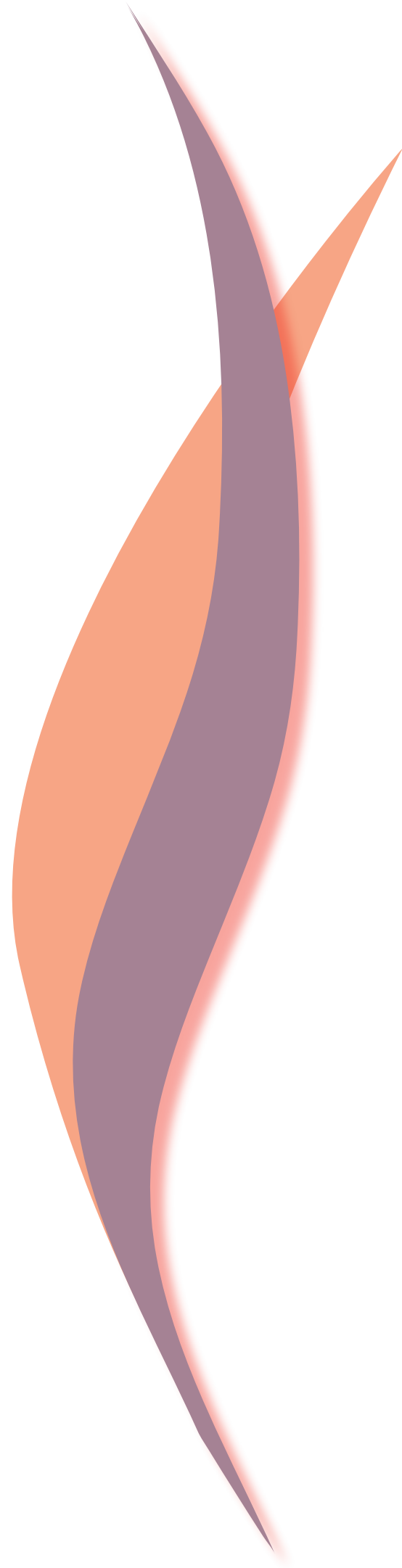


Reflections *Bistro*



Reflections
Bistro

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, Diane Cheasty at x2580.

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 \$1.85 Crock \$2.35

Spicy Black Bean Soup

A taste of the southwest vegetarian style with roasted corn and green chilies with a dollop of sour cream and chives
Cup \$1.85 Crock \$2.35

Soup du Jour

Please ask your server for today's Managers Special

Breaded Mozzarella Sticks

Served with a marinara dipping sauce
\$3.25

Mesquite Chicken Quesadilla Rolls

Served with a side of lime cilantro mayo dip
\$3.25

Buffalo Chicken Wings

Meaty chicken wings in an extra zesty, extra tasty buffalo sauce and served with celery sticks and thick bleu cheese or creamy ranch dressing
\$6.25

Salads

Cape Cod Cranberry Salad

Fresh Spring mix salad, mandarin oranges, sugar glazed walnuts, dried cranberries, topped with crumbly gorgonzola cheese and croutons dressed with raspberry vinaigrette
Small \$3.95 Large \$5.95

Classic Cobb Salad

Grilled chicken breast hard-boiled egg gorgonzola cheese with chopped tomatoes & marinated artichoke hearts garnishes house greens
Small \$4.50 Large \$6.50

Caesar Salad

Traditionally made with fresh toasted croutons and cheese crisps
Small \$3.95 Large \$5.95
Add tuna salad or grilled chicken breast for a \$1.50 more

Reflections Bistro Steak Salad

Delicate field greens, crisp romaine, lightly seasoned steak filets, walnuts, gorgonzola cheese and our zesty balsamic vinaigrette
Small \$4.75 Large \$6.75

House Garden Salad

Our huge fresh green salad with the garden's freshest vegetables
Small \$2.25 Large \$4.50

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)

Sides

French Fries, Steamed Vegetables de jour, Deep Fried Onion Rings
\$1.95

Sweets

Ice cream and sundaes always on the menu.
Please ask your server to see the manager's daily featured dessert!

Beverages

Pepsi, Diet Pepsi, 7up, Diet 7up, Orange \$1.25
Unsweetened Iced Tea or Lemonade (free refills) \$1.25
100% Colombian Coffee, Hot Tea (free refills) \$1.25
Espresso \$1.50
Cappuccino, Latte \$1.95
Add flavorings \$0.35

Sands

(All sandwiches are accompanied with our House-made Shoestring Fries & Pickle spear)

Vegetarian Wrappini

Fresh grilled portabella mushrooms, zucchini, sweet onions, and roasted red peppers served on a grilled tomato basil wrap with fresh mozzarella cheese
\$5.50

Bistro Burger

6 oz. USDA ground beef grilled to order piled high with crisp lettuce, tomato and Bermuda onions
\$5.25 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
\$5.50

Grilled Steak Florentine

Thin sliced round steak served with spinach and mozzarella served on garlic toast
\$5.50

Class Club

Fresh roasted breast of turkey with crisp bacon, lettuce & tomato With whole wheat or white bread triple-decker style
\$4.75

Roast Beef Panini

Thin sliced roast beef, Swiss cheese, red onion, lettuce, and a special seasoned panini sauce
\$5.50

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
\$5.50

Tuna Melt Panini

Our special recipe tuna salad, leaf lettuce, tomatoes and red onions with mayonnaise, salt and pepper, all served on grilled panini sandwich bread
\$5.50

Buffalo Wing Wrappini

Boneless chicken tossed in a spicy wing sauce served with blue cheese dressing, lettuce, and tomato on a grilled flour tortilla
\$5.50

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
\$6.25

Catch from the Sea

Broiled or poached white fish served with wild rice pilaf and fresh vegetables (Spice up your day with Cajun or lemon-pepper seasoning at no additional charge)
\$6.95

Sirloin Steak Frites

USDA choice New York Strip steak served with French fries and vegetables (add sautéed mushrooms for .50)
\$7.25

Artichoke French

Lightly battered and sautéed in a sherry parmesan lemon sauce over angel hair pasta
\$6.25

Chicken Breast Tenderloins

Seasoned white meat chicken golden fried and served with French fries and honey mustard or BBQ sauce
\$5.75