

Serve Bistro



Appetizers

Golden Wings \$12	Roasted Red Pepper Hummus \$12	Chili \$12
Fried wings, choice or plain, buffalo or bbq	Served with olives, roasted red peppers and tortilla chips	Served with choice of garlic bread or tortilla chips
Quesadilla \$10	Nachos \$12	Chicken and Cheese Taquitos \$12
Cheese, corn salsa, served w/ lettuce, tomato and sour cream (add chicken \$3, shrimp \$4, spinach, red peppers or mushrooms \$1)	Monterey Jack cheese, lettuce, sour cream, jalapeños, pico de gallo (add chicken \$3 or chili \$4)	3 crispy hand rolled tortillas stuffed with chicken and cheese. Topped with lettuce, pico de gallo, queso and sour cream
Hot Spinach and Artichoke Dip \$12	Chips and Salsa \$7	Cauliflower Fried Rice \$10
Choice of tortilla chips or garlic bread	Guacamole \$4	egg, soy sauce, scallions, carrots & green peas

Burgers & Sliders

Served with your choice of greens or fries

Smokehouse Burger \$16	Crab Cake Sliders \$18	Beef Sliders \$14
Beef patty, smoked gouda, fried onions, bacon, tangy house serve sauce	Superlumb crabmeat, remoulade sauce	Two beef sliders with cheddar cheese, bacon, tomato, pickles and mayonnaise
		Beyond Burger \$15
		lettuce, tomato, avocado, shredded carrots, sriracha mayo, served on a toasted bun

Sandwiches & Wraps

Served with your choice of greens or fries
Bread choices: white, wheat, ciabatta, or wrap

Lunch Combo \$14	Wimbledon \$14	Tuna or Chicken Salad \$13
1/2 chicken or tuna salad sandwich with a cup of soup or side salad	Chicken, provolone, avocado, sun-dried tomato, pesto	Tuna or chicken salad, lettuce, tomato
Chicken Caesar Wrap \$14	Grilled Chicken Sandwiches \$14	Turkey Club \$13
Roasted chicken, romaine, parmesan cheese	Sautéed spinach, cheddar cheese, avocado, bacon	Turkey, cheddar, bacon, lettuce, tomato
Philly Cheese Steak \$16		BLT \$13
Sautéed onion and pepper, provolone cheese		Bacon, lettuce, tomato & cheese (add avocado \$1)
		Banh Mi Sandwich \$13
		Grilled chicken, daikon radish carrots, cilantro, jalapeño, mayonnaise, and mint, served with side salad or veggies chips

Bowls \$12

Base (pick 1)

Brown rice, basmati rice

Protein (pick 1)

Chicken, steak \$3, salmon \$4, shrimp \$4

Toppings (additional \$0.50 each)

Jalapeño, corn salsa, black olives, cheese, sautéed onions & peppers, broccoli, black beans, pico de gallo

Dressing (pick 1)

Sriracha, Greek herb vinaigrette, sweet chili, Thai sauce, sour cream

Kids Menu

Served with your choice of fries, applesauce, or carrots *excludes pasta or pizza

Mac N Cheese \$8	Chicken Tenders \$10
Traditional macaroni and cheese	Lightly fried white meat chicken tenders
Kids Pizza \$8	Grilled Cheese \$8
Marinara, mozzarella cheese (add pepperoni \$2)	
Junior Salmon \$8	
3 oz roasted salmon filet	

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Salads

Add chicken \$4, steak \$5, shrimp \$6, salmon \$6

Greek Chopped Salad Romaine lettuce, red onion, olives, tomato, cucumber, feta cheese, Greek style dressing	\$12	Quinoa Salad Mixed greens, tomato, red onion, cucumber, feta cheese, avocado, quinoa, any dressing	\$12	Cobb Salad Mixed greens, cherry tomatoes, hard boiled eggs, bacon, house made blue cheese dressing	\$12
House Salad or Caesar Salad	\$10	Tuna Poke Salad Seared Ahi Tuna, mixed greens, edamame, seaweed salad, crispy wontons, sriracha, scallions	\$16	Beet and Goat Cheese Salad Mixed greens, roasted beets, strawberries, cranberries, glazed pecans, apple cider vinegar dressing	\$12
Taco Salad Rice, lettuce, black beans, pico de gallo, cheese, sour cream. Served in a fried tortilla bowl	\$12	Strawberry Salad Mixed greens, strawberries, apples, cranberries, almonds, pecans			\$12

Flatbreads

Naan bread

Chicken & Spinach Roasted chicken, pesto, mozzarella, spinach, roasted red peppers, goat cheese	\$14	All Choked Up Artichoke pesto, mozzarella, portabella mushrooms, roasted red peppers	\$14
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Entrees

Tacos 3 tacos with your choice of protein, flour tortilla, filled with lettuce, pico de gallo, avocado, cheddar cheese and salsa		Grilled Salmon 6 oz. served with carrots, spinach, broccoli, garnished with lemon	\$18
Chicken Taco	\$12		
Steak Taco	\$14		
Shrimp Taco	\$14		

Sides & Desserts

House Salad	\$5
French Fries	\$5
Sweet Potato Fries	\$6
Brownie Sundae	\$5
Chocolate Chip Cookie	\$1.50
M&M Cookie	\$1.50

Emily's Healthy Picks

Mediterranean Tuna Salad Roasted red pepper, onion, cucumber, tomato, garbanzo beans, olives, parsley	\$15	Greek Vegetable & Feta Wrap Cherry tomato, romaine, olives, cucumbers, feta cheese, hummus. Add chicken \$5 for a boost of protein	\$12
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Smoothies

- Blueberry & Spinach Smoothie	\$8
- Blueberry, Spinach and Apple Juice	
- Greens, Trim & Lean	
- Strawberry Banana Smash	
- Berry Berry Fit	
- Game Set Mango	
- The Powerhouse	
Add Ins - \$1	
Whey Protein Powder	

Breakfast Menu

Served 10:30 am - 12:00 pm

All breakfast items are served with a side of fruit

Avocado Toast Guacamole, egg, served on sourdough toast	\$12	Breakfast Sandwich Turkey ham, cheese, egg, served on a croissant	\$12	Belgium Waffle Served with choice of Strawberry or Chocolate sauce, Maple Syrup and whipped cream	\$12
Egg Scrambler Scrambled egg, peppers, bacon, cheese	\$12	Breakfast Burrito Egg, bacon, potato, spinach, cheese	\$12		