

# Tomboni's Bistro Lunch Menu

## Soup and Starters

**Soup of the Week** Cup 3 Bowl 6

Flash fried **Brussels Sprouts** with maple balsamic glaze 6 gf

**Bruschetta** with vine ripe tomatoes, artichokes, fresh garlic, basil and olive oil 6 add fresh mozzarella +4  
can be made gf

## Main Course Salads

**Tomboni's Signature Salad** organic baby greens, romaine and kale with apples, roasted pecans, goat cheese, dried cranberries and farro with balsamic vinaigrette 7.50 Add natural roasted chicken breast +2

**Energy Salad** with spinach and baby kale, fresh sautéed salmon, avocado, blueberries, cucumbers and toasted almond slices with lemon vinaigrette 14 gf

**Mediterranean Salad** with mixed greens, white cannellini beans, cucumber, tomato, radishes, Kalamata olives, feta cheese and red onion with lemon or Dijon vinaigrette 8 add chicken +2 add salmon +6 gf

**Fiesta Chicken Salad** with romaine, chicken breast, tomatoes, pan roasted corn, black beans, grated cheddar, black olives, avocado and fresh tortilla strips with fiesta ranch dressing 10 gf

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

## Lunch Entrees

**Trout Tacos** pan seared rainbow trout on fresh corn tortillas with chili mayo, avocado, shredded cabbage, and a side of green chili tomatillo sauce. Served with, small green salad, fruit, soup or sweet potato salad. 12.75 gf

**Chicken, Spinach, Mushroom and Italian Sausage Lasagna** layered with zesty tomato sauce and Italian Cheeses. Finished with silky alfredo sauce. Fresh vegetables on side 13

**Fresh Salmon Cakes** with cucumber dill yogurt sauce, cauliflower rice, and fresh vegetable 13 gf

**Natural Chicken Breast** pan seared and topped with mango pico. Choice of cauliflower rice or herbed organic brown rice and fresh vegetable 12.50 gf

**Roasted Portabella Mushroom** stuffed with organic spinach, cannellini beans and grilled artichokes with organic roasted red pepper tomato sauce, fresh vegetable 12.50 v, gf, df

**Fresh** pan seared **Trout** with lemon caper sauce, cauliflower rice, fresh vegetable One filet 12 or 2/18.50 gf

**Pasta Portofino** with pappardelle pasta and wild caught shrimp sautéed in olive oil with oven roasted tomatoes, fresh basil, garlic, seafood stock and shaved parmesan 14 gf pasta +2 may sub spaghetti squash for pasta n/c

**Beef Bolognese** braised beef tenderloin, and traditional bolognese tomato sauce steeped with vegetables and red wine on pappardelle pasta with a dusting of fresh parmesan 13 gf pasta +2 sub spaghetti squash n/c

**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 V add chicken +2, salmon +6, Shrimp 2 each

**Sandwiches on reverse side** \$3.00 Entrée Split Charge

**Sandwiches** Served with your choice of small green salad, sweet potato salad, olive oil kettle potato chips, soup, or fruit. Pickled Okra on the side.

**The Cuban** crisp roast pork, uncured smoked ham, Swiss cheese, pepperoncini's and mustard grilled in a crusty roll with a side of spicy red pepper onion dipping sauce 10

**New Veggie Goodness** starts with a spread of jack cheese, cream cheese and mayo... add alfalfa sprouts (when available), cucumbers, vine ripe tomatoes and avocado smash on whole grain bread 7.50 for V sub vegan mayo instead of spread

**Tomboni's Pecan Chicken Salad** with celery, cranberries, pecans, mayo and a touch of cilantro and lime on toasted multi grain bread 9 add avocado +1.

**Better BLT** with avocado, thick smoked bacon, fresh tomatoes, romaine and mayo on your choice of sourdough or or seeded multigrain bread. 8.50 Add pastured egg fried in olive oil +1.00

**The Wrap** with roasted chicken, shredded romaine, avocado, tortilla strips, black olives, jack cheese and tomato rolled in a flavored tortilla with fiesta ranch dressing. 8.75

**Elevated Grilled Cheese** with cheddar, Havarti and Swiss with oven roasted tomatoes on sourdough 9.75

**Soup and half sandwich Special** Enjoy ½ of a Better BLT or Pecan Chicken Salad Sandwich, chips and a cup of soup 7.50 no substitutes please

Gluten free bread +2, romaine leaves and/or vegan mayo are available for substitutes.

## **Side Salads order as a side or choose a variety for a salad plate**

Scoop of Pecan chicken salad 4 gf

Small green salad 3 gf

Sweet potato salad 3.50 gf, df

Seasonal Fruit 3 gf, v, gf

Extra side of dressing .50 Extra avocado 1.00 Kettle Potato Chips 1.50

## **What to drink** Flavored tea 2.50 Sweetened or Unsweetened Iced Tea 2.

Dr. Pepper, Diet Dr. Pepper, Coke, Diet Coke or Sprite 2. Perrier Sparkling Water 2.50 Complimentary chilled filtered water. French pressed coffee 2. per cup or 7. per pot Double shot Espresso 2.50 Hot tea 2. Add. Bag +1

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.

Please join us for dinner Thursday through Saturday. Open at 5:00 p.m. Last seating at 8:00 p.m.

