

# *Tomboni's Bistro*

## *Lunch Menu*

*NO MENU SUBSTITUTIONS AT LUNCH PLEASE.*

### *To Start*

*Soup of the Week, Cup 3 Bowl 6*

*Flash fried Brussels Sprouts with maple balsamic glaze 7 gf, vegan*

*Bruschetta with basil pesto and vine ripe tomato slices on toasted baguette 8 add fresh Mozzarella +4*

### *Main Course Salads*

*Energy Salad with spinach and romaine, pan seared salmon, avocado, blueberries, cucumbers, roasted chick peas, apples and almond slices with lemon vinaigrette 14 gf For vegan sub crispy organic tofu - 4*

*Fiesta Chicken Salad with romaine, roasted chicken breast, tomatoes, organic corn, black beans, grated cheddar, black olives, avocado and fresh tortilla strips, fiesta ranch dressing or cilantro lime vinaigrette 10 sub roast pork or crispy tofu n/c. Sub bronzed shrimp + 4*

*Pecan Chicken Salad "Salad" two scoops on greens with grapes, avocado slices and Dijon vinaigrette 12 gf*

### *Sandwiches served with your choice of side salad, soup or potato chips*

*Bistro Cheese Burger Grass fed beef cooked the old fashioned way on a seasoned flat top. Mayo or Mustard, butter grilled bun. Lettuce, tomato, pickles and onion on side. Crispy Fries or choice of side. 9 Add cheddar, havarti or Swiss +1*

*The Cuban - No one makes it like this Italian. Roasted and shredded pork, natural ham, Swiss cheese, mustard and pepperoncini's on a grilled bolillo roll. With your choice of side. 12*

*The Wrap with romaine, chicken breast, tomatoes, organic corn, black beans, grated cheddar, black olives, avocado and fresh tortilla strips with fiesta ranch dressing 10*

*Pecan Chicken Salad Sandwich on whole grain or sourdough bread 9 avocado +1*

### **ENTREES ON REVERSE SIDE**

**NO MENU SUBSTITUTIONS AT LUNCH PLEASE. THE KITCHEN IS EXTREMELY BUSY AND IT THROWS A KINK INTO A WELL OILED MACHINE...if you don't care for something on your plate please push it to the side. Thank you!**

## **Entrée's**

**Taco's ~ Fresh Rainbow Trout, Roasted Pork, Chicken** on fresh corn tortillas with avocado, chili mayo, lime, cabbage and cilantro. Side of tomatillo salsa and house made tortilla chips and sweet potato salad, soup or side salad. 13 - 12 - 11 For **Vegan**, sub crispy organic tofu 10

**Chicken, Spinach, and Italian Sausage Lasagna** layered with zesty tomato sauce and Italian cheeses. Finished with silky alfredo sauce. Side of fresh sautéed veggies 13

**Rainbow Trout** - pan seared in olive oil with lemon and caper butter. Served with spaghetti squash, brown rice or cauliflower rice and fresh sautéed veggies One filet or two 12/ 17 gf

**Fresh Salmon** pan seared with dill aioli, cauliflower rice and fresh sautéed veggies 13

**Fresh Salmon Cakes** with dill aioli, cauliflower rice or spaghetti squash, fresh vegetable 13 gf

**Tuscan Shrimp** - Wild caught Texas Gulf Shrimp marinated and pan seared with fresh spinach and oven roasted tomatoes in a creamy garlic white wine parmesan sauce over tagliatelle pasta. 14 Sub **roasted chicken** 12 sub gluten free pasta or spaghetti squash for the tagliatelle +2

**Chicken Picatta** - natural chicken breast pan seared with lemon and caper butter with spaghetti squash, brown rice or cauliflower rice and fresh sautéed veggies 13 gf

**Quinoa Veggie Bowl** served warm, with sautéed fresh seasonal veggies such as organic yellow and zucchini squash, mushrooms, oven roasted tomatoes and sugar snaps 10 you may sub cauliflower rice or brown rice for the quinoa at no extra charge. add chicken +2, salmon +6, Shrimp +2 each add crispy organic tofu +2 No veggie substitutions or removals on this dish please.

Should you chose to share an entrée, we will bring you an extra plate. Thank you!

**What to drink** Flavored tea 3.00 Sweetened or Unsweetened Iced Tea 2.50

Dr. Pepper, Diet Dr. Pepper, Coke, Diet Coke or Sprite 2. Perrier Sparkling Water 2.50 Complimentary chilled filtered water. French pressed coffee 3. per cup or 8. per pot Hot tea 2.50 bag

**Desserts** We offer a lovely selection of of house made desserts. Warm **Flourless Chocolate Cake** , warm **Bourbon Vanilla Butter Cake** with Caramel Glaze and Pecans, **Tira Misu**, **Lemon Tart**, **Crème Brulee** and **Mille Fuelle**~ Pastry cream sandwiched between crispy phyllo sheets with fresh berries and caramel sauce 7

We use extra virgin olive oil in our salad dressings, vinaigrettes and for sautéing. Peanut oil is used for frying.

Desserts are made with real butter and natural cane sugar. Legend: gf=gluten free, v=vegan

All chicken is cage free, antibiotic free, hormone free and not fed any gmo products.

While we offer gluten free items on our menu, our kitchen is not gluten free. We also prepare dishes with peanuts, tree nuts, shell fish and wheat in our kitchen.

