

Tomboni's Bistro

Lunch Menu

To Start

Soup of the Week Cup 3 Bowl 6

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

Bruschetta with vine ripe tomatoes and fresh basil on toasted baguette slices 8 vegan add fresh Mozzarella +4

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 8 Add roasted chicken breast +3 Salmon +6 for **vegan** omit goat cheese and sub crispy organic tofu +2

Energy Salad with spinach and romaine, fresh sautéed salmon, avocado, blueberries, cucumbers and roasted 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 with fiesta ranch dressing or cilantro lime vinaigrette 10 sub roast pork +2

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, fruit or potato chips

Bistro Burger ~ Featuring grass fed beef from Cut Beef in Tyler. Cooked the old fashioned way on a seasoned flat top. Choice of condiments, butter grilled bun. Veggie set up on side. Crispy Fries or choice of side. 9 Add choice of cheddar, havarti or Swiss Cheese. Add Avocado +1

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

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

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

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

ENTREES ON REVERSE SIDE

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 and vegan mayo. **9** We also offer fresh jicama slices instead of corn tortillas for keto friendly diet!

Chicken, Spinach, Mushroom 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 with lemon and capers. Served with spaghetti squash, brown rice or cauliflower rice and fresh sautéed veggies One filet or two **12/ 17 gf**

Fresh Salmon Cakes with dill aioli, cauliflower rice or spaghetti squash and fresh sautéed veggies **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**

Chicken Parmesan ~ hand breaded and pan fried. Topped with tomato basil sauce and served with fettucini alfredo and fresh veggies **14**

Eggplant Parmesan ~ Crispy Eggplant breaded to order with tomato basil sauce on spaghetti squash, with fresh veggies. **10** can be made **vegan**, just ask!

Quinoa Veggie Bowl served warm, topped with sautéed fresh 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

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 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.

