

Sunrise Salads

Smoked Chicken Breast Salad **\$9.95**

Black beans, green onion, tomato, cucumber, cheddar cheese, jicama,
 🍷BBQ sauce

Cobb Salad **\$9.95**

Chicken, bleu cheese crumbles, bacon, egg, mushroom and avocado
 served with bleu cheese dressing

Salad Nicoise (Tuna or Chicken Breast) **\$9.95**

Steamed veggies, red potatoes, egg, tomatoes, red onion, olives, herb
 dressing. **Substitute Poached Salmon or Bay Shrimp add \$2.00**

Tri-Tip Salad **\$9.95**

Caramelized onions, bleu cheese, bacon bits, tomatoes and cucumbers

Cashew Chicken Salad **\$9.95**

Apples, celery & mayo on a bed of steamed veggies with herb dressing

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

Fresh greens on a sprouted wheat tortilla served with fresh salsa

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

Sliced chicken breast, steamed vegetables and ♥ noodles, topped with
 cilantro and sesame seeds in a 🍷sweet soy dressing

Lighter House Specialty Salads

Add Grilled Chicken, Poached Salmon or Bay Shrimp for \$2.25

Garden Salad **\$8.25**

Beets, eggs, carrots, cheddar, artichoke, garbanzo and kidney beans

Caesar Salad **\$8.25**

House-made Caesar dressings, Romano cheese and croutons

Hearts of Romaine Salad **\$8.25**

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

Bowl of Homemade Soup and Salad **\$7.95**

Lunch is available after 11:00 am 'til closing
 Monday thru Saturday

Cindy's Special Build Your Own Plate

*All entrees come with a side of our house salsa
 (Non fat yogurt dill sauce on request)*

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

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| Grilled Chicken Breast | \$10.95 |
| Smoked Chicken | \$10.95 |
| Tri-Tip | \$11.95 |
| Poached Salmon | \$11.95 |
| Pulled Pork | \$9.95 |
| Brisket (lean) | \$9.95 |
| Ground Beef Patty | \$9.95 |
| Natural Ground Turkey Patty | \$9.95 |
| Extra Firm Low Fat Organic Tofu | \$9.95 |

Cindy's Special includes your choice of 3 sides:

- Mixed Field Green Salad** with tomatoes and carrots
- Mixed Seasonal Fruit** seasonal mixed fruits and melons
- Roasted Vegetables** (spray of extra virgin olive oil)
 Mushrooms, zucchini, carrots, broccoli, bell peppers and onions
- Steamed Fresh Veggies** broccoli, bell peppers, cauliflower, carrots
- ♥ **Steamed Brown Rice or Black Beans**
- Organic Sweet Potatoes** (steamed or grilled)
- Non Fat Plain Yogurt or Non Fat Cottage Cheese**

All Sandwiches and Burgers

Include (1) choice of potato salad, pan fried potatoes, sweet potatoes, ♥brown rice, black beans, roasted vegetables, fresh fruit, or mixed green salad with Italian, Ranch, 🍷non-fat Honey Mustard, 🍷Raspberry Vinaigrette or 🍷Thousand Island dressing. You may substitute soup for \$1.00 or add soup for \$2.00. We will gladly make your sandwich with ♥whole grain bread or ♥whole grain tortilla.

Cold Sandwiches

Jo's Delight **\$9.95**

Roasted turkey, cream cheese, walnuts, lettuce & tomato with your
 choice of 🍷cranberry or avocado on herb bread

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

All of the above with mayo on lightly toasted herb bread

Nature's Way (Vegetarian) **\$9.25**

Cream cheese, jack, cheddar, tomatoes, cucumbers, carrots, mushrooms,
 avocado and lettuce served on ♥whole grain bread

Roasted Turkey **\$9.50**

Roasted turkey with lettuce, tomato and mayo on egg bread

The Creekside **\$9.50**

Turkey, ham, avocado, lettuce, tomato and mayo on ♥whole grain bread

Bistro Club **\$9.95**

Bacon, avocado, turkey, lettuce, tomato and mayo on herb bread

California Chicken Salad Sandwich **\$9.50**

Apples, celery, cashews & mayo with lettuce, tomato on herb bread

Carol's Tuna Sandwich Tuna, dill, celery, mayo **\$9.25**

½ Sandwich Any cold sandwich (+ 75 cents for Club) **\$6.95**

Hot Sandwiches

Smoked Pulled Pork **\$9.25**

Topped with cole slaw and 🍷BBQ sauce

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 grain bread

Bistro French Dip **\$9.95**

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

Brisket (Order lean or juicy) **\$9.25**

Topped with caramelized onions and 🍷BBQ sauce

Smoked Chicken Breast Sandwich **\$9.95**

🍷BBQ sauce, mayo, lettuce, tomato & red onion

The Melted Way (Fancy Grilled Cheese) **\$9.25**

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

Tri-Tip Sandwich **\$9.95**

🍷BBQ sauce, mayo, lettuce, tomato & red onion on roll

Grilled Tuna Sandwich **\$9.25**

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

Gourmet Bistro Burgers \$9.95

Choose from fresh ground beef or turkey patty,
 Lettuce, tomato, pickle and house-made bun

Cheeseburger: Mushrooms, peppers, onions & cheddar

Fiesta: Guacamole, green chilies and jack

Patty Melt: Grilled onions & Swiss on sliced rye

Hickory: Bacon, cheddar & 🍷BBQ sauce

The Bleu: Bacon and bleu cheese crumbles

Fresh Baked Quiche **\$8.95**

Choose from: Broccoli & cheddar or spinach & bacon
 Served with fresh fruit or green salad; Add cup of soup for \$2.00

Bistro Fiesta

All of the following are served with sour cream, guacamole and salsa.
 Your choice of chicken or pulled pork.

Quesadilla & burritos available with ♥whole grain or flour tortilla

Soft Tacos **\$9.75**

Onions, bell peppers, lettuce and cheese wrapped in two corn tortillas

Quesadilla **\$9.95**

Flour tortillas filled with choice of meat, bell peppers, onions & cheese

Burrito **\$9.95**

Black beans, ♥brown rice and cheese

Vegetarian Burrito (Vegan: Tofu replaces cheese) **\$8.25**

Spinach, broccoli, zucchini, black beans, ♥brown rice and cheese

Take the Healthy Eating Challenge!

♥ Denotes at least 3 grams of whole grain fiber per 100 calories

🍷 Denotes sugar in the first 3 ingredients

(We don't use trans fat or hydrogenated oil in any of our recipes!
 We only use rice bran oil, canola oil, olive oil and real butter)