



# Sunday Brunch

1559 Botelho Drive, Walnut Creek (925) 930-0122

Brunch is Served 7:00 am to 3:00 pm

(DINNER MENU Served after 3:00 pm)

All Meals include **♥** Mini Pastries (You may substitute mixed fruit on request!)

## Brunch Entrées

<b>Bistro Benedict</b>	<b>\$10.95</b>
<i>Two poached eggs atop Canadian bacon on a toasted English muffin topped with Hollandaise sauce. Served with breakfast potatoes.</i>	
<b>Corned Beef Hash</b>	<b>\$10.95</b>
<i>A sauté of corned beef and breakfast potatoes topped with two poached eggs. Served with toast. Try it with sweet potatoes - yummy!</i>	
<b>South of the Border</b>	<b>\$10.50</b>
<i>Chicken breast, two eggs (any style) on corn tortillas topped with jack and cheddar cheese, avocado and bacon. Served with black beans and salsa on the side.</i>	
<b>Gabe's Salsa Eggs</b>	<b>\$10.95</b>
<i>Sauté of fresh tomatoes, onions, peppers and mushrooms with two poached eggs and jack cheese. Served with breakfast potatoes and toast.</i>	
<b>Two Eggs, Any Style</b>	<b>\$8.95</b>
<i>With breakfast potatoes and toast</i>	
<i>With Pork Sausage, Bacon or Canadian Bacon add \$2.00</i>	
<b>Fresh Baked Quiche and Fruit</b>	<b>\$9.95</b>
<i>Choose from: Broccoli &amp; Cheddar, Zucchini &amp; Mushroom or Spinach &amp; Bacon</i>	
<b>Richard's Special</b>	<b>\$11.95</b>
<i>Two eggs, any style, two pancakes with warm berry compote and choice of pork sausage, bacon or Canadian bacon.</i>	
<i>Sub. ♥Yogurt Pancake or ♥French Toast add \$1.00</i>	
<b>Bistro Pancakes (3)</b>	<b>\$8.00</b>
<i>Our own Bistro recipe! Served with warm berry compote</i>	
<b>♥Whole Grain Yogurt Pancakes (3)</b>	<b>\$9.25</b>
<i>No fat, no sugar with whole grains, fresh apples</i>	
<i>Served with a side of warm berry compote</i>	
<b>Short Stack (2)</b>	<b>\$8.00</b>
<b>♥French Toast</b>	<b>\$8.95</b>
<i>Thick egg or whole grain bread dipped in a mixture of fresh eggs, milk, sugar, cinnamon and vanilla; with side of warm berry compote</i>	
<b>♥Cheese Blintzes (Our Own Recipe)</b>	<b>\$10.50</b>
<i>Three fresh crepes filled with farmer's cheese, sugar and eggs with a side of warm berry compote and sour cream</i>	
<b>Potato Pancakes (Latkes)</b>	<b>\$9.95</b>
<i>Potatoes, onions, spices, eggs and matzo meal</i>	
<i>Served with sour cream and fresh made applesauce</i>	
<b>Lox, Bagel &amp; Cream Cheese Platter</b>	<b>\$11.50</b>
<i>Toasted plain bagel, slices of lox, whipped cream cheese, capers, tomatoes, red onions, pickles, Calamata olives &amp; seasonal fresh fruit</i>	
<b>Power Burst Breakfast</b>	<b>\$9.50</b>
<i>Six egg whites scrambled, cup of fruit, sliced tomato, dry toast</i>	
<b>Cindy's Breakfast</b>	<b>\$8.95</b>
<i>Cup of each: ♥Oatmeal, fresh fruit and plain yogurt (or two eggs)</i>	
<b>♥Lance's Ultimate Oatmeal</b>	<b>\$7.95</b>
<i>Rolled oats topped with dried fruit medley, warm berry compote and caramelized walnuts or almond slivers</i>	

## Omelets & Scrambles

**Choose Two:** breakfast potatoes, steamed sweet potatoes, ♥brown rice, sliced tomatoes, non fat cottage cheese, non fat plain yogurt, fresh fruit, toast (egg, herb, ♥whole grain) or ♥muffin. Pastry upgrade @ \$1.00

<b>Cindy's Omelet</b>	<b>\$10.95</b>
<i>Zucchini, broccoli, mushrooms and Jack cheese</i>	
<b>Alex's Omelet</b>	<b>\$10.95</b>
<i>Ham, Jack cheese, avocado and salsa</i>	
<b>Danielle's Omelet</b>	<b>\$10.95</b>
<i>Bay shrimp, Jack &amp; cheddar cheese, avocado and tomatoes</i>	
<b>Joe's Scramble</b>	<b>\$10.95</b>
<i>Italian sausage, fresh spinach, mushrooms and onions scrambled.</i>	
<i>Topped with grated fresh Romano</i>	
<b>Lox and Eggs Scramble</b>	<b>\$10.95</b>
<i>Sauté of red onions, bell pepper, fresh tomatoes and smoked salmon, scrambled with eggs.</i>	
<b>Rosie's Scramble (Choose eggs or tofu)</b>	<b>\$9.95</b>
<i>Spinach, mushrooms, zucchini, garlic, tomato and broccoli</i>	

## Sandwiches

*Served with (1) choice of breakfast potatoes, sweet potatoes, ♥brown rice, roasted or steamed veggies, small salad or fresh fruit*

<b>Bacon, Lettuce, Tomato &amp; Avocado</b>	<b>\$10.50</b>
<i>All of the above with mayo on fresh baked herb bread, lightly toasted</i>	
<b>Turkey Club</b>	<i>add \$1.00</i>
<b>California Chicken Salad Sandwich</b>	<b>\$10.50</b>
<i>Cashews, apples, celery and mayo with tomato and lettuce on herb</i>	
<b>Roasted Turkey Sandwich</b>	<b>\$10.50</b>
<i>Roasted turkey breast with lettuce, tomato and mayo on egg bread</i>	

## Salads

<b>Thai Chicken Salad</b>	<b>\$10.95</b>
<i>Sliced chicken breast, steamed veggies and ♥noodles tossed in a</i>	
<i>♥sweet soy dressing, topped with cilantro and sesame seeds on a bed of fresh greens (Also available with tofu instead of chicken)</i>	
<b>Chicken and Roasted Veggie Salad</b>	<b>\$10.95</b>
<i>Sliced grilled chicken breast and roasted veggies on a bed of fresh greens, all on a whole grain tortilla. Served with fresh salsa</i>	
<b>Caesar Salad</b>	<b>\$ 9.25</b>
<i>Housemade Caesar dressing, grated Romano cheese and croutons</i>	
<i>Add grilled chicken, bay shrimp or poached salmon \$2.25</i>	
<b>Cashew Chicken Salad</b>	<b>\$10.95</b>
<i>Mixture of cashews, apples, celery &amp; mayo on a bed of steamed veggies and fresh greens</i>	

## Cindy's Special

<b>Grilled Chicken Breast</b>	<b>\$11.95</b>
<b>Poached Salmon</b>	<b>\$12.95</b>
<b>Extra Firm Low Fat Tofu</b>	<b>\$10.95</b>
<i>Includes Choice of Three Sides:</i>	
<i>Green Salad, Fresh Fruit, Steamed or Roasted Veggies, ♥Brown Rice, Sweet Potatoes, Black Beans, Non Fat Plain Yogurt or Non Fat Cottage Cheese</i>	

### We offer healthier options and will gladly substitute:

♥Brown rice or sweet potatoes, ♥whole grain bread, ♥tortilla and ♥bagels

Egg whites, fat free plain yogurt, fat free cottage cheese, fat free & low fat or soy milk, low fat feta cheese

♥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/hydrogenated oil in any of our recipes! We only use rice bran oil, canola oil, olive oil and real butter)

**The Sunrise Bistro** was opened as a full service restaurant in 1986 to compliment the original Sunrise Café and Bakery, which was started in 1981. The menu has changed over the years to reflect our customers' preferences. Fresh foods, unique recipes and always caring about quality and consistency are our hallmarks.

With the help our advisory board of noted medical professionals that have expertise in diet and nutrition, my foundation, the "Wellness City Challenge" has developed Healthy Eating Guidelines which simplifies ways for the consumer to understand and implement basic fundamentals of a healthy diet: avoid sugar in the first three ingredients, look for 3 grams of fiber per 100 calories and no trans fat/hydrogenated oils ever. The City of Walnut Creek has adopted and supports these guidelines for our community. Proudly, Sunrise is the first restaurant to fully implement all of them! We encourage everyone to "Take the Challenge!" We want to give our customers choices – so you have many options when dining with us. The menus show which items meet these guidelines and options you can order to make your favorite meals healthier.

Please join us for Dinner also – we serve all your favorite lunchtime favorites as well as the full "Cuz'nz" BBQ menu!

**Our philosophy for our restaurant is –  
Wholesome delicious food, nicely presented, with great service, at a fair price.  
Enjoy, Cindy Gershen, Chef and Owner**

### Beverages

<b>Peerless Coffee</b>	<b>\$2.00</b>
<b>Hot Tea Selection</b>	<b>\$2.00</b>
<b>☉ Hot Chocolate</b>	<b>\$2.95</b>
<b>Espresso</b>	<b>\$2.50</b>
<b>Double Shot</b>	<b>add \$1.00</b>
<b>Cappuccino</b>	<b>\$3.00</b>
<b>Café Latte</b>	<b>\$3.25</b>
<b>☉ Café Mocha</b>	<b>\$3.95</b>
<b>☉ Flavor shot: Vanilla, Hazelnut or Caramel</b>	<b>\$ .50</b>
<b>Milk Non-Fat, Low-Fat or Whole</b>	<b>\$2.00</b>
<b>Iced Tea</b>	<b>\$2.00</b>
<b>Bottomless: Cinnamon Spice Decaf or Regular</b>	
<b>Soy milk available on request</b>	<b>add \$ .50</b>
<b>☉ Fresh Orange Juice</b>	<b>\$3.50</b>
<b>☉ Pineapple, ☉ Apple, ☉ Cranberry</b>	
<b>☉ White Grape, ☉ Grapefruit or V-8 Juice</b>	<b>\$2.75</b>
<b>Juice Spritzer Healthier alternative to soda!</b>	<b>\$2.00</b>
<b>Soft Drink ☉ Non-Diet</b>	<b>\$2.00</b>
<i>One free refill: Root Beer, Coke, Diet Coke, Sprite, Mr. Pibb, Orange or Lemonade</i>	

### A la Carte

<b>♥ Plain Oatmeal</b>	<b>Cup \$3.50</b>	<b>Bowl \$5.25</b>
<b>Toasted Bagel with Cream Cheese</b>		<b>\$3.25</b>
<i>(♥ Whole Grain or Plain)</i>		
<b>One Egg, Any Style</b>		<b>\$1.50</b>
<b>Breakfast Potatoes</b>		<b>\$3.95</b>
<b>Pork Sausage, Bacon or Canadian Bacon</b>		<b>\$2.50</b>
<b>Toast, English Muffin or Plain Bagel</b>		<b>\$2.25</b>
<b>☉ One Pancake</b>		<b>\$3.50</b>
<b>♥ One Whole Grain Yogurt Pancake</b>		<b>\$4.25</b>
<b>☉ One Piece of French Toast</b>		<b>\$4.50</b>
<b>One Potato Pancake (Latke)</b>		<b>\$3.95</b>
<b>Home-style Cheese Blintzes (each)</b>		<b>\$3.95</b>
<b>Seasonal Fresh Fruit</b>	<b>Cup \$3.95</b>	<b>Bowl \$5.95</b>
<b>♥ Cup of Brown Rice or Sweet Potato</b>		<b>\$2.50</b>
<b>Cup of Roasted Vegetables</b>		<b>\$3.95</b>
<b>Cup of Black Beans</b>		<b>\$3.25</b>
<b>Cup of Cashew Chicken Salad</b>		<b>\$4.25</b>
<b>Cup of Cottage Cheese or Plain Yogurt (nf)</b>		<b>\$2.25</b>
<b>Small Salad</b>		<b>\$3.25</b>
<b>Chicken, Salmon, Lox, Turkey, or Corned Beef</b>		<b>\$5.25</b>

### From Our Own Bakery

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

<b>☉ Lemon Bars, Brownies or Cookies</b>	<b>\$2.00</b>
<b>☉ Apple Strudel or Bread Pudding</b>	<b>\$3.95</b>
<i>Puff dough, fresh Granny Smith apples, cinnamon &amp; sugar</i>	
<b>☉ Muffins Blueberry, Raspberry, Apricot, Banana-Nut</b>	<b>\$1.80</b>
<b>☉ Sweet Rolls &amp; Buns</b>	<b>\$2.00</b>
<i>Cinnamon Rolls, Morning &amp; Pecan Buns</i>	
<b>☉ Snack Breads</b>	<b>\$2.25</b>
<i>Zucchini, Carrot-Raisin and Coffee Cake</i>	
<b>☉ Stuffed Dark Chocolate Croissant</b>	<b>\$3.50</b>
<b>Veggie &amp; Cheese Stuffed Croissant</b>	<b>\$3.50</b>
<b>Stuffed Meat Croissants</b>	<b>\$4.00</b>
<i>Ham &amp; Cheese, Turkey &amp; Jack, or Sausage &amp; Spinach</i>	

#### Whole Grain, Low & No Sugar Options

<b>♥ Whole Grain Muffins</b>	<b>\$2.00</b>
<i>Oat Bran, Oat Bran w/Raisins</i>	
<b>Scones (low sugar) Berry or Chocolate Chip</b>	<b>\$2.00</b>
<b>♥ Power Scones No fat, no sugar, whole grain</b>	<b>\$2.00</b>
<b>♥ Banana Chocolate Chip Bread</b>	<b>\$2.25</b>

### ☉ Beer, Wine & Full Bar

*Popular favorites are listed below –  
Ask for our Cocktail List, Seasonal Offerings  
and Beers on Tap*

<b>Coors Lite Draft</b>	<b>\$3.00</b>	
<b>Budweiser</b>	<b>\$3.50</b>	
<b>Fat Tire Amber Ale Draft</b>	<b>\$4.00</b>	
<b>Pyramid Hefeweizen</b>	<b>\$4.50</b>	
<b>Sierra Nevada Pale Ale</b>	<b>\$4.50</b>	
<b>Heineken</b>	<b>\$4.50</b>	
	<i>Glass      Bottle</i>	
<b>Sycamore Lane Wineries</b>	<b>\$3.50      \$12.00</b>	
<i>Chardonnay, Cabernet &amp; Merlot</i>		
	<i>Glass      Split      Bottle</i>	
<b>Freixenet "Cordon Negro"</b>	<b>\$4.00      \$5.50      \$18.95</b>	
<i>Brut Champagne</i>		
<b>Mimosa with Fresh Orange Juice</b>		<b>\$4.00/Glass</b>
<b>Sunrise Champagne Cocktail Specials</b>		<b>\$4.50/Glass</b>
<i>Garden of Eden, Apple Orchard, Citrus Sunshine, Blue Lagoon, Fuzzy Morning and Crimson Tide</i>		
<b>Specialty Coffee</b>		<b>\$5.50</b>
<i>Keoke, Mexican, Irish, B-52, Mudslide and Toasted Almond</i>		

**Want to share a meal? We will be happy to split it for you! \$2.00 Charge  
18% Gratuities added to split checks and parties of 6 or more.**

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