

# Retirement Community Bistro Menu

**GRILL HOURS** Lunch: 11:30 am - 1:00 pm Supper: 4:45 - 6:00 pm

For Takeout Orders, call 367-4300 ext 291

## The All American

2 eggs, hash browns, bacon or sausage, & toast  
| 610 cal. | 49 carbs | srvg size 1 |

## Western Omelet

Ham, onion, peppers, & cheese  
| 221 cal. | 6 carbs | srvg size 1 |

## Cereal

Rice Krispies, Cheerios, Corn Flakes, Bran Flakes, Rice Chex, or Oatmeal

## French Toast, Pancakes, or Waffles

Served with butter & syrup  
| 310 cal. | 52 carbs | 2 ea |

## Build a Salad:

Iceberg lettuce  
*Choose your toppings:*  
onions, peppers, tomatoes, cucumber, jalapenos, hard-boiled egg, shredded cheese, croutons, **ham, turkey, chicken, or salmon**

Salad dressings: Ranch, French, Italian, Poppy Seed, Caesar, Raspberry Vinaigrette

## Philly Cheese Steak

Chopped grilled beef with sautéed onions, peppers, & melted Swiss cheese on a hoagie  
| 390 cal. | 27 carbs | srvg size 1/2 |

## Turkey and Bacon Club Wrap

With lettuce, tomato, & mayo  
| 253 cal. | 14 carbs | srvg size 1/2 |

## BLT

Bacon, lettuce, tomato, & mayo on toasted sourdough bread  
| 372 cal. | 25 carbs | srvg size 1/2 |

## Chicken Quesadilla

Cheese, salsa, & sour cream  
| 432 cal. | 11 carbs | srvg size 1/2 |

## Grilled Reuben

Chopped corned beef, sauerkraut, Thousand Island, & Swiss cheese on grilled rye  
| 403 cal. | 17 carbs | srvg size 1/2 |

## Ranch Chicken Club Wrap

Provolone cheese, lettuce, tomato & bacon  
| 253 cal. | 14 carbs | srvg size 1/2 |

## Popcorn Shrimp Basket

Served with cocktail sauce  
| 170 cal. | 15 carbs | srvg 3 oz |

## Hamburger, Turkey Burger, or Veggie Bean Burger

Served with cheese, lettuce, tomato, onion, & pickles  
| 432 cal. | 13 carbs | srvg size 1 |

## Grilled Cheese or Grilled Ham & Cheese Sandwich

Served on sourdough  
| 276 cal. | 31 carbs | srvg size 1/2 |

## Grilled Salmon Sandwich

Grilled sourdough, lemon dill mayonnaise, lettuce, & tomato  
| 339 cal. | 25 carbs | srvg size 1/2 |

## Loaded Baked Potato

Cheese sauce, butter, sour cream, salsa, tomato, bacon, & cheddar cheese  
| 241 cal. | 21 carbs | srvg size 1/2 |

## Ultimate Nachos

Melted cheese, onions, jalapenos, tomatoes, sour cream, & salsa; add seasoned ground beef or chicken  
| 650 cal. | 15 carbs | srvg size 1/2 |

## 4 Chicken Strip Basket

Served with BBQ sauce  
| 260 cal. | 37 carbs |

## Starters

Soups: tomato, vegetable, chicken noodle, or soup of the day

## Vegetable

Side salad, onion rings, fresh veggie relish plate w/ Ranch

## Fruit

Mandarin oranges, peaches, applesauce, fresh apple wedges, banana

## Other Sides

Potato chips, corn chips, or tortilla chips  
French fries, hash browns, or American fries  
Cereal  
Cottage cheese  
Bacon, sausage, or ham steak  
Pudding, Jell-O, yogurt

**Breakfast - \$4**  
**Lunch or Supper - \$5**  
**Featured Entrée - \$3**  
**Sides - \$2**

Sides & beverages included with all meals

Items listed are available during operating hours only

**\*Cash, resident charge, or bistro ticket accepted**

## DRINKS

Water	Decaf Coffee	Hot Chocolate	Milk	Iced Tea	Root Beer	Coke
Coffee	Hot Tea	Cappuccino	Chocolate Milk	Lemonade	Mello Yellow	Diet Coke