



The Bistro



Sandwiches

Served with one side on your choice of wheatberry, white or rye

Add cheese to sandwich

Add bacon to sandwich

Charbroiled Big Burger

Flat Iron Angus Mini Burger

Or get two sandwiches and a side.

Mini Turkey Burger ♥♥ (low fat, low sodium)

This is a healthier alternative to our popular mini burger made with lean ground turkey. This sandwich is great combined with our home made ranch dressing.

Or get two sandwiches and a side.

Spinach and Portabella Croissant ♥ (low sodium)

Flat iron grilled portabella mushroom topped with lightly wilted baby spinach and fresh sliced tomato served on a toasted croissant with one side.

Deli Style Ham Sandwich ♥ (low fat)

Half

Grilled Ham & Cheese Sandwich

Half

Turkey with Tomato Pesto

Half

Sliced deli turkey topped with sundried tomato pesto, lettuce and fresh sliced tomato on your choice of bread

Grilled Cheese

Half

B.L.T. & Avocado

Half

Soup and Sandwich Special

Bowl of soup and half sandwich

Soups and Small Salads

Choose from our soup of the day or soup of the week

Cup of Soup

Caesar Salad

Bowl of Soup

House Salad

Dressings: Italian, Ranch, French, Thousand Island, Blue Cheese, Poppyseed, Honey Mustard, Fat Free Ranch, Fat Free Sesame, Fat Free Raspberry Vinaigrette, Oil and Vinegar

The Lighter Side of Town

Chicken Salad Plate

Generous portion of chicken salad atop a bed of green leaf lettuce and fresh tomatoes served with fresh fruit and your choice of bread.

Cobb Salad

Large Entrée salad that is topped with hard boiled egg, avocado, chopped tomatoes, shredded cheddar cheese, and chopped bacon.

Add Turkey Add grilled chicken

Big Caesar Salad

Fresh romaine lettuce and homemade croutons and parmesan cheese tossed with a delicious Caesar dressing, topped with your choice of beef or chicken.

Large Spinach Salad

Fresh Baby Spinach is topped with candied walnuts, cranberries and fresh goat cheese to make this wonderful classic. **Add grilled chicken**

Buttered Lobster Pasta ♥ (low sodium)

This delicious and filling dish combines lightly buttered lobster meat with warm al dente pasta to create a light yet satisfying meal. This entrée is served with your choice of side.

The Little Crab

This is a smaller portion of our famous crab cakes. This selection is served with one crab cake on a bed of rice pilaf and one side.

Popeye's Omelet ♥ (low carbohydrate)

This unique dish offers a large fluffy omelet stuffed with fresh baby spinach, bacon and swiss cheese. This entrée is served with your choice of a side.

Vegetable Omelet ♥♥ (low sodium, low carbohydrate)

Large fluffy omelet stuffed with mushrooms, onions, peppers, and cheddar.

Entrées

Served with Two Sides

Bourbon Beef Patty

Sweet bourbon sauce atop a mushroom covered slice of sizzling beef.

Beef Filet ♥♥ (low fat, low carbohydrate)

Thick USDA Choice cut seasoned and charbroiled to perfection.

(Available last three days of the month or when pre-ordered with reservation)

Pumpkin Spinach Pasta ♥ (low Sodium)

Al dente farfalle pasta tossed with sautéed baby spinach and a pumpkin cream sauce topped with toasted Almonds. **Add chicken**

Tilapia ♥♥♥ (low fat, low sodium, low carbohydrate)

Light and deliciously broiled with lemon and white wine or sautéed.

Grilled Chicken Breast ♥♥ (low fat, low carbohydrate)

Your choice of garlic herb, lemon pepper or teriyaki.

Sundried Tomato Roasted Chicken ♥ (low carbohydrate)

Boneless skinless chicken breast brushed with our delicious sundried tomato pesto and oven roasted.

Ham Steak ♥ (low carbohydrate)

Two thick slices of grilled boneless pit ham.

Tuscan Carbonara

Al dente farfalle pasta tossed with mushrooms, tomatoes, bacon and Tuscan seasonings topped with your choice of Chicken or Beef.

Hot Sides: Cup of soup, Baked sweet potato, Steamed baby carrots, Mashed potatoes, Steamed asparagus, Baked potato, Rice pilaf, Steamed vegetable medley, Cinnamon apples, Steamed broccoli, French fries, Onion rings, Sweet potato fries.
Add Gravy

Cold Sides: Raw vegetable plate, Caesar salad, House salad, Chips, Apple sauce, Peach slices, Cottage cheese with peaches, Jello of the day, Cottage cheese, Pudding of the day, Creamy coleslaw, Mixed fruit

Hot Sides

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Cold Sides

Raw vegetable plate, Caesar salad, House salad, Chips, Apple sauce, Peach slices, Cottage cheese with peaches, Jello of the day, Cottage cheese, Pudding of the day, Creamy coleslaw, Mixed fruit

Beverages

A beverage of your choice is included with a purchase of a sandwich, entrée or special.

Coffee, Hot Tea, Iced Tea, Apple Juice, Orange Juice, Cranberry Juice, Lemonade, Coke, Diet Coke, Sprite Zero, Root Beer, Ginger Ale, Arnold Palmer, Cran Fizz, 2% Milk, Skim Milk, Prune Juice, V8

Desserts

Float

Ice Cream (Vanilla, Chocolate, Strawberry, Sherbert)

Sugar Free Ice Cream (Vanilla)

Cookies

Ask your server about our weekly dessert specials