

20/20 LIFESTYLES SELECTIONS

SHARED PLATES

2 JUMBO PRAWN COCKTAIL **GF**

cocktail sauce, celery, lemon / 17
(cal-210, fat-3, sodium-620, carb-12, fiber-1, protein-32)

SALADS

2 ASIAN CHICKEN SALAD **N GF**

organic greens, celery, peppers, toasted almonds, sesame seeds, miso dressing / 12
(cal-390, fat-11, sodium-480, carb-32, fiber-6, protein-42)

6 CHOP CHOP SALAD **D GF**

iceberg lettuce, diced chicken breast, roma tomatoes, garbanzo beans, low fat mozzarella, creamy Italian dressing / sm 9 lg 13

(SMALL: cal-210, fat-6, sodium-340, carb-13, fiber-3, protein-25)
(LARGE: cal-400, fat-12, sodium-660, carb-24, fiber-6, protein-49)

4 TOASTED ALMOND & STRAWBERRY SALAD **N D GF**

organic greens, diced chicken breast, romaine, red grapes, raspberry poppyseed dressing / 13
(cal-420, fat-11, sodium-140, carb-40, fiber-5, protein-45)

3 CHICKEN CAESAR SALAD **D GF**

romaine, parmesan, lemon wedge, low-fat caesar dressing / 10
(cal-310, fat-9, sodium-510, carb-12, fiber-3, protein-42)

4 ASIAN SHRIMP MANDARIN SALAD **N GF**

romaine, almonds, red & yellow peppers, sesame seeds, green onion, miso dressing / 16
(cal-340, fat-11, sodium-560, carb-31, fiber-7, protein-31)

WOOD FIRED PIZZA

7 BBQ CHICKEN PIZZA **D**

whole-wheat crust, bbq sauce, diced chicken, low-fat mozzarella, red onion, cilantro / 14
(cal-540, fat-15, sodium-800, carb-60, fiber-6, protein-39)

7 MOZZARELLA PIZZA **V D**

whole-wheat crust, house made pizza sauce, diced roma tomatoes, fresh basil / 12
(cal-440, fat-13, sodium-790, carb-58, fiber-7, protein-23)

7 CHICKEN VEGETABLE PIZZA **D**

whole-wheat crust, spinach, mushrooms, red onion, tomatoes, low-fat mozzarella / 14
(cal-490, fat-11, sodium-590, carb-61, fiber-8, protein-36)

SANDWICHES

2 7 CHICKEN PESTO BURGER **D N**

sliced tomato, fresh basil leaf, pinenut pesto mayo, multi-grain sandwich thins, organic green salad / 12
(cal-470, fat-16, sodium-490, carb-30, fiber-7, protein-52)

7 BBQ CHEESEBURGER* **D**

20/20 BBQ sauce, cheddar, lettuce, tomato, red onion, multi-grain sandwich thin, organic green salad / 12
(cal-450, fat-15, sodium-730, carb-44, fiber-7, protein-42)

7 WILD SALMON FILET SANDWICH* **D**

red onion jam, multi-grain sandwich thins, lettuce, tomato, steamed asparagus / 18
(cal-380, fat-16, sodium-690, carb-31, fiber-8, protein-33)

6 7 BLACKENED FISH TACOS **D**

avocado, black bean salsa, shredded cabbage, whole-wheat high-fiber tortilla, house-made salsa, nonfat sour cream / 14
(cal-390, fat-12, sodium-760, carb-49, fiber-25, protein-38)

BISTRO ENTRÉES

2 7 CHICKEN POMODORO **D**

chicken, whole wheat penne, marinara, crimini mushrooms, spinach, basil, garlic, parmesan / 16
(cal-440, fat-11, sodium-590, carb-41, fiber-8, protein-37)

2 7 6OZ NEW YORK STEAK* **GF**

grilled mushrooms & onions, broccoli, bistro rice blend / 22
(cal-440, fat-13, sodium-800, carb-39, fiber-9, protein-45)

2 7 THAI CHICKEN STIR FRY **N GF**

broccoli, red onions, carrots, spinach, bean sprouts, cilantro, Thai peanut sauce, bistro rice blend / 17
(cal-620, fat-19, sodium-770, carb-65, fiber-8, protein-49)

2 7 TURKEY MEATLOAF

fresh tomato herb sauce, seasonal vegetables, bistro rice blend / 16
(cal-380, fat-6, sodium-470, carb-49, fiber-13, protein-39)

2 PRAWN FRADIIVOLO **GF**

tomato broth, bell peppers, onions, celery, fennel seeds, oregano, thyme, red chili flake / 14
(cal-320, fat-10, sodium-480, carb-18, fiber-4, protein-37)

ORGANIC TURKEY MEATBALLS **GF**

2 spaghetti squash, marinara sauce, parsley / 11
(cal-320, fat-2.5, sodium-790, carb-18, fiber-8, protein-44)

20/20 LifeStyles Stages:

1-protein 2-vegetables 3-cheese 4-fruit 5-milk & yogurt 6-legumes 7-whole grains 7-when served w/ brown rice, pasta or wheat bread

*Consumption of raw or undercooked meats, poultry, eggs, fish or shellfish may increase your risk of foodborne illness.

V -vegetarian **D** -contains dairy **GF** -gluten free **N** -contains nuts

SHARED PLATES

SALMON SLIDERS* **D**

red onion jam, curry aioli, ciabatta bun / 13

ITALIAN BRUSCHETTA **V**

roma tomatoes, thyme, fresh basil, garlic, sea salt, truffle oil, grilled Italian bread / 10

TERIYAKI TENDERLOIN BITES* **GF**

8 oz. teriyaki marinated tenderloin, green onion, sesame seeds / 10

MEDITERRANEAN PLATTER **V D**

hummus, marinated olives, feta, cucumber, cherry tomatoes, grilled pita bread / 12

CHICKEN BLACK BEAN & ROASTED CORN QUESADILLA **D**

cotija cheese, mozzarella cheese, fresh salsa, chipotle aioli / 12
add sour cream / 2 add guacamole / 5

FRIED GOAT CHEESE CROQUETTES **V D**

fig preserves, crostini / 10

BISTRO BAR NACHOS **V D GF**

tortilla chips, cheese, black beans, jalapeno, tomatoes, salsa, sour cream / 11
pulled seasoned chicken nachos / 13
grilled flank steak nachos / 15
add guacamole / 5

CHICKEN SOUVLAKI SKEWERS **D GF**

feta yogurt spread, olive oil drizzle / 10

CRISPY ONION RINGS **V D**

spicy aioli / 8

SOUPS & SALADS

CHEF PREPARED SOUP OF THE DAY

please ask your server for today's selections / sm 5 lg 7

CAPRESE SALAD **V GF**

sliced tomatoes, fresh mozzarella, fresh basil, olive oil drizzle, basil salt / 10

FLANK STEAK SALAD* **N D GF**

romaine, organic greens, blue cheese, cherry tomatoes, candied pecans, red onions, bleu cheese dressing / 16
(options - sub grilled chicken breast or prawns)

2 LACINATO KALE SALAD **V GF**

shredded carrots, zucchini, snap peas, cabbage, red onion, toasted pumpkin seeds, lemon herb vinaigrette / 10

BISTRO CHOP SALAD **D GF**

iceberg & romaine lettuce, chicken, salami, garbanzo beans, fresh basil, tomatoes, mozzarella, creamy chop dressing / sm 9 lg 13

APPLE CRANBERRY SALAD **V N D GF**

goat cheese croquettes, romaine, celery, pecans, cranberries, champagne vinaigrette / 12

MIXED GREEN SALAD WITH SPICED PECANS **V N D GF**

seasonal pears, blue cheese crumbles, white balsamic dressing / sm 6 lg 11

GARDEN GREENS **V GF**

tomatoes, cucumber, white balsamic dressing / sm 5 lg 8

CLASSIC CAESAR SALAD **D**

romaine, croutons, parmesan, caesar dressing / sm 7 lg 12

ADD PROTEIN TO ANY SALAD

6oz chicken breast / 5

4 grilled prawns / 6

6oz grilled wild salmon* / 12

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TACOS

MAHI MAHI SPICY FISH TACOS **D**

cajun jerk spice, mango salsa, shredded napa cabbage, avocado, flour tortillas, chipotle sauce / 15

PORK STREET TACOS **GF**

fried pulled pork, onion, cilantro, salsa verde, corn tortillas sliced radish / 9

BURGERS

CURRY LAMB BURGER* **D**

arugula, feta cheese, curry aioli, cornmeal kaiser bun / 13

CALIFORNIA CHICKEN BURGER **D**

havarti, avocado spread, lettuce, tomato, cornmeal kaiser bun / 13

THE CLUB ROOM BURGER* **D**

Tillamook cheddar, lettuce, tomato, red onion, mayo, cornmeal kaiser bun / 14

SONOMA WALNUT QUINOA BURGER **V N**

avocado, tomato, lettuce, red onion, low-fat mayo (on the side), whole wheat bun / 12

SANDWICHES

TUNA MELT **D**

bell pepper, celery, low-fat mayo, cheddar, sliced tomatoes, grilled white bread / 12

TURKEY BACON WRAP **D**

garlic aioli, lettuce, tomato / 11

THE B.L.A.S.T. SANDWICH **D**

bacon, lettuce, avocado, swiss, tomato, mayo, sourdough bread / 11

THE BISTRO CLUB **D**

sliced turkey breast, bacon, cheddar, lettuce, tomato, mayo, toasted multi-grain bread / 11

GRILLED CHEDDAR & TOMATO **V D**

Tillamook cheddar, tomatoes, grilled white bread / 10

BISTRO DELI FRESH **D**

turkey & havarti or tuna & swiss, lettuce, tomato, mayo, sourdough bread / 12

All sandwiches and burgers are served with french fries, side salad or a fruit cup. Substitute gluten-free bun / 3

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WOOD FIRED PIZZA

BBQ HAWAIIAN CHICKEN PIZZA D

housemade bbq sauce, grilled pineapple, caramelized onions, cilantro, smoked mozzarella / 14

ROASTED VEGETABLE PIZZA V D

housemade pizza sauce, roasted red peppers, olives, caramelized onions, mushrooms, four cheese blend / 14

BISTRO SUPREME PIZZA D

italian sausage, pepperoni, bacon, black olives / 15

WHITE CHICKEN PIZZA D

alfredo sauce, mushrooms, bacon, parmesan, green onions / 15

CARAMELIZED ONION, BACON & APPLE PIZZA D

garlic olive oil, fontina, cheddar / 12

BISTRO HAND TOSSED CHEESE PIZZA V D

housemade pizza sauce, four cheese blend / 10

PEPPERONI PIZZA D

housemade pizza sauce, four cheese blend / 12

SAUSAGE AND MUSHROOM PIZZA D

italian chicken sausage, housemade pizza sauce, four cheese blend / 13

MARGHERITA V D

housemade pizza sauce, fresh mozzarella, basil, sliced tomatoes / 12

**all pizza's available in white or whole wheat. Substitute*

FLATBREADS

BISTRO PIADINA

garlic, olive oil, rosemary, kalamata olives / sm 4 lg 6

GARLIC CHEESE BREAD D

four cheese blend, garlic spread / sm 6 lg 8

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BISTRO FAVORITES

GREEK GYRO D

lamb & beef strips, tomatoes, red onion, tzatziki sauce, pita. served with garden salad / 13

WILD MUSHROOM FILET MIGNON*

Jack Daniels & mushroom demi glacé, fried onion straws, grilled asparagus / 28

GRILLED SALMON FILET* GF

bistro rice blend, seasonal vegetables, mango salsa / 22

YAKISOBA

bean sprouts, cabbage, green onion, carrots, red onion, housemade yakisoba sauce, chicken, shrimp or tofu / 15

LEMON CHICKEN PICCATA D

white wine, garlic, capers, shallots, angel hair pasta, seasonal vegetables / 18

ATLANTIC COD FISH AND CHIPS D

*housemade tartar sauce, lemon wedge / 16
add coleslaw / 3*

SPINACH TOFU POMODORO V

whole wheat penne, tofu, marinara, shiitake mushrooms, spinach, basil, garlic, red chili flakes / 15

SEAFOOD RISOTTO D GF

lobster, prawns, asparagus, parmesan / 19

CHICKEN FETTUCCINE ALFREDO D

garlic cream sauce, parmesan / 15

TOFU STIR FRY V GF

broccoli, red onion, carrots, spinach, bean sprouts, cilantro, citrus ginger glaze, bistro rice blend / 16

MUSHROOM RAVIOLI WITH VODKA CREAM SAUCE V D

*fresh pasta, grilled portobello mushroom, peas, butter, thyme / 15
add grilled chicken / 5*

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