

BISTRO BRUNCH

COMBINATION BREAKFASTS

WIMBLEDON

two eggs, your choice bacon, ham or chicken sausage, breakfast potatoes, toast / 12

WORLD CUP

two pancakes, your choice ham, bacon or chicken sausage, breakfast potatoes / 11

5 20/20 BREAKFAST

Egg Beaters denver omelette, seasonal fruit, yogurt berry parfait. served with decaf Zoka coffee or Tea Forté. / 14

(cal-440, fat-9, sodium-510, carb-50, fiber-7, protein-39)

OMELETTES

all omelettes are three eggs. served with breakfast potatoes and toast. substitute egg whites / 3

FIESTA - chicken sausage, pepperjack, black bean salsa, tomato, avocado, sour cream, salsa / 16

VEGGIE - feta, peppers, olives, mushrooms, spinach, tomatoes / 15

EASTSIDER- avocado, spinach, bacon, chevre / 14

CAPRESE- fresh mozzarella, tomato, basil / 11

BUILD YOUR OWN

choose your ingredients for an omelet all your own / 8

cheddar, pepperjack, swiss, feta, parmesan, fontina, tomatoes, bell peppers, spinach, onions, mushrooms, olives, salsa / 1 each item

ham, chicken sausage, smoked bacon, vegetable soy patty, chevre, avocado, asparagus / 2 each item

20/20 MEDITERRANEAN OMELET

4 egg white omelet, onions, spinach, roasted red peppers, kalamata olives, fresh basil. served with fresh fruit salad & tomato slices. / 12

(cal-240, fat-5, sodium-640, carb-26, fiber-4, protein-22)

High-Protein Option: substitute cottage cheese and ham, bacon or chicken sausage for your potatoes and toast / 4

BISTRO SPECIALTIES

NY STEAK & EGGS

6oz New York strip served with three eggs your way, breakfast potatoes, toast / 25

ALL STAR EGG SANDWICH

your choice ham, bacon or chicken sausage, cheddar, tomato, grilled sourdough bread. served with breakfast potatoes / 12

TRADITIONAL BENEDICTS

two poached eggs on english muffins, housemade hollandaise sauce. served with breakfast potatoes.

CLASSIC - canadian bacon / 14

EXECUTIVE- grilled asparagus, bacon / 16

CALIFORNIA- avocado, tomato, bacon / 18

FRENCH TOAST

egg-dipped brioche, cinnamon, vanilla, nutmeg, maple syrup.

CLASSIC / 12 or **BANANAS FOSTER** / 14

7 20/20 BREAKFAST BURRITO

Egg Beaters, low-fat cheddar, black bean salsa, peppers, onions, breakfast potatoes, chili verde sauce, low-fat sour cream / 11

(cal-330, fat-8, sodium-800, carb-59, fiber-28, protein-31)

1 20/20 MIXED BERRY PROTEIN PANCAKES

two pancakes. served with blueberry compote & peanut butter / 9

(cal-350, fat-9, sodium-740, carb-42, fiber-6, protein-26)

BUTTERMILK PANCAKES

three pancakes, your choice strawberries, blueberries or bananas, pure maple syrup / 10

PUMPKIN & FLAX SEED GRANOLA PARFAIT

fresh blueberries, vanilla yogurt / 7

HEALTHY BREAKFAST SANDWICH

egg whites, low-fat cheddar, vegetable soy patty, wheat english muffin. served with cottage cheese and fruit / 9

20/20 LifeStyles Stages:

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

*Consumption of raw or under cooked meats, poultry, eggs, fish or shellfish may increase your risk of food borne illness. *Calico rice contains wheat.

BRUNCH FAVORITES

SHARED PLATES

MEDITERRANEAN PLATTER V

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

BISTRO BAR NACHOS V

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

feta yogurt spread, olive oil drizzle / 10

TERIYAKI TENDERLOIN BITES*

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

CRISPY ONION RINGS V

spicy aioli / 8

SOUPS & SALADS

CHEF PREPARED SOUP OF THE DAY

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

BISTRO CHOP SALAD

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

APPLE CRANBERRY SALAD V

goat cheese croquettes, romaine, celery, pecans, cranberries, champagne vinaigrette / 10

MIXED GREEN SALAD WITH SPICED PECANS V

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

WOOD FIRED PIZZAS

BISTRO HAND TOSSED CHEESE PIZZA V

housemade pizza sauce and four cheese blend / 10

BISTRO SUPREME PIZZA

italian sausage, pepperoni, bacon, black olives / 15

BBQ HAWAIIAN CHICKEN PIZZA

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

BISTRO FAVORITES

TOFU STIR FRY V

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

GRILLED SALMON FILET*

bistro rice blend, seasonal vegetables, mango salsa / 22

SEAFOOD RISOTTO

lobster, prawns, asparagus, parmesan / 19

ATLANTIC COD FISH AND CHIPS

housemade tartar sauce, lemon wedge / 16

CHICKEN FETTUCCINI ALFREDO

garlic cream sauce, parmesan / 15

SPINACH TOFU POMODORO V

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

BURGERS & SANDWICHES

CALIFORNIA CHICKEN BURGER

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

THE CLUB ROOM BURGER*

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

CURRY LAMB BURGER*

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

SONOMA WALNUT QUINOA BURGER V

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

TUNA MELT

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

TURKEY BACON WRAP

garlic aioli, lettuce, tomato / 11

THE BISTRO CLUB

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

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V -vegetarian