

SALADS

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

GF Saginaw Spinach Salad 8.50

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

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

THE BIG PASTA PARADE

GF 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 4.50

Grilled Ham and Cheese 5.50

Chicken Tenders 4.50

Mini Corndogs 4.50

Pasta Marinara (no side) 4.50

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

Awake English Breakfast, Calm Chamomile (CF),
Wild Sweet Orange (CF), Earl Grey, Zen and Chai

Beer, Wine and Cocktails see drink menu

Bread & Bean EATERY

HOURS

LUNCH

Monday - Friday 10:30a - 2p

Saturday 11a - 1:30p

METRO DINNER

Tuesday - Friday 4 - 8p

Full table sit-down service
Evening specials and happy hour

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

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



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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, craisins, 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, 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

Grilled 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 flour or 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 flour or 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

East Side 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 8.50

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.

PANINIS

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 8.95

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

Roma 8.50

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

NOT YOUR AVERAGE LUNCH

Seawall Salmon 9.25

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

BURGER WORLD

♥ 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 8.95

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