

LUNCH

CHOOSE YOUR SALAD – \$8.00

Crisp Arugula 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 - \$8.50

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

Asian Chicken Salad: Pulled Chicken, Roasted Cashews, Mango, Mixed Greens, Satay Dressing - \$16.50

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

SPECIAL DISHES

Chutney Shrimp: Sauteed Shrimp, Rice, Grilled Pineapple, Light Curry Sauce - \$16.00

Dragon Bowl: Crisp Stir Fried Vegetables, Seared Tofu, Rice, Miso, Coconut Broth, Almonds - \$13.50

Fire Cracker Bowl: Spicy Chicken, Rice, Crisp Vegetables, Hot and Sour Broth - \$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

WRAPS - \$12.00

Steak Burrito

Buffalo Chicken Caesar

Chicken Curry

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 - \$6.50, **Dish of the Day** - \$16.50, **Daily Salad Special** - \$13.50
Pizza of the Day - \$12.00, **Sandwich of the Day** - \$11.50, **Daily Home Made Quiche** - \$13.00

SANDWICHES

Moroccan Braised Lamb: Fresh Tomatoes, Onions, Parsley, Mint Tahini Yoghurt, Flatbread - \$13.50
Chicken Baguette: Arugula, Walnut Pesto, Roasted Garlic, Mozzarella - \$12.00
Steak Baguette: Caramelized Onions, Cheddar, Smoked Chili BBQ Sauce - \$13.50
Cuban: Pulled Pork, Ham, Turkey, Swiss, Smoked Chili Mayo - \$13.50
California Club: Roast Turkey, Ham, Bacon, Avocado, Lettuce, Tomato, Cheddar - \$12.00
Homemade Falafel, Salsa Verde, Flatbread - \$12.00
BBQ Pulled Pork, Coleslaw-Apple Salad, Cheddar, Ciabatta - \$13.50
Fish Sandwich, Romaine, Tartar Sauce, Tomato, Cucumber - \$13.50
Tomato, Mozzarella, Eggplant, Olive Tapenade, Basil Pesto - \$11.00
Shredded Chicken, Roasted Red Pepper, Brie, Spicy Orange Jam Mayo - \$12.00

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) - \$13.50

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