

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 with Raisins & Brown Sugar

French Toast, Pancakes, or Waffles

Served with butter & syrup
| 360 cal. | 54 carbs | 2 ea |

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

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

Popcorn Shrimp Basket

Served with cocktail sauce
| 280 cal. | 17 carbs | srvg 3 oz |

Philly Cheese Steak

Chopped grilled beef with sautéed onions, peppers, & melted Swiss cheese on a hoagie
| 313 cal. | 20 carbs | srvg size 1/2 |

Turkey and Bacon Club Wrap or Crispy Chicken Club Wrap

With lettuce, tomato, & mayo
| 402 cal. | 33.5 carbs | srvg size 1/2 |

BLT

Bacon, lettuce, tomato, & mayo on toasted sourdough bread
| 225 cal. | 17 carbs | srvg size 1/2 |

Chicken Quesadilla

Cheese, salsa, & sour cream
| 305 cal. | 25 carbs | srvg size 1/2 |

Grilled Reuben

Chopped corned beef, sauerkraut, Thousand Island, & Swiss cheese on grilled rye
| 210 cal. | 9 carbs | srvg size 1/2 |

4 oz Top Sirloin or Filet Mignon

| 303 cal. | 0 carbs |

Pork Tenderloin Sandwich

Lettuce, tomato, onion, & pickles
| 410 cal. | 61 carbs | srvg 1 sandwich |

Hamburger, Veggie Bean Burger, or Hotdog

Served with cheese, lettuce, tomato, onion, & pickles
| 610 cal. | 36 carbs | srvg size 1 |

Grilled Cheese or Grilled Ham & Cheese Sandwich

Served on sourdough
| 300 cal. | 34 carbs | srvg size 1/2 |

Grilled Salmon Sandwich

Grilled sourdough, lemon dill mayonnaise, lettuce, & tomato
| 390 cal. | 34 carbs | srvg size 1/2 |

Loaded Baked Potato

Cheese sauce, butter, sour cream, salsa, tomato, bacon, & cheddar cheese
| 172 cal. | 35 carbs | srvg size 1/2 |

Ultimate Nachos

Melted cheese, onions, jalapenos, tomatoes, sour cream, & salsa; add seasoned ground beef or chicken
| 540 cal. | 18 carbs | srvg size 1/2 |

4 Pc Chicken Strip Basket

Served with BBQ sauce
| 300 cal. | 26 carbs |

Starters

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

Vegetable

Side salad, onion rings, fried mushrooms

Fruit

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

Other Sides

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

Breakfast - \$5
Lunch or Supper - \$6
Featured Entrée - \$4
Sides - \$3

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