Tiernan's
Bar & Restaurant

187 Main Street, Stamford CT
www.tiernansbar.com (203)353-8566

Lunch $10.10

Choice of:
Soup of the day
House salad
Caesar salad

Entrée choice:

Fish Sandwich
Beer battered cod fish fried to golden brown served on a Roll served with a side of French fries.

Spinach Sweet Potato Salad
Fresh spinach leaves with warm cubed sweet potatoes, goat cheese, red onions, and pecans all tossed in a champagne vinaigrette topped with grilled Chicken

Grilled Chicken Wrap
Grilled chicken breast with melted cheese, avocado, lettuce, tomato with garlic aioli all wrapped in a flour tortilla served with a side of fries.

Choice of hot tea or coffee

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Dinner: $15.10

Choice of:
House salad
Ceaser Salad
Soup of the day

Entrée choice:
Fish & Chips
Beer Batted cod fried to golden brown served with a side of fries, and a side of coleslaw.
Oriental Salad:
Iceberg and romaine lettuce, with fried pork
Pot stickers, dried cherries, walnuts, orange segments
All tossed in a sesame ginger dressing topped with
Teriyaki grilled Salmon.

Chicken & Peaches Picante:
Boneless chicken breast sautéed with red bell peppers, orange juice, sliced peaches, fresh cilantro served with a bed of rice and fresh vegetables.

Choice of Tea or Coffee