

**We are happy to substitute brown rice or sweet potatoes!*

Two Eggs Any Style **\$7.95**

With pan fried potatoes and toast

Breakfast Sausage, Bacon or Canadian Bacon add \$2.00

Corned Beef Hash **\$9.95**

Corned beef, potatoes, herbs, and spices topped with two poached eggs and served with toast

Richard's Special **\$9.95**

Two eggs (any style), two pancakes with warm berry compote and your choice of sausage, bacon or Canadian bacon

substitute Yogurt Pancake or French Toast add \$1.00

Cheese Blintzes (our own recipe) **\$9.50**

Three fresh crepes filled with farmer's cheese, sugar and eggs. Served with warm berry compote and sour cream

Latkes (Potato Pancakes) **\$8.95**

Potatoes, onions, spices, eggs and matzo meal make wonderful pancakes. Served with sour cream and house-made applesauce

Bistro Pancakes (3) **\$7.00**

Our own Bistro recipe served with warm berry compote

Short Stack (2) **\$6.00**

French Toast **whole grain bread on request* **\$7.95**

Thick egg bread dipped in a mixture of fresh eggs, milk, sugar, cinnamon and vanilla; with side of warm berry compote

Gabe's Salsa Eggs **\$9.95**

Sautéed fresh tomatoes, onions, peppers and mushrooms topped with two poached eggs and smothered with jack cheese...It's wonderful!

Served with pan fried potatoes and toast

South of the Border **\$9.50**

Chicken breast, black beans, two eggs (any style) on corn tortillas

topped with jack and cheddar cheese, avocado and cilantro. Served with side of salsa

Breakfast Burrito **\$8.95**

Bacon, pan-fried potatoes, cheese and eggs in a flour tortilla

Salsa, guacamole & sour cream on the side

Lox, Bagel & Cream Cheese Platter **\$10.45**

Toasted plain bagel, slices of lox, whipped cream cheese, capers, tomatoes, red onions, pickles, Calamata olives & seasonal fruit

Heart Healthy

Power Burst Breakfast **\$8.50**

Six egg whites, cup of fruit, sliced tomato, dry toast or a cup of oatmeal

Cindy's Breakfast **\$7.95**

Cup each of oatmeal, fresh fruit and non-fat plain yogurt or 2 eggs

Lance's Ultimate Oatmeal, organic rolled oats **\$6.95**

Topped with dried fruit medley or warm berry compote and sprinkled with caramelized walnuts. (it's unbelievably good!)

**Brown sugar, cinnamon and milk upon request*

Yogurt Pancakes (3) **\$8.25**

No fat, no sugar made with whole grains, fresh apples and prunes

Served with a side of berry compote

Short stack (2) **\$7.00**

Omelets & Scrambles

Choose two: pan fried potatoes, sweet potatoes, brown rice sliced tomatoes, cottage cheese, plain yogurt, fruit, toast or muffin. Pastry upgrade for \$1.00 (egg whites available on request)

Ben's **\$9.95**

Green chilies, jack cheese, sour cream & tomatoes

Cindy's **\$9.95**

Zucchini, broccoli, mushrooms, & Jack cheese

Alex's **\$9.95**

Ham, Jack cheese, avocado & salsa

Joe's Special **\$9.95**

Italian sausage, fresh spinach, mushrooms and onions scrambled.

Topped with fresh grated romano

Lox and Eggs **\$9.95**

Sautéed red onions, bell pepper, fresh tomatoes and smoked salmon scrambled with eggs

Veggie Scramble **\$8.95**

Garlic, spinach, mushrooms, zucchini, tomato and broccoli

Rosie's Tofu Scramble (vegan) **\$9.95**

Tofu, spinach, mushrooms, zucchini, tomato, garlic and broccoli

Sunrise Salads

New! Cobb Salad **\$9.95**

Chicken, blue cheese crumbles, bacon, egg, mushroom and avocado on a bed of fresh greens served with blue cheese dressing

Thai Chicken (or Tofu) Salad **\$9.95**

Sliced chicken breast, steamed vegetables and noodles tossed in a sweet soy dressing, topped with cilantro, on a fresh bed of greens

Salad Nicoise **\$9.95**

Albacore Tuna, Chicken or Bay Shrimp with fresh steamed vegetables, red potatoes, egg, tomatoes, red onions and olives, herb dressing,

on a bed of fresh greens. Sub Poached Salmon \$2.00

Cashew Chicken Salad **\$9.95**

Apples, celery, mayo on a bed of steamed veggies and fresh greens served with herb dressing

Greek Salad with Aram Wrap **\$9.95**

Spinach, feta, Calamata olives, tomatoes, red onion slices and herb dressing, served with veggie, cheese and pesto filled Aram sandwiches.

Chicken and Roasted Veggie Salad **\$9.95**

Fresh greens on a sprouted wheat tortilla served with fresh salsa

Lighter House Specialty Salads

Add Grilled Chicken, Poached Salmon

Or Bay Shrimp for \$2.25

New! Garden Salad **\$8.25**

Beets, eggs, jack and cheddar, artichoke, garbanzo and kidney beans on a bed of fresh greens.

Caesar Salad **\$8.25**

House-made Caesar dressing, romano cheese and croutons

Hearts of Romaine Salad **\$8.25**

Crumbled bleu cheese, caramelized nuts, Fuji apples and non-fat raspberry dressing

Seasonal Fruit and Yogurt Salad **\$8.25**

Fresh seasonal fruit topped with plain yogurt and a side of zucchini bread

Cold Sandwiches

Served with house-made potato salad, seasonal fruit or garden salad

Add soup for \$1.00

New! Jo's Delight **\$9.95**

Fresh roasted turkey, cream cheese, and walnuts with lettuce, tomato and your choice of cranberry or avocado on herb bread

Bacon, Lettuce, Tomato & Avocado **\$9.50**

All of the above with mayonnaise on fresh baked herb bread, lightly toasted

Fresh Roasted Turkey **\$9.50**

Fresh roasted turkey with lettuce, tomato and mayonnaise on egg bread

New! The Creekside **\$9.50**

Fresh roasted turkey, ham, avocado, mayonnaise, lettuce and tomato on whole wheat bread

Bistro Club **\$9.95**

Bacon, avocado, turkey, lettuce, tomato and mayonnaise on herb bread.

California Chicken Salad Sandwich **\$9.50**

Apples, celery, cashews, mayonnaise with tomato & lettuce on herb

Carol's Tuna salad or Egg Salad Sandwich **\$9.25**

Tuna, dill, celery and mayonnaise on wheat bread

1/2 Sandwich **\$6.95**

Choice of any cold sandwich (the Club add \$.75)

Plain Omelet **\$8.25**

Build your own omelet...we start you off with three eggs...add any combination of the following items at the indicated price per item:

Meats **\$1.00 each**

Ham, bacon, sausage, turkey, corned beef, chopped lox

Cheeses **.75 cents each**

Jack, cheddar, cream cheese, sour cream, blue cheese, swiss low-fat mozzarella, low-fat feta

Veggies **.50 cents each**

Mushrooms, spinach, zucchini, bell pepper, broccoli, tomatoes, green chili, green onions, salsa

Avocado **\$1.00**

Cindy's Special

All of the following items fulfill guidelines of a healthy lifestyle supporting the food pyramid.

None of the following items have added salt, sweeteners or oil unless specified.

We use rice bran or extra virgin olive oil.

Entrée (approx. 4 oz cooked, add extra 4oz for \$4.00)

Free Range Chicken Breast \$10.95

Spray of balsamic vinegar & extra virgin olive oil, grilled

Natural Roasted Turkey Breast \$10.95

Oven roasted

Salmon \$11.95

Poached with lemon and fresh herbs

Grass Fed Ground Beef Burger (6 oz cooked) \$9.95

Natural Ground Turkey Burger \$9.95

Minced bell peppers & scallions, grilled

Extra Firm Low Fat Organic Tofu \$9.95

Steamed

All entrees include your choice of 3 sides

(approx. 6 oz each):

Mixed Field Green Salad with Italian or blue cheese dressing

Mixed Seasonal Fruit

Roasted Vegetables-seasonal variety (spray of extra virgin olive oil)

Seasonal Steamed Vegetables

Steamed Organic Brown Rice

Organic Sweet Potatoes

House Made side sauces (approx. 4 oz, choose one):

Roma Tomato Basil Garlic Salsa (extra virgin olive oil)

House Salsa

Yogurt Dill Sauce (non-fat)

What's for dinner tonight?

Take home a Cindy's Special!

For a limited time get 20% off all to-go orders!

(offer valid Monday thru Friday only)

Hot Sandwiches

Served with pan-fried potatoes, seasonal fruit or garden salad

Add soup for \$1.00

Classic Reuben – Our Signature Sandwich! \$9.95

Corned beef with imported Swiss, sauerkraut and Thousand Island dressing grilled lightly on marble rye

Virginia Baked Ham & Cheese \$9.95

Grilled ham with Swiss and spicy mustard on whole wheat

Bistro French Dip \$9.95

Roast beef or turkey, grilled onions, Monterey jack & au jus on ciabatta

The Melted Way (Fancy Grilled Cheese) \$9.25

Jack, cheddar, avocado, lettuce, cucumber and tomato on herb

Grilled Tuna Sandwich \$9.25

Grilled cheddar cheese sandwich with tuna salad, lettuce and tomato on herb bread

The Bistro Cheeseburger \$9.95

Fresh ground beef patty topped with sautéed mushrooms, bell peppers, onions and Cheddar cheese on a sesame bun

Grilled Turkey Burger \$9.50

Chopped green & red bell peppers, green onions on a whole grain bun

Hot Crab and Shrimp (Friday & Saturday's only) \$10.25

Want to share a meal?

We will be happy to split it for you!

\$2.00 charge

Sunrise Entrées

Comes with fresh fruit or a green salad

Add cup of home made soup \$1.00

Fresh Baked Quiche (3 choices) \$8.95

(1) Broccoli & cheddar (2) zucchini & mushroom (3) spinach & bacon

Bistro Fiesta All of the following items come with

sour cream, guacamole and salsa

**whole wheat tortillas available*

Corn Cakes, Vegetarian Chili & Cheese \$9.75

Chicken Soft Tacos \$9.75

Grilled chicken breast, onions, bell peppers, lettuce and cheese wrapped in two warm corn tortillas.

Chicken Quesadilla \$9.50

Flour tortillas filled with grilled chicken, bell peppers, onions, jack and cheddar cheese.

Chicken Burrito \$9.75

Grilled chicken, black beans, brown rice and cheese

Vegetarian Burrito \$8.25

Spinach, broccoli, zucchini, black beans, brown rice and cheese (or tofu)

Light Lunch

Bowl of Homemade Soup and Salad \$7.95

Vegetarian Chili over Brown Rice (vegan) \$7.95

From Our Own Bakery

All pastries are made from scratch using butter, eggs, fruit and sugar

Lemon Bars, Brownies or Cookies \$2.25

Apple Strudel \$3.95

Puff dough, fresh Granny Smith Apples, cinnamon & sugar

Muffins \$2.00

Blueberry, Raspberry, Banana-nut, Oat Bran, Oat Bran w/ Raisins

Sweet Rolls & Buns \$2.35

Cinnamon, Orange & Caramel rolls, Morning & Pecan Buns,

Plain Croissant, Sunrise Cakes

Scones \$2.50

Non-fat Power, Blueberry, Raspberry or Raisin

Snack Breads \$2.75

Zucchini, low fat Banana-Chocolate Chip and Coffee Cake

Stuffed Croissant \$3.50

Chocolate or Vegetable & Cheese

Stuffed Meat Croissants \$4.75

Ham & Cheese, Turkey & Jack or Sausage & Spinach

A La Carte

Plain Oatmeal Cup \$3.50 Bowl \$5.25

Toasted Bagel with Cream Cheese \$3.25

One Egg, Any Style \$1.50

Pan Fried Potatoes \$3.95

Side Sausage, Bacon or Canadian Bacon \$2.50

Toast, English Muffin or Plain Bagel \$2.25

One Pancake \$3.25

One Yogurt Pancake \$4.25

One Piece of French Toast \$4.00

One Latke (Potato Pancake) \$3.95

Home-style Cheese Blintzes (each) \$3.95

Cup of Seasonal Fresh Fruit \$3.95

Cup of Brown Rice or Sweet Potato \$2.50

Cup of Roasted Vegetables \$3.95

Cup of Vegetarian Chili or Black Beans \$3.25

Cup of Soup or Dinner Salad \$3.25

Cup of Potato Salad \$2.25

Cup of Cashew Chicken or Tuna Salad \$4.25

Cup of Cottage Cheese or Plain Yogurt (nf) \$2.25

Chicken, Salmon, Lox, Turkey or Corn Beef \$5.25

Not responsible for lost or stolen items. We reserve the right to refuse service to anyone.

Shirt & shoes required. 18% Gratuities added to parties of 8 or more.