



Lunch Menu

Steak Sandwich

8oz sirloin on garlic toast and your choice of French fries, salad or rice

Salmon Steak

6oz salmon fillet with garlic toast and your choice of French fries, salad or rice

Butter Chicken with rice and naan bread *(gluten free)*

Beef Vindaloo with rice and naan bread *(gluten free)*

Mango Coconut Chicken with rice and naan bread *(gluten free)*

Shahi Paneer with rice and naan bread *(vegetarian and gluten free)*

Coconut Cauliflower with rice and naan bread *(vegan and gluten free)*

Beef Chili served with a bun

Vegan Chili served with a bun

Beef Lasagna served with a bun *(gluten free option available)*

Vegetarian Lasagna served with a bun *(gluten free option available)*

Beef Lasagna *(gluten free)*

Vegetarian Lasagna *(gluten free)*

Halal Chicken and Rice

Halal Beef and Rice

Halal Vegetarian Rice

Jambalaya

All lunch entrées are \$10

*Members are welcome to order
food to be prepared in advance
for dine-in or takeout*

**[MRFA Bistro Takeout
Order Form](#)**



**MRFA
Bistro**

Soups & Sandwiches

Soup & Bun

\$6.00

Beef Barley

Beef Stew

Borscht

Broccoli and Cheddar

Chicken and Wild Rice

Chicken Noodle

Clam Chowder

Ham and Pea

Italian Meatball Stew

Italian Wedding

Minestrone

Thai Chicken

Tuscan Tomato

Vegetable Medley

Wild Mushroom

Sandwiches*

Italian Panini

\$8.00

Italian Bun, Genoa Salami, Capicola, Mortadella, Prosciutto, Mozzarella Cheese, and Mustard

Smoked Turkey

\$5.00

Smoked Turkey, Mayo, Lettuce, and Cheese

Egg Salad

\$5.00

Hard boiled egg, green onion, mayo, and mustard

Roast Beef

\$5.00

Roast Beef, Lettuce, Mayo, Mustard, and Cheese

Tuna Salad

\$5.00

Tuna, Lettuce, Mayo, and Green Onion

*Gluten Free bread is available on request.

Sandwiches come on brown, white, or whole grain bread.

Options are available on request.



Salads & Sides

Salads

House Salad	\$6.00
Romain Lettuce, Olive Oil and Balsamic Vinaigrette	
Caesar Salad	\$7.00
Romaine lettuce, Caesar Dressing, and croutons	
Greek Salad	\$7.00
Olives, Red Onion, Peppers, Cucumbers, Feta Cheese, and Greek Dressing	

Sides

Half Portions of salads:	
House Salad	\$3.00
Caesar Salad	\$3.50
Greek Salad	\$3.00
French Fries	\$4.00
Rice	\$2.00
Naan Bread	\$2.00
Garlic Bread	\$2.00

Beverages

San Pellegrino Soda	\$2.00
Soft Drinks	\$1.50
Orange Juice	\$2.00
Iced Tea	\$1.50
Bottled Water	\$2.50