

# Soup of the Day

Our café makes our soups fresh from scratch daily,  
available by the cup or bowl.

12 oz ~ \$4.25      16 oz ~ \$5.75      32 oz ~ \$9.50

Please check our Facebook page for today's soup of the day.

# Sides

## Cookies - \$1.50

Made in house from scratch Chocolate Chip, Oatmeal Raisin, and  
Cranberry Shortbread Cookies.

## Chips - \$1.50

Variety of Chips and Pretzels

## Protein Bars

High energy and delicious

# Beverages

## Soft Drinks

Variety of premium Regular and Diet soft drinks

## Bottled Water

Both Sparkling and Flat water

## Fresh Brewed Ice Tea

Made fresh daily with Harney teas

## Smoothies - \$3.75



Like us on Facebook!



# salad & sandwich café

665 North Colony Road  
Wallingford, CT 06492

203-265-1400

fax 203-949-1158

[www.bmusecafe.com](http://www.bmusecafe.com)

## Hours

8am - 4pm

Monday and Tuesday

8am - 6pm

Wednesday through Friday

10am - 2pm

Saturday

Closed

Sunday



Bourassa  
catering & events

Owned by Bourassa Catering & Events  
[www.bourassacatering.com](http://www.bourassacatering.com)

For more information about our catering services,  
please call us at 203-269-9266.

# Tossed to Order Salads

\$6.95 each

All salads are made fresh to order  
Please note that dressings can be "tossed" or "on the side"

## Lettuces

Romaine Hearts  
Baby Spinach  
Baby Field Greens

## Fruit

Dried Cranberries  
Mandarin Oranges

## Cheese

Bleu  
Cheddar  
Crumbled Feta  
Crumbled Goat  
Shaved Parm

## Veggies

Avocado  
Black Bean Corn Salsa  
Broccoli  
Carrots  
Celery  
Chick Peas  
Cucumbers  
Roasted Beets  
Red Onions  
Peppers  
Sugar Snap Peas  
Grape Tomatoes  
Corn  
Mushrooms  
Stuffed Grape Leaves\*  
Sun Dried Tomatoes  
Kalamata Olives  
Grilled Vegetables

## Protein (add \$2.50 each)

Grilled Chicken  
Buffalo Chicken\*  
Chinese Five Spice Chicken\*  
Roasted Turkey  
Grilled Salmon (\$3.50)  
Tuna Fish  
Tofu  
Hard Boiled Eggs

## Crunchy

Croutons\*  
Sunflower Seeds  
Tortilla Strips\*  
Almonds  
Walnuts\*  
Bacon

## Dressings

Perfect Caesar Dressing\*  
(contains some anchovies)  
LaFlora Italian  
Fat Free Raspberry  
Vinaigrette  
Farm Kitchen Ranch  
Asian Sesame Ginger\*  
Roasted Garlic  
Red Wine Vinaigrette  
Classic Bleu Cheese  
Balsamic Basil Vinaigrette  
Extra Virgin Olive Oil  
Aged Balsamic Vinegar  
Lime Chipotle Vinaigrette  
Low Fat Caesar\*



50¢ each ADDITIONAL serving of:

Avocado  
Stuffed Grape Leaves\*  
Hard Boiled Eggs  
Extra Dressings

\*May contain Gluten products

# Salads

## BMuse Buffalo Salad \$9.45

Spicy Buffalo Chicken, Romaine Hearts, Grape Tomatoes, Crumbled Bleu Cheese, Croutons, Blue Cheese Dressing

## Classic Chicken Caesar \$9.45

Sliced Grilled Chicken, Romaine Hearts, Grape Tomatoes, Croutons, Shaved Parmesan, Perfect Caesar Dressing

## Roasted Beet Salad \$6.95

Baby Arugula, Roasted Beets, Tomatoes, Crumbled Goat Cheese and La Flora Italian Dressing

## Classic Greek Salad \$6.95

Baby Field Greens, Red Onions, Cucumbers, Kalamata Olives, Feta Cheese, Stuffed Grape Leaves with LaFlora Italian Dressing

## Mozzarella Burrata Salad \$9.45

Burrata (mozzarella stuffed with ricotta), Arugula, Roasted Beets, EVOO and Fig Balsamic Vinegar

## Hummus Plate \$9.45

Hummus, Cucumbers, Feta, Capers, Tomatoes, Red Onion, Sun Dried Tomato, Lemon, Roasted Red Peppers, Fig Balsamic Vinegar

## Tuna Salad Platter \$9.45

Scoop of Tuna Salad, Baby Field Greens, Avocado, Cucumbers, Tomatoes, Balsamic Vinaigrette Dressings

## Arugula Salad \$9.45

Grilled Chicken, Arugula, Shaved Parmesan, EVOO, Fig Balsamic Vinegar

## Asian Chicken Salad \$9.45

Chinese Five Spice Chicken, Romaine Hearts, Snap Peas, Carrots, Mandarin Orange Slices, Asian Sesame Ginger Dressing

## Southwestern Salad \$9.45

Grilled Chicken, Baby Field Greens, Roasted Corn and Black Bean Salsa, Tomatoes, Avocado, Tortilla Strips and Lime Chipotle Vinaigrette

# Sandwiches/Wraps

\$6.75 each

## Boursin Roast Beef Sandwich

Fresh Roasted Eye Round Beef with Arugula, Peppadew Peppers, and Boursin Cheese

## Tuscan Style Grilled Chicken

Herb Marinated Chicken Breast with Sun Dried Tomatoes, Artichokes, Baby Field Greens with Pesto Mayonnaise

## Roast Turkey

Fresh Roasted Turkey with Bleu Cheese, Red Onions, Baby Field Greens with Mayonnaise

## Balsamic Glazed Vegetables Wrap

Farm Fresh Grilled Vegetables, Goat Cheese, Baby Field Greens with Balsamic Glaze

## Santa Fé Chicken

Sliced Grilled Chicken, with Fresh Roasted Corn and Black Bean Salsa, Baby Field Greens with Chipotle Mayonnaise

## Ham and Brie

Lean Ham with Baby Field Greens, Triple Cream Brie, and our own Honey Mustard Sauce

## Roasted Eye Round of Beef

Fresh Roasted Eye Round of Beef with Gorgonzola, Red Onion, Roasted Red Peppers and Baby Field Greens with Rosemary Aioli

## Tuna Salad Sandwich

White Albacore Tuna Mixed with Mayonnaise, Celery, Salt and Pepper Topped with Mixed Field Greens

## Chicken Salad Sandwich

Poached Chicken Breast Mixed with Mayonnaise, Celery, Salt and Pepper

## Buffalo Chicken Wrap

Fresh Breaded Chicken Tenderloin Tossed with a Spicy Hot Sauce with Blue Cheese Dressing and Celery