onions and chunks of chicken in a seasoned chicken broth
Cup \$1.99 Crock \$2.59

New England Corn Chowder

Fresh potatoes, onions, and corn in a cream stock made just the way Grandma made it
Cup \$1.99 Crock \$2.59

Soup du Jour

Please ask your server for today's Manager's Special

Chicken Wing Pizza

Fresh prepared flat bread pizza topped with blue cheese, buffalo style chicken, and mozzarella cheese
\$4.99

House made BBQ Chicken Quesadilla

Boneless BBQ chicken, red onion, and cheddar cheese sandwiched between two flour tortillas, served with a side of salsa
\$4.59

Thai-Style Spring Rolls

A refreshing blend of oriental rice and fresh vegetables served with a house made dipping sauce
\$3.99

Salads

Cranberry Walnut Salad

Fresh spring mix salad, mandarin oranges, sugar glazed walnuts, dried cranberries, topped with crumbly gorgonzola cheese and croutons dressed with raspberry vinaigrette
Large \$6.39

Classic Cobb Salad

Grilled chicken breast, hard-boiled egg, gorgonzola cheese with chopped tomatoes & marinated artichoke hearts garnishes house greens
Large \$6.99

Caesar Salad

Fresh crisp Romaine lettuce, sweet red onion and house made toasted croutons tossed in Caesar's dressing, served with fresh baked cheese crisps
Large \$6.39
Add tuna salad or grilled chicken breast for a \$1.50 more

Reflections Bistro Steak Salad

Delicate field greens, lightly seasoned steak filets cooked to your liking, walnuts, gorgonzola cheese, fresh croutons, and our house made zesty balsamic vinaigrette
Large \$6.99

Mixed Green Salad

Fresh salad greens garnished with the garden's finest vegetables
Small \$2.59 Large \$4.79
Add tuna salad or grilled chicken breast for a \$1.50 more

(Dressings: Bleu Cheese, Ranch, Thousand Island, Lite Raspberry Vinaigrette, Balsamic Vinaigrette, House-made Italian dressing)

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Sands

(All sandwiches are accompanied with French Fries & Pickle spear)

Bistro Burger

6 oz. USDA ground beef piled high with crisp lettuce, tomato and Bermuda onions
\$5.69 cheese add .30

Additions: crisp bacon, caramelized onions, sautéed mushrooms, roasted red peppers .50 each

Firebird Chicken Sandwich

Grilled marinated chicken breast with melted cheddar cheese topped with crisp bacon and piled high with crisp lettuce, tomato and Bermuda onions
\$5.79

Class Club

Fresh roasted breast of turkey with crisp bacon, lettuce, tomato, & mayonnaise on toasted whole wheat or white bread triple-decker style
\$5.39

Roast Beef Panini

Thin sliced roast beef, Swiss cheese, red onion, lettuce, and a special seasoned panini sauce served on grilled panini sandwich bread
\$5.99

Roasted Turkey Panini

Roasted turkey breast, cheddar cheese, thin sliced apples, leaf lettuce, chopped walnuts and our zesty panini sauce served between two slices of toasted panini bread
\$5.99

Tuna Panini

Our special recipe tuna salad, brunoise vegetables, American cheese, leaf lettuce, tomatoes and red onions with mayonnaise, salt and pepper, all served on grilled panini sandwich bread
\$5.99

Buffalo Wing Wrappini

Boneless chicken tossed in a spicy wing sauce served with blue cheese dressing, lettuce, and tomato on a grilled flour tortilla
\$5.79

Vegetarian Wrappini

Fresh grilled portabella mushrooms, zucchini, sweet onions, eggplant, and roasted red peppers, marinated in white wine, served on a grilled tomato basil wrap with fresh mozzarella cheese
\$5.89

Please communicate with us any allergies or dietary restrictions.

Mains

(Served with house salad or cup of soup)

Chicken Gemelli Carbonara

Sliced chicken breast in a rich creamy sauce of mushrooms, crispy bacon, snow peas, roasted red peppers and spices served with gemelli pasta, and garnished with sliced black olives
\$6.69

Catch from the Sea

Broiled or poached haddock served with fresh vegetables, and choice of French Fries or our starch of the day (Spice up your day with Cajun or lemon-pepper seasoning at no additional charge)
\$7.39

New York Strip Steak Frites

USDA choice New York Strip steak served with French fries and vegetables (add sautéed mushrooms for .50)
\$7.99

Chicken French

Lightly battered chicken breast sautéed in a sherry parmesan lemon sauce served over angel hair pasta
\$6.99

Chicken Breast Tenderloins

Seasoned white meat chicken golden fried and served with French fries and honey mustard or BBQ sauce
\$6.29

Cajun Chicken Alfredo

Spicy seasoned chicken breast, sundried tomatoes and mushrooms, prepared in a white Alfredo sauce and served over penne pasta
\$6.69

Sides

French Fries, Steamed Vegetables du Jour, Deep Fried Onion Rings \$1.99

Sweets

Arborio Rice Pudding made fresh by the team of MCC Chefs \$2.49

Chocolate or Vanilla Ice cream \$1.99

Hot Brownie Sundae \$3.29

Beverages

Pepsi, Diet Pepsi, Sierra Mist, Diet Sierra Mist, Orange \$1.39

Unsweetened Iced Tea or Lemonade (free refills) \$1.39

100% Colombian Coffee, Hot Tea (free refills) \$1.39

Hot Chocolate & whipped cream or Espresso \$1.59

Cappuccino or Latte \$1.99

Add flavorings \$0.35



The Hospitality Program at Monroe Community College
welcomes you to Reflections Bistro.

Our students are available to serve you in this
instructional laboratory Monday through Thursday
from 11:30 to 1:20 during most of the semester.
All food is prepared, cooked, and served daily by students
in our program.

The faculty, staff, and students thank you for
your patronage.

All courses in the Hospitality program are open to all
students of all majors. If you have any further questions
please contact our chairperson, Michelle Bartell at x2579.