

# Bread & Bean EATERY

## HOURS

### LUNCH

Monday - Friday

10:30a - 2p

Saturday

11a - 1:30-p

### METRO DINNER

Tuesday - Friday

4 - 8p

Full table sit-down service

Evening specials and happy hour

## SOUP FOR THE SOUL

### Soup of the day

Bowl served with sliced bread 5.50

Bread boule 6.50

### Bump and a cup

8.25

A cup of soup of the day and a half sandwich with lettuce and tomato on white or wheat bread with a side of chips. Choose chicken salad, BLT or egg salad

## WIDE WORLD OF WRAPS

All wraps are served with chips and pickle spear. **Other options include:** pasta salad or vegetables and dip, soup + 2.95, French fries + 1.00

### Oakridge 8.95

Chopped grilled chicken breast, white cheddar cheese, lettuce, cucumber, carrot and bacon with a parmesan peppercorn ranch sauce rolled in a flour tortilla

### Mackinac 8.95

Smoked turkey, mixed greens, carrot, raisins, red onion, tomato, chopped nuts and raspberry mayo sauce rolled in a flour tortilla

### ♥ Rhode Island Veggie 7.95

🌱 Mixed greens, tomato, carrot, cucumber, mushroom, black olive and cheddar cheese with balsamic ranch sauce wrapped in a flour tortilla

### 🔥 Grilled Buffalo Chicken 8.50

Grilled chicken splashed with buffalo sauce, lettuce, tomato, celery and a creamy bleu cheese or ranch dressing wrapped in a warm flour tortilla

### Amarillo Turkey Club 8.95

Flour tortilla topped with a smokey BBQ mayo, lettuce, tomato, red onion, cheddar cheese, bacon and smoked turkey breast

### ♥ Black Forest 8.95

Shaved roast beef, ham, lettuce, tomato, cheddar cheese and 1000 island dressing wrapped in a flour tortilla

### 🌱 Baja Vegetable 8.95


Sautéed vegetables, black beans, baja rice, fresh tomato corn salsa, cheddar cheese and fat free sour cream wrapped in a flour tortilla

### Korean BBQ Beef 8.95

Shaved roast beef, Korean BBQ sauces, carrot, spinach and coleslaw wrapped in a warm flour tortilla

## SAVORY SANDWICHES

All sandwiches are served with chips and pickle spear. Other options include: pasta salad or vegetables and dip, soup + 2.95, French fries + 1.00


 **Grandma's Famous Chicken Salad** 8.50  
Chopped chicken breast combined with a blend of mayo and secret seasonings with a delicate crunch of celery served on a milano or in a bread boule

**Boston Tacos (2)** 8.95  
Golden battered haddock, shredded lettuce, black bean and corn pico de gallo and sweet chili ranch sauce on corn tortillas

**Monroe Club** 8.50  
Sliced ham, bacon, herb mayo, lettuce, tomato and cheddar cheese, splashed with vinaigrette on marble rye

**DC Philly Tacos (2)** 8.95  
Shaved roast beef, onion, bell peppers and provolone cheese with chipotle sauce on corn tortillas

**Turkey Focaccia** 8.50  
Shaved turkey breast, lettuce, cucumber, tomato, provolone and pesto mayo with a splash of garlic vinaigrette on tomato asiago focaccia

 **Tuscan Chicken** 8.95  
Grilled chicken breast with pesto mayo, tomato, red onion, mixed greens and roasted garlic vinaigrette on tomato asiago focaccia


**Eastside Philly** 8.95  
Chopped beef sirloin sautéed onion, peppers and melted provolone cheese on French bread

**Maine Salmon** 8.95  
Golden Atlantic salmon cakes, lettuce, tomato and tartar sauce on toasted marble rye

**Mayberry Ham** 8.25  
Sliced ham, lettuce, tomato, bacon, cheddar cheese and mayo or mustard on toasted sourdough

**Multigrain Turkey Avocado** 8.95  
Sliced turkey, tomato, avocado, bacon, lettuce and sun-dried tomato mayo on toasted 8 grain wheat

 Split plates + 2.00  Favorites  Spicy  Vegetarian **GF** Gluten Free

 Consuming raw or undercooked meats, poultry, and seafood may increase risk of food borne illness.

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## PANINIS

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All paninis are served with chips and pickle spear. **Other options include:**  
pasta salad or vegetables and dip, soup + 2.95, French fries + 1.00

**Campagnola** 8.95

Grilled chicken breast, red pepper, mixed green with a splash of roasted garlic vinaigrette, provolone cheese and pesto mayo grilled hot on country Italian

**Sicilian Melt** 8.95

Shaved roast beef, Italian sausage, tomato sauce, parmesan and provolone cheese grilled hot on country Italian

**Chicken Florentine** 8.95

Grilled chicken breast, sautéed garlic with spinach, provolone cheese and pesto mayo grilled golden on ciabatta bread

♥ **Farmhouse Chicken** 8.95

Grilled chicken breast, bacon, cheddar cheese and a slather of BBQ mayo grilled hot on country Italian

**Gibbsville Ham** 8.50

Grilled ham, sliced apple, bacon, honey dijon mustard, sautéed onion and American cheese melted hot on sourdough

**Roma** 8.25

Sliced tomato, provolone cheese, mixed greens, roasted garlic vinaigrette and pesto mayo grilled hot on country Italian

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## NOT YOUR AVERAGE LUNCH

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**Seawall Salmon** 8.95

Fresh Atlantic salmon pan seared, served with vegetable rice pilaf

♥ **Chi-town Stir Fry** 8.25

♥ A mix of fresh vegetables quick stir fried tossed with long grain rice in our stir fry sauce

Beef or chicken + 2.00

Shrimp + 4.00

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## BURGER WORLD

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♥ **Santa Fe Burger** 8.95

Beef burger, lettuce, cheddar cheese, onion ring, black bean and corn pico and chipotle mayo on a kaiser roll

**Three River Cheeseburger** 8.25

Grilled burger, provolone, cheddar and Swiss, sautéed onions with pickle and 1000 island dressing on a kaiser roll

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## SALADS

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Bread +.75

Shrimp or salmon + 4.00

Dressings: 1000 island, blue cheese, Caesar, fat free French, fat free ranch, honey mustard, Italian, peppercorn ranch, raspberry vinaigrette, roasted garlic vinaigrette, sun-dried tomato basil and toasted sesame

 **Saginaw Spinach Salad** 8.25

**GF** Fresh clipped spinach, diced apple, pecans, cucumber, carrot and crisp bacon tossed with poppy seed dressing

Chicken + 1.50

**GF** **Captain Salad** 8.95

Mixed greens tossed with sliced ham, turkey, hard boiled egg, bacon, carrot and cucumber with dressing of your choice

**GF** **Bread & Bean Salad** 8.95

Mixed greens, red onion, mushroom, carrot, cucumber and tomato, finished with grilled herb chicken breast and warm honey mustard dressing

**GF** **TexMex Chicken Salad** 8.95

Grilled chicken breast, black beans, corn, diced tomato, red onion and cucumber tossed with peppercorn ranch

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## THE BIG PASTA PARADE

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 **Bread and Bean Pasta Classic** 8.25

Pasta of the day made with your choice of sauce: light tomato alfredo, parmesan alfredo or marinara

Vegetable + 1.50

Chicken or sausage + 2.00

Shrimp + 4.00

### Pasta Primo

Sautéed mushroom and onion in a marinara sauce with a splash of cream and your choice of chicken, sausage or shrimp

Chicken or sausage 9.25

Shrimp 11.95

**Pasta Brussels** 8.50

Sautéed brussel sprouts, bacon tossed with pasta in a garlic butter sauce

**Cedar Grove Pasta** 8.95

Honey crisp bacon and green peas tossed with pasta in a creamy parmesan cheese sauce

## KIDDOS

Kids 12 and under.


All served with a side of kettle chips or apple slices and drink  
French Fries +1.00

Grilled Cheese	4.25
Grilled Ham and Cheese	5.25
Chicken Tenders	4.25
Mini Corndogs	4.25
Pasta Marinara (no side)	4.25

## DRINKS

Pepsi Fountain Drinks (free refills)	1.95
Bottled Water	1.50
Bandoit Sparkling Water	2.75
Coffee, Milk	2.00
Tazo Tea	3.00
Beer, Wine and Cocktails	see drink menu

 Split plates + 2.00    Favorites    Spicy    Vegetarian   **GF** Gluten Free

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