

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