

Tomboni's Bistro

Lunch Menu 2022

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 fresh tomato slices on toasted baguette slices 8 add fresh mozz 12

Main Course Salads

Tomboni's Signature Salad organic baby greens and romaine with apples, roasted pecans, goat cheese, cranberries and spelt berries with balsamic vinaigrette 9.50 Add roasted chicken breast +2 Salmon +6 for **vegan** omit goat cheese and sub crispy organic tofu if you wish! +2

Energy Salad with spinach and romaine, salmon, avocado, blueberries, roasted almonds and chick peas with lemon vinaigrette 14 gf For **vegan** sub crispy organic tofu 10

Fiesta Chicken Salad with romaine, roasted chicken breast, tomatoes, organic corn, black beans, grated cheddar, black olives, avocado and fresh tortilla strips with fiesta ranch dressing or cilantro lime vinaigrette 12 sub roast pork +2

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

Sandwiches ~ served with your choice of side salad, soup, sweet potato salad, fruit or potato chips

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

Better BLT with avocado on whole grain or sourdough with your choice of side 9 add fried farm egg +1

The Wrap with romaine, chicken breast, tomatoes, organic corn, black beans, grated cheddar, black olives, avocado and fresh tortilla strips with fiesta ranch dressing 12

Pecan Chicken Salad Sandwich on whole grain bread or sourdough with choice of side **9** avocado +1

Tomboni's Bistro Burger on whole grain bun with all the fixings on the side. Mayo or mustard. Side of fries or other side. \$12 Add cheddar, swiss or harvarti cheese +1 Add avocado +1

ENTREES ON REVERSE SIDE

Entrées

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 **9**

Chicken, Spinach, and Italian Sausage Lasagna layered with zesty tomato sauce and Italian cheeses. Finished with silky alfredo sauce. Side of fresh sautéed veggies **14**

Rainbow Trout - pan seared with lemon and capers. Served with spaghetti squash, brown rice or cauliflower rice and fresh sautéed veggies One filet or two **13/ 18** 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 daily pasta. **16** Sub roasted chicken **12** sub gluten free pasta or spaghetti squash for pasta +2

Chicken Parmesan ~ pasta with alfredo, fresh vegetable **14** sub spaghetti squash +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

Eggplant Parmesan ~ Crispy Eggplant breaded to order with tomato basil sauce on spaghetti squash, with fresh veggies. **13** can be made **vegan**, just ask!

Quinoa with fresh seasonal veggies **10** v, gf add roasted chicken +2 add shrimp 2.50 ea add salmon +6

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 3. Perrier Sparkling Water 2.50 Complimentary chilled filtered water. French pressed coffee 3. per cup or 8. per pot Hot tea 2.50 Add. Bag

We only use extra virgin olive oil in our salad dressings, vinaigrettes and for sautéing. We use peanut oil when we fry. Desserts are made with real butter and natural cane sugar.

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

Legend: gf=gluten free, v=vegan df=dairy free

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.