

Tomboni's Bistro

Lunch Menu

To Start

Soup of the Week Cup 4 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 V 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 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, fresh sautéed salmon, avocado, blueberries, cucumbers and toasted almond slices with lemon vinaigrette 14 gf For **vegan** omit salmon and sub crispy organic tofu. 12

Mediterranean Salad ~ organic baby greens and romaine, white cannellini beans, cucumber, feta, and kalamata olives with lemon vinaigrette. 9.50 add chicken +2 add salmon +6 for **vegan** omit feta, add crispy organic tofu +2

Fiesta Chicken Salad with romaine, chicken breast, tomatoes, organic corn, black beans, grated cheddar, black olives, avocado and fresh tortilla strips with fiesta ranch dressing 10 for **vegan** omit cheddar and chicken, sub house made organic soy chorizo and cilantro lime vinaigrette

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

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

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 No modifications on BLT please.

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

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

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 +1

ENTREES ON REVERSE SIDE

Lunch Entrees

Quiche, a fluffy specialty of Chef Tomboni, Served with choice of fresh fruit or side salad. 10

Taco's ~ **Fresh Rainbow Trout, Roasted Pork or Chicken** on fresh corn tortillas with avocado, chili mayo, lime, cabbage and cilantro with green tomatillo sauce and sweet potato salad, soup or side salad. 13. ~ 12.~ 11. For **vegan**, sub crispy organic tofu or tofu Chorizo and request vegan mayo

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

Rainbow Trout - pan seared with lemon and capers. Served with spaghetti squash, brown rice or cauliflower rice, with fresh veggies One filet or two 13/20 gf

Fresh Salmon Cakes with cool cucumber dill yogurt sauce, cauliflower rice or spaghetti squash and fresh vegetable 13 gf

Pasta Portofino ~ Pappardelle pasta with jumbo shrimp in a fresh seafood stock with fresh basil, oven roasted tomatoes, garlic and fresh parmesan 18 may sub spaghetti squash +2 gf

Chicken Picatta ~ natural chicken breast pan seared with lemon and caper butter on spaghetti squash, brown rice or cauliflower rice with fresh vegetable of the day 13 gf

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 14 sub gf pasta or spaghetti squash +2 gf

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 add chicken +2, salmon +6, Shrimp +2 each add crispy organic tofu +2

Portabella Mushroom filled with spinach, artichokes and cannellini beans with roasted red pepper tomato sauce and side of fresh vegetable. 14 v, gf

You are welcome to share an entrée, however we are unable to split it in kitchen.

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.

Please join us for dinner Thursday through Saturday 5:30p.m.-8:30p.m

Saturday Brunch starting Saturday July 27th! Reservations recommended.

