

LUNCH

11.30am-2.30pm

LIFESTYLE SALADS

- Baby Spinach Salad, Watermelon, Feta, Almonds, Honey Ginger Dressing - \$14
- Chicken and Mango salad, Celery, Apple, Curried Yogurt Dressing - \$16.50
- The Superfood Salad, Curly Kale, Quinoa, Cranberries, Apple, Sunflower Seeds - \$14

CHOOSE YOUR SALAD – \$8.00

- Crisp Spinach Leaves (+\$1), Grilled Mediterranean Vegetable,
Classic Caesar, Mixed Greens or Asian Noodle
- California Quinoa: (+\$1), Tomatoes, Cucumber, Chick Peas, Sundried Tomatoes, Mint Lime Dressing

CHOOSE YOUR TOPPINGS

- Lemon and Rosemary Roasted Chicken, Pomegranate and Barbeque Shrimp - \$8.50
- Soy and Ginger Glazed Flank Steak, Miso Glazed Salmon or Grilled Fish - \$8.50
- Fresh Mozzarella or Grilled Miso Marinated Tofu - \$4.50

ADD HEALTHY TOPPINGS

- Roasted Pumpkin Seeds – 1oz contains 8.46g of protein, 163 calories and 1.8g of fiber - \$1.25
- Sunflower Seeds – 1oz contains 5.48g of protein, 165 calories and 3.2 g of fiber - \$1.25
- Flax Seeds – 1 tablespoon contains 1.88g of protein, 55 calories and 2.8g of fiber - \$1.25

BUDDHA BOWLS

- Shrimp Biryani: Sauteed Shrimp, Basmati Rice, Cilantro, Indian spices - \$16.00
- Sweet Potato Chili, Rice, Low Fat Sour Cream, Lime and Cilantro - \$13.50
- Fire Cracker Bowl: Cajun Chicken, Rice, Chili Lime Broth, Crème Fraiche - \$16.00
- Linguine Primavera: Choice of Sauce: Marinara, Alfredo or Basil Pesto - \$9.50
- Add Toppings: Roasted Chicken, Shrimp, Salmon or Fish +\$8.50
- Bacon, Ham, Beef - +\$4.00

TEN

Cafe & Bar

10 DUNDONALD STREET, HAMILTON, BERMUDA
T: 295 0857 E: ten@yellowfin.bm

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DAILY SPECIALS

(See Blackboard for details)

Homemade Soup of the Day - \$7.5, Dish of the Day - \$18.5, Daily Salad Special - \$14.5
Pizza of the Day - \$12, Sandwich of the Day - \$12.5

IT'S A WRAP - \$14

Buffalo Chicken Caesar

Thai Spiced Chicken

The Big Omega Wrap, Poached Salmon, Guacamole, Tomato

SANDWICHES

Moroccan Braised Lamb, Mint Tahini Yoghurt, Flatbread - \$14.5

Cajun Chicken Philly Cheese Melt - \$13.5

Steak Baguette: Caramelized Onions, Cheddar, Smoked Chili BBQ Sauce - \$14.5

Roasted Turkey Panini, Jack Cheese, Cranberry Lime Mayo - \$13.5

California Club: Roast Turkey, Ham, Bacon, Avocado, Lettuce, Tomato, Cheddar - \$13.5

Homemade Falafel, Salsa Verde, Flatbread - \$13

Fish Sandwich, Romaine, Tartar Sauce, Tomato, Cucumber - \$14.5

ALT, Avocado, Lettuce and Tomato, Black Pepper Mayo- \$12

Shredded Chicken, Roasted Red Pepper, Brie, Spicy Orange Jam Mayo - \$13.5

ALL SANDWICHES AVAILABLE ON

White, Wheat, Baguette, Wrap, Flatbread, Multigrain (+\$1), Ciabatta (+\$1) or Gluten Free (+\$1)

BURGER

Beef Burger: Caramelized Onions, Lettuce, Tomato, Smoked Chili Avocado Mayo, Provolone, Whole Wheat Bun
(Prepared to medium well unless otherwise specified) - \$14.5

Black Bean Burger, Tomato salsa-\$14.5

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