

APPETIZERS

Spinach Parmesan Dip w/ Homemade Chips
Fried Green Tomatoes w/ Fresh Tomato Chutney
Breaded Fried Goat Cheese w/ Tomato Jam
Cheese Squares w/ Tomato Pesto Dipping Sauce
Calamari w/ Lime and Tomato Basil Sauce
Spanakopita on a Bed of Spinach
Fruit, Olive and Cheese Plate
South Western Egg Rolls w/ Sweet Chili Sauce
Martini Shrimp

SOUP DU JOUR

Bowl

Add an Ultimate Grilled Cheese or PB and J

SIGNATURE LUNCH FAVORITES

SANDWICHES & PANINIS SERVED WITH YOUR CHOICE OF A SIDE

Gruyère and Ham Panini

Bacon, Lettuce and Tomato Panini

B.L.F.G.T.

Panini Club

Chicken Salad on an English Muffin

Orange Cranberry Chicken Salad Sandwich

Caesar Wrap

Bistro Burger

Chicken Cordon Bleu Sandwich

Fish and Chips

Chicken Tenders and Fries

Sour Dough PO Boy Sandwich

Chicken Parmesan

LUNCH ENTRÉES

109 Bistro Half and Half Combo

Choose two of the following: half of a panini; two side items; house or Caesar salad; or a bowl of soup.

Add a Chicken Salad Sandwich [3]

Meatloaf

Delicious fresh meatloaf served with garlic mashed potatoes and green beans.

County Plate

Home made pinto beans, cottage fried potatoes, a corn muffin and an onion slice.

Chicken Livers

Hand battered and deep fried chicken livers with red wine mushroom sauce, served with pinto beans and cottage potatoes.

Pot Pie

Grilled mixed garden veggies, fresh baked biscuit in a cream sauce. **Add: Grilled Chicken [3]; Seafood [8]**

Fried Shrimp

Colossal hand battered tiger shrimp served with home fries.

Frog Legs

Hand breaded deep fried frog legs with sweet chili sauce, served with pinto beans and cottage potatoes.

SIGNATURE SALADS

Garden Caesar Salad

Garden House Salad

Cobb Salad

Fresh tender garden greens, bleu cheese, bacon, fresh avocado, red onion, cucumber, tomato and bell peppers.

Strawberry-Blueberry Spinach Garden Salad

Fresh fruit on a bed of tender spinach, our home made lemon poppy seed vinaigrette dressing and topped with feta cheese.

Pearnapples and Cheese Garden Salad

Fresh sliced pears and apples on a bed of fresh garden greens with toasted pecans, bleu cheese and balsamic vinaigrette.

Crispy Chicken Tender Garden Salad

Hand battered crispy chicken tenders with fresh garden greens, diced tomato, red onion, bacon, cheddar cheese, and bell pepper.

Caramel Pecan Glazed Chicken Garden Salad

Slow marinated battered chicken in a multitude of herbs and spices with our famous southern caramel pecan glaze, atop a bed of fresh garden greens with candied pecans.

Club Salad

Fresh garden greens, diced tomato, red onion, bell pepper, avocado, bacon, turkey, ham, and cheddar cheese.

Waldorf Salad

Mixed seasonal fruit in traditional Waldorf style with a Bistro 109 spin, of course.

Add a side of:

Chicken Salad [3]; Grilled Chicken [3]; Jumbo Grilled Shrimp [8]; Marinated Grilled Salmon [10]

Home Made Dressings:

Bleu Cheese, Ranch, Honey Mustard, Honey Balsamic Vinaigrette, and Lemon Poppy Seed Vinaigrette.

Veggie Plate

Your choice of three side items.

Side Items:

Cheddar Garlic Cheese Grits, Garlic Mashed Potatoes, Breaded Fried Okra, Green Beans, Mixed Vegetables, Farm Fresh Fruit, Southern Style Cream Corn, Herb Couscous, Wild Rice and Orzo with Cranberries and Almonds, Home Fries, Sweet Potato French Fries, Flamed Roasted Fuji Apples, Pinto Beans, Cottage Potatoes, Sautéed Spinach, Steam Asparagus [1]

Drinks

Pepsi products with complimentary refills. Bistro 109 coffee, Bistro Orange Tea, orange juice, milk, and tap water.

Bottled Water

Ty Nant [Sparkling, Still]; Aqua Panna [Still]

VEGETARIAN ENTRÉES

Fruit Crêpe

Fresh seasonal fruit in a bumble berry sauce topped with spices and powder sugar.

Veggie Burger

House made veggie burger on toasted kaiser bread served with home fries.

Organic Portobello Mushroom Cap

Stuffed with sun dried tomato Florentine topped with Parmesan cheese.

Veggie Crêpe

Mixed seasonal vegetables, leafy greens and a delectable cream sauce. **Add Grilled or Crispy Chicken [3]**

Veggie Wrap

Lettuce, red onion, tomato, humus and sprouts on a tortilla wrap, and topped off with Feta cheese, and served with home fries. **Add Grilled or Crispy Chicken [3]**

Flat Bread Pizza

Grilled pita flat bread, home made tomato-basil sauce, grilled mixed veggies topped with Parmesan shavings. **Add: Grilled Chicken [3]; Shrimp [8]**

POULTRY ENTRÉES

Triple Citrus Baked Chicken Breast

Lemon, orange, lime, white wine and herb marinated chicken breast served with garlic mashed potatoes and green beans.

Chicken Fried Chicken

Hand breaded chicken breast deep fried and served with country gravy, garlic mashed potatoes and green beans.

Chicken Florentine

Slow baked chicken breast on a bed of garlic mashed potatoes and mixed vegetables with spinach Florentine, sun dried tomatoes and goat cheese.

Southern Caramel Pecan Glazed Chicken

Slow marinated battered chicken in a multitude of herbs and spices, cooked to perfection, topped with our famous caramel pecan glaze, served with sweet potato fries and mixed garden veggies.

PASTA ENTRÉES

Pesto Pasta

Fresh made fettucine pasta tossed with fresh basil pesto and olive oil.

Add: Grilled Chicken [3]; Jumbo Shrimp [8]; Giant Sea Scallop [14]

Chicken Parmesan

Delicious herb breaded chicken on a bed of fresh made fettucine with sun dried tomato pesto sauce.

Sun Dried Pesto Pasta

Fresh made fettucine pasta tossed with sun dried tomato pesto, fresh basil, Parmesan, bacon and spinach in a cream sauce.

Add: Grilled Chicken [3]; Jumbo Shrimp [8]; Giant Sea Scallops [14]

LAMB & DUCK ENTRÉES

New Zealand Lamb Chops

Grilled lamb with cherry gastrique sauce on a bed of herb couscous and grilled garden veggies.

Maple Glazed Duck Breast

Organic duck breast glazed in Québec maple syrup, served with green beans and herb saffron couscous.

SEAFOOD ENTRÉES

Wild Caught Alaskan Salmon

Slow cooked marinated Alaskan salmon served with grilled mixed veggies and mashed potatoes.

Tilapia

Pan-seared with a roasted red pepper cream sauce served with green beans and herb saffron couscous.

Stuffed Rainbow Trout

Fresh rainbow trout with lump blue crab stuffing, pan seared on a bed of herb saffron couscous with green beans and topped with white wine lemon butter sauce.

Pepper Crusted Yellowfin Tuna

Seared yellowfin tuna, sun dried tomato tortilla chips, with guacamole and a ginger soy sauce.

Tomato Lump Blue Crab Cake

Two lump crab cakes stacked between fried green tomatoes, topped with our vine ripened tomato jam, and served on a bed of mixed garden greens.

Jumbo Shrimp and Grits

Cheddar grits, jumbo shrimp and sausage topped with diced tomato and scallions

Maine Lobster Stuffed Ravioli

Ravioli stuffed with Maine lobster in our homemade tomato cream sauce.

Pan Seared Scallops

Giant sea scallops with lemon blueberry reduction on a bed of herb saffron couscous, served with mixed garden veggies.

BEEF & PORK ENTRÉES

12 oz. [6 oz.] Fillet of Beef

Center-cut, aged Angus organic beef, cooked to perfection served with garlic mashed potatoes and mixed veggies.

Add: Surf & Turf [10]; Oscar [6]; Fresco [4]

Rib Eye

Angus rib eye topped with our herb butter served with garlic mashed potatoes and green beans.

Add: Surf & Turf [10]; Oscar [6]; Fresco [4]

Escalopes Veal Lamponi

Tender cutlets topped with a berry cream sauce on a bed of wild rice and orzo with cranberries and almonds, served with mixed garden veggies.

Chop Steak

Center cut chopped Angus beef in a burgundy mushroom gravy served with garlic mashed potatoes and green beans.

French-Cut Pork Chop

A slow cooked chop served with flame roasted Fuji apples on a bed of Orzo and wild rice with mixed veggies.

Add Maple Pecan Crust [3]

Regular plate size is marked by the first price. Small plate price is bracketed. Small plates are served with your choice of one side.

We proudly serve certified Angus beef, along with the finest chops and fresh USDC inspected seafood. Consuming raw or under cooked meats, such as: poultry, seafood, shellfish, or eggs; has been known to increase the risk of foodborne illness.

Please make your server aware of any allergies or dietary needs, as we will make every effort to accommodate you.