



the
Bisttra



© 1998

**BELL
TRACE**
Family-first Senior Living
from CarDon



Sandwiches



Charbroiled Burger

5 oz. patty grilled on toasted bun

Cheeseburger

5 oz. patty grilled on toasted bun with choice of cheese

Patty Melt

5 oz. patty with caramelized onions and Jack cheese and Thousand Island dressing on rye bread

Mini Burger

*2 oz. patty grilled on toasted bun
2 mini burgers*

Mini Turkey Burger

*A light burger made with lean ground turkey
2 mini turkey burgers*

Chicken Sandwich

5oz. chicken breast with your choice of lemon pepper, garlic herb or teriyaki sauce

Grilled Cheese Sandwich

Your choice of Swiss, Cheddar American, Provolone or Monterey Jack

Grilled Ham and Cheese Sandwich

Your Choice of Swiss, Cheddar American, Provolone or Monterey Jack

Deli Ham Sandwich

Turkey Club Sandwich

With house-roasted turkey breast

Tuna Salad Sandwich

A generous serving of house tuna salad on your choice of bread

BLT Sandwich

A classic combo - bacon, lettuce and tomato

Chicken Salad Sandwich

A generous serving of house chicken salad on your choice of bread

Add fresh avocado, cheese or bacon to a sandwich:

All sandwiches are served with lettuce, tomato, choice of pickles and one side. Served on your choice of white, whole wheat or light rye bread. Substitute a croissant for

Salads and Light Items

Cobb Salad

Large entrée salad, topped with hard-boiled egg, fresh avocado, diced tomato, cheddar cheese and chopped bacon—your choice of dressing

Caesar Salad

Large entrée salad with romaine lettuce, homemade croutons, Parmesan cheese and zesty Caesar dressing

Spinach Salad

Fresh baby spinach topped with candied walnuts, dried cranberries, fresh goat cheese, and your choice of dressing

Salad with Pears, Almonds and Cranberries

Large entrée salad with sweet cooked pears, toasted almonds, dried cranberries, and your choice of dressing

Small Crab

Smaller portion of our famous crab cake served with one patty on a bed of rice with tartar sauce, lemon wedge, and one side

Cup of Soup or Bowl of Soup

Small House Salad

Small Caesar Salad

Small Spinach Salad

Add Chicken or Turkey

Add Beef

Add Shrimp or Salmon

Add Cheese Shredded Parmesan,
Cheddar, Mozzarella, Goat Cheese or Blue

Cheese Crumble

Salad Dressing Choices

Ranch, Raspberry Vinaigrette, Italian,
French, Poppy Seed, Honey Mustard,
Oil and Vinegar, Caesar,
Blue Cheese, Thousand Island



Main Courses



OMELETS

Served with one side

Popeye's Omelet

*A favorite with baby spinach, bacon and
Swiss cheese*

Vegetable Omelet

*A preferred dish with colorful peppers, sweet
onions, mushrooms and Cheddar cheese*

Ham and Cheese Omelet

A standard with your choice of cheese

PASTAS

Served with two sides

Shrimp Pasta

*Large shrimp sautéed in olive oil with fresh
garlic, onion, tomato and asparagus in a light
broth and white wine sauce with a touch of
Parmesan cheese*

Pasta Primavera

*A variation on traditional fare; pasta with
grape tomatoes, broccoli, peppers and onions
in a light white wine cream sauce topped with
Parmesan cheese*

Pasta Alfredo

*Sautéed mushrooms, sweet peppers and toma-
to in a creamy Parmesan sauce*

Add Chicken

Add Shrimp or Salmon

***Non-wheat pasta is available as
a substitute***

ENTREES

Served with two sides

Beef Manhattan

*House roasted top round on fresh mashed
potatoes with bread and gravy*

Grilled Chicken Breast

*5 oz. chicken breast with your choice of
lemon pepper, garlic herb seasoning, or
teriyaki glaze*

Grilled Salmon

*A full 6 oz. portion lightly seasoned,
cooked on the grill*

Broiled Tilapia

*Broiled in the oven with lemon white wine
sauce*

Hot Dog

Bone-in Ham Steak

8 oz. cut bone in ham

Large Crab Plate

*Two crab patties served with rice, tartar
sauce, and lemon wedge*

Beef Filet

*Available the last three days of the month
or special order with two-day notice*



Sides



HOT

Cup of Soup
 Baked Potato
 Mashed Potato
 French Fries
 Baked Sweet Potato

Sweet Potato Fries
 Peas
 Corn
 Green Beans

Vegetable Medley
 Cinnamon Apples
 Onion Rings
 Macaroni & Cheese

Loaded Baked Potato with sour cream, bacon, & cheddar cheese

Loaded Sweet Potato with brown sugar and nuts

Gravy

COLD

Creamy Coleslaw
 Peach Slices
 Fresh Fruit Salad

Applesauce
 Cottage Cheese

Cottage Cheese with
 Sliced Peaches

Small House Salad

Small Caesar Salad

Small Spinach Salad

Beverages

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

Desserts

Ice Cream: No Sugar Added Vanilla Ice Cream , Chocolate, Strawberry, Sherbet

Jell-O Pudding

Ice Cream or Pudding toppings (nuts, caramel sauce, chocolate sauce, whipped cream):

Cookies

Ask your server about our Daily Dessert Specials