

Reflections On-the-Run

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. **\$2.50**

Spicy Black Bean Soup

Southwest vegetarian style soup with roasted corn & green chilies with a dollop of sour cream. **\$2.50**

Soup du Jour

Please ask your server for today's Managers Special. **\$2.50**

Breaded Mozzarella Sticks

Served with a marinara dipping sauce. **\$3.45**

Buffalo Chicken Wings

Chicken Wings in an extra zesty buffalo sauce served with celery & bleu cheese dressing. **\$6.25**

Mesquite Chicken Quesadilla Rolls

Served with a side of salsa and lime cilantro dipping sauce. **\$3.45**

Salads

Cranberry Salad

Fresh Spring mix salad, mandarin oranges, sugar glazed walnuts, dried cranberries, topped with crumbly blue cheese and croutons dressed with raspberry vinaigrette dressing. **\$6.25**

Classic Cobb Salad

Grilled chicken breast, hard-boiled egg, blue cheese with chopped tomatoes & marinated artichoke hearts garnishes house greens. Choice of dressing. **\$6.75**

Caesar Salad

Traditionally made with romaine lettuce, fresh toasted croutons and cheese crisps. **\$6.25**

Reflections Bistro Steak Salad

Delicate field greens, lightly seasoned steak filets, walnuts, blue cheese, croutons, and our zesty balsamic vinaigrette dressing. **\$6.95**

Large House Garden Salad

Fresh green salad with the garden's finest vegetables. Choice of dressing. **\$4.75**

Choice of Dressings:

Blue Cheese, Ranch, Thousand Island, Lite Raspberry Vinaigrette, Italian, Caesar, or Balsamic Vinaigrette.

Available Monday—Thursday

11:30—1:20 during most of the semester.

Platters

(All platters served with French fries and a pickle)

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. **\$5.75**

Class Turkey Club

Fresh roasted turkey breast with crisp bacon, lettuce, tomato, & mayonnaise served on toasted white or wheat bread. **\$5.25**

Roast Beef Panini

Thin sliced roast beef, Swiss cheese, red onion, lettuce, and a special seasoned panini sauce served on grilled panini sandwich bread. **\$5.75**

Roast 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 **\$5.75**

Tuna Panini

Our special recipe tuna salad, brunoise vegetables, leaf lettuce, tomatoes and red onions with mayonnaise salt and pepper served on grilled panini bread. **\$5.75**

Buffalo Wing Wrappini

Boneless chicken tossed in a spicy wing sauce served with bleu cheese dressing, lettuce, & tomato on a grilled flour tortilla. **\$5.75**

Chicken Breast Tenderloins

Seasoned white meat chicken golden fried with honey mustard, sweet & sour, or barbecue sauce. **\$5.95**

Bistro Cheeseburger

Piled high with cheese (American, Swiss, or cheddar) lettuce, tomato, and Bermuda onions. **\$5.80**

Firebird Chicken Sandwich

Grilled marinated chicken breast with melted cheddar cheese topped with crisp bacon, lettuce, tomato and Bermuda onions. **\$5.75**

Can of Soda

Pepsi, Diet Pepsi, Orange, Sierra Mist & Diet Sierra Mist
\$1.35

**To place an order in advance please call
Reflections Reservation line, 292-2581,
and leave a message.**