



Introductions

CAPE COD OYSTERS

½ doz. 15 1 doz. 29

Oysters on the half shell

HOT CRAB DIP

Lump crab meat, cream cheese,
roasted tomatoes, with pita chips 15

PINK GRAPEFRUIT & HONEY SHRIMP

Sautéed in garlic butter,
finished with raw honey,
pink grapefruit segments 15

SMOKED WHITEFISH PÂTÉ

Lox, capers, pickled onions,
lemons and French bread 14

CRISPY FRIED LOBSTER RAVIOLI

With basil mayo and mango pico 14

CHEESE & CHARCUTERIE BOARD

Assorted cheeses and meats
from around the world 18

BONELESS WINGS 13

sesame hoisin
buffalo
cherry barbecue
honey mustard
spicy Thai sauce

KOREAN BEEF TACOS

Filled with Kimchi and pickled onions
in fried wonton shell 13

CERVEZA AND LIME CHICKEN QUESADILLA

With mango pico and
smoked tomato cream 13

TEMPURA BRUSSEL SPROUTS

Tahini sauce and sesame seeds 13

MIDDLE EASTERN FLAT BREAD

Hummus, feta, marinated tomatoes,
spinach and spices 12

THAI CALAMARI

Flash-fried with spicy sauce,
peanuts, coconut, cilantro and lime 15

Soups

MAINE LOBSTER BISQUE

Rich & creamy, 4 oz. lobster tail 16

WILD MUSHROOM BISQUE

With a Maderia wine reduction 14



255 Munson Ave (US-31)
Traverse City, MI 49686
www.reflectbistro.com

Bistro **MODERN DIVERSE COOKERY**

Entrées

Add house salad to any entrée: 5

GREAT LAKES FOUR

Smoked whitefish cake, dusted perch,
sautéed walleye and fried smelt with
multi-grain pilaf and Brussel sprouts 29

SMOKED WHITEFISH CAKES

Topped with dark cherry and
lemon cream, served with
multi-grain pilaf and Brussel sprouts 28

LAKE HURON YELLOW PERCH

Old Bay, raspberry slaw,
multi-grain pilaf and Brussel sprouts 26

SEAFOOD POT PIE

Lobster, scallops, shrimp, vegetables,
redskin potatoes in a lobster cream
sauce, served in a puff pastry shell 27

FIG & MAPLE GLAZED SALMON

Beet puree, multi-grain pilaf
and Brussel sprouts 26

PAPPARDELLE FRUIT DE MER

Roasted red pepper pasta with
scallops, shrimp and lobster, tossed in a
white clam sauce, garnished with
fried calamari and parmesan cheese 27

BEER BRINE ROASTED CHICKEN

Half chicken topped with ale demi glace
and grilled garlic mushrooms,
multi-grain pilaf and Brussel sprouts 25

Steaks & Chops

*With sweet potato and onion haystacks,
double Gloucester polenta and
fried pancetta bacon roasted Brussel sprouts*

6 OZ. CENTER CUT FILET

With béarnaise sauce 34

APPLEWOOD BACON WRAPPED

PORK CHOP

Glazed with cherry bbq sauce 26

DRY AGED 18 OZ. BONE IN

NEW YORK STRIP

Topped with shallot butter 40

12 OZ. VEAL PORTERHOUSE

Topped with balsamic glaze and
roasted artichokes 35

Extras:

4 oz. lobster tail	17
4 jumbo sea scallops	16
4 jumbo shrimp	14
Smoked whitefish cake	12

Field Greens

APPLE BEET SALAD

Spinach, yellow beets, goat cheese,
apples, almonds, cider vinaigrette 14

CAMBRIA CAESAR SALAD

Romaine, cherry heirloom tomatoes,
parmesan, garlic sesame sticks 14

EAST BAY CHERRY SALAD

Greens, Gorgonzola, apples, dried cherries,
walnuts, maple raspberry dressing 14

BLEU CHEESE WEDGE SALAD

Parmesan cheese shell, with bleu cheese,
tomatoes, bacon, charred romaine 15

WEST BAY COBB

Greens, diced chicken, tomatoes,
avocado, Kalamata olives, Gorgonzola,
sunflower seeds, hardboiled egg,
balsamic ranch dressing 16

SALAD EXTRAS:

8 oz. filet: 16 chicken: 11 salmon: 12
four jumbo shrimp: 14

Sandwiches

*Served with salt & pepper chips.
Add fries for 4*

REFLECT REUBEN

Corned beef, swiss, Russian dressing,
granny smith-kraut on toasted rye 15

SMOKED WHITEFISH CAKE

Dark cherry & lemon cream, lettuce,
tomato on an English muffin 16

REFLECT CLUB MELT

Ham, turkey, bacon, cheddar,
spring mix, tomato, garlic mayo
on grilled multi-grain bread 14

REFLECT CRISPY CHICKEN

Hand-breaded with provolone, prosciutto,
garlic mayo, pickles on a brioche bun 15

WALLEYE SANDWICH

Topped with cheddar, lettuce, tomato,
Old Bay Tartar on an onion baguette 16

SHAVED RIBEYE SANDWICH

Topped with roasted artichokes,
provolone, peppercorn horseradish sauce
on focaccia bread 16

10 oz. Burgers

*Served with salt & pepper chips.
Add fries for \$4*

CAMBRIA BURGER

Prime beef patty with cheddar cheese,
lettuce, onion, tomato 14

LOADED PATTY MELT

Mushrooms, bacon, onions, Swiss,
garlic mayonnaise on toasted rye 16

THE EVERYTHING BURGER

Topped with cheddar cheese, bacon,
egg on an Everything Bagel 16