

Mustard Seed Bistro

Soups:

FRENCH ONION...\$5
PERUVIAN FISH STEW...\$8

Appetizers:

MUSSELS WITH TOMATO, GARLIC, & WHITE WINE SAUCE...\$9
GRILLED VEGETABLE PLATE WITH HUMMUS, FETA, OLIVES, & ZATAR PITA...\$11
MSB CRAB CAKES WITH HONEY MUSTARD...\$10

Salads:

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| * CLASSIC CAESAR WITH RUSTIC CROUTONS & PARMESAN CHEESE...\$7 (ADD CHICKEN \$3) | *ROASTED BEET WITH ARUGULA, PISTACHIO ENCRUSTED GOAT CHEESE (MEYER LEMON VINAIGRETTE)...\$9 |
| *TOMATO, MOZZARELLA, & PORTOBELLO WITH OLIVE OIL & BASIL PESTO...\$9.50 | *ASIAN SUMMER WITH NAPA CABBAGE, ROMAINE, CARROTS, FRESH HERBS, GRILLED CHICKEN, ALMONDS, MANDARIN ORANGES (GINGER SOY DRESSING)...\$11.50 |
| *ROAST TURKEY WITH MIXED GREENS, AVOCADO, GOUDA, CANDIED WALNUTS, CHERRY TOMATOES, & DRIED CRANBERRIES (BALSAMIC VINAIGRETTE)...\$10.50 | * SHRIMP & GORGONZOLA WITH ROMAINE, POACHED SHRIMP, GORGONZOLA CHEESE, TOMATO, AND HARDBOILED EGG (BALSAMIC VINAIGRETTE)...\$12.50 |
| *STRAWBERRY FIELDS WITH BIBB LETTUCE, GRILLED CHICKEN, STRAWBERRIES, TOASTED ALMONDS, & GOAT CHEESE (POPPY SEED VINAIGRETTE)...\$11 | *SPINACH WITH POACHED PEAR, BLUE CHEESE, & CANDIED WALNUTS (RASPBERRY VINAIGRETTE)...\$10 |
| *CHOPPED COBB WITH GRILLED CHICKEN, ROMAINE, GRAPE TOMATOES, BACON, AVOCADO, RUSTIC CROUTONS, (CREAMY RANCH DRESSING)...\$11 | *SOUP AND 1/2 SALAD (MIXED GREENS OR CAESAR)...\$10
(SEAFOOD STEW ADD \$1.00) |
| *BB-Q SALMON WITH ROASTED CORN, BLACK, BEANS, TOMATOES, AVOCADO, BABY GREENS AND HOMEMADE ONION RINGS (CHIPOTLE VINAIGRETTE) ...\$14 | |



Sandwiches:

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| *WALDORF CHICKEN SALAD WITH MIXED GREENS ON FRENCH BAGUETTE...\$8.75 | *SHRIMP SALAD WITH BACON, TOMATO, AVOCADO, & BIBB LETTUCE ON CIABATTA...\$11 |
| *BB-Q CHICKEN WITH CHEDDAR CHEESE, & CARAMELIZED ONIONS ON FRENCH BAGUETTE...\$9.50 | *VIETNAMESE STEAK WITH DAIKON RADISH. CARROT, CILANTRO, SWEET CHILI MAYO ON FRENCH BAGUETTE...\$12 |
| *GRILLED VEGETABLE WITH GOAT CHEESE, HUMMUS, & BASIL PESTO ON WHEAT BAGUETTE...\$9 | *MEDITERRANEAN TUNA SALAD ON FRESH CROISSANT WITH LETTUCE, & TOMATO...\$9.50 |
| *GRILLED CHICKEN WITH GREEN APPLE, BRIE, HONEY MUSTARD ON FRENCH BAGUETTE...\$9 | *BREADED EGGPLANT WITH FRESH MOZZARELLA, PROSCIUTTO, & ARUGULA ON CIABATTA...\$10 |
| *ROAST TURKEY WITH GOUDA CHEESE, AVOCADO, CARAMELIZED ONION, & BACON ON WHEAT BAGUETTE...\$9.75 | * <i>MSB</i> BURGER WITH CARAMELIZED ONION, LETTUCE, TOMATO, GOUDA CHEESE, & THOUSAND ISLAND...\$10 |
| *FIRE & ICE- TOMATO, MOZZARELLA, BASIL PESTO, & BALSAMIC GLAZE ON FRENCH BAGUETTE...\$8 | *SOUP & 1/2 SANDWICH...\$11
(SEAFOOD STEW ADD \$1.00) |
| *TIM'S FISH TACOS - GRILLED MAHI WITH ANCHO CHILI SOUR CREAM, PICKLED RED ONION, & CITRUS SLAW ON CORN TORTILLA...\$10.50 | *** (ADD POMME FRITTES OR GREEN SALAD TO ANY SANDWICH FOR AN ADDITIONAL \$2.75) |

Lil' Seeds:

(FOR KIDS UNDER 12 YRS ONLY) ...\$7
INCLUDES FRIES OR MIXED GREEN SALAD
BREADED CHICKEN FINGERS.....GRILLED CHEESE
MAC-O-CHEESE..... KIDS HAMBURGER

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