

## APPETIZERS

Spinach Parmesan Dip w/ Homemade Chips 6  
 Fried Green Tomatoes w/ Fresh Tomato Chutney 8  
 Breaded Fried Goat Cheese w/ Tomato Jam 10  
 Cheese Squares w/ Tomato Pesto Dipping Sauce 6  
 Calamari w/ Lime and Tomato Basil Sauce 9  
 Spanakopita on a Bed of Spinach 6  
 Fruit, Olive and Cheese Plate 10  
 South Western Egg Rolls w/ Sweet Chili Sauce 8  
 Martini Shrimp 15

## SOUP DU JOUR

Bowl 4  
 Add an Ultimate Grilled Cheese or PB and J 3

## SIGNATURE LUNCH FAVORITES

SANDWICHES & PANINIS SERVED WITH YOUR CHOICE OF A SIDE

Gruyère and Ham Panini 8 [6]  
 Bacon, Lettuce and Tomato Panini 6  
 B.L.F.G.T. 7  
 Panini Club 8 [6]  
 Chicken Salad on an English Muffin 12 [8]  
 Orange Cranberry Chicken Salad Sandwich 8  
 Caesar Wrap 6  
 Bistro Burger 8  
 Chicken Cordon Bleu Sandwich 7  
 Fish and Chips 9 [7]  
 Chicken Tenders and Fries 11 [6]  
 Sour Dough PO Boy Sandwich 8  
 Chicken Parmesan 8

## LUNCH ENTRÉES

109 Bistro Half and Half Combo 8  
 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 12 [7]  
 Delicious fresh meatloaf served with garlic mashed  
 potatoes and green beans.

County Plate 6  
 Home made pinto beans, cottage fried potatoes,  
 a corn muffin and an onion slice.

Chicken Livers 10 [6]  
 Hand battered and deep fried chicken livers  
 with red wine mushroom sauce, served with pinto beans  
 and cottage potatoes.

Pot Pie 6  
 Grilled mixed garden veggies, fresh baked biscuit  
 in a cream sauce. Add: Grilled Chicken [3]; Seafood [8]

Fried Shrimp 15 [10]  
 Colossal hand battered tiger shrimp  
 served with home fries.

Frog Legs 16 [10]  
 Hand breaded deep fried frog legs with sweet chili sauce,  
 served with pinto beans and cottage potatoes.

## SIGNATURE SALADS

Garden Caesar Salad 5  
 Garden House Salad 5

Cobb Salad 8  
 Fresh tender garden greens, bleu cheese, bacon,  
 fresh avocado, red onion, cucumber, tomato and bell peppers.

Strawberry-Blueberry Spinach Garden Salad 7  
 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 7  
 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 10  
 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 12  
 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 10  
 Fresh garden greens, diced tomato, red onion,  
 bell pepper, avocado, bacon, turkey, ham,  
 and cheddar cheese.

Waldorf Salad 9  
 Mixed seasonal fruit in traditional Waldorf style  
 with a Bistro 109 spin, of course.

Add a side of: 12 [7]  
 Chicken Salad [3]; Grilled Chicken [3];  
 Jumbo Grilled Shrimp [8]; Marinated Grilled Salmon [10]

Home Made Dressings: 6  
 Bleu Cheese, Ranch, Honey Mustard,  
 Honey Balsamic Vinaigrette, and Lemon Poppy Seed Vinaigrette.

Veggie Plate 8  
 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 2  
 Pepsi products with complimentary refills. Bistro 109 coffee,  
 Bistro Orange Tea, orange juice, milk, and tap water.

Bottled Water 8  
 Ty Nant [Sparkling, Still]; Aqua Panna [Still]

## VEGETARIAN ENTRÉES

<b>Fruit Crêpe</b> Fresh seasonal fruit in a bumble berry sauce topped with spices and powder sugar.	9 [6]
<b>Veggie Burger</b> House made veggie burger on toasted kaiser bread served with home fries.	8
<b>Organic Portobello Mushroom Cap</b> Stuffed with sun dried tomato Florentine topped with Parmesan cheese.	12 [8]
<b>Veggie Crêpe</b> Mixed seasonal vegetables, leafy greens and a delectable cream sauce. <b>Add Grilled or Crispy Chicken [3]</b>	9 [6]
<b>Veggie Wrap</b> Lettuce, red onion, tomato, humus and sprouts on a tortilla wrap, and topped off with Feta cheese, and served with home fries. <b>Add Grilled or Crispy Chicken [3]</b>	7
<b>Flat Bread Pizza</b> Grilled pita flat bread, home made tomato-basil sauce, grilled mixed veggies topped with Parmesan shavings. <b>Add: Grilled Chicken [3]; Shrimp [8]</b>	7

## POULTRY ENTRÉES

<b>Triple Citrus Baked Chicken Breast</b> Lemon, orange, lime, white wine and herb marinated chicken breast served with garlic mashed potatoes and green beans.	12 [8]
<b>Chicken Fried Chicken</b> Hand breaded chicken breast deep fried and served with country gravy, garlic mashed potatoes and green beans.	12 [8]
<b>Chicken Florentine</b> Slow baked chicken breast on a bed of garlic mashed potatoes and mixed vegetables with spinach Florentine, sun dried tomatoes and goat cheese.	14 [10]
<b>Southern Caramel Pecan Glazed Chicken</b> 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.	16 [12]

## PASTA ENTRÉES

<b>Pesto Pasta</b> Fresh made fettucine pasta tossed with fresh basil pesto and olive oil. <b>Add: Grilled Chicken [3]; Jumbo Shrimp [8]; Giant Sea Scallop [14]</b>	10 [7]
<b>Chicken Parmesan</b> Delicious herb breaded chicken on a bed of fresh made fettucine with sun dried tomato pesto sauce.	12 [7]
<b>Sun Dried Pesto Pasta</b> Fresh made fettucine pasta tossed with sun dried tomato pesto, fresh basil, Parmesan, bacon and spinach in a cream sauce. <b>Add: Grilled Chicken [3]; Jumbo Shrimp [8]; Giant Sea Scallops [14]</b>	10 [7]

## LAMB & DUCK ENTRÉES

<b>New Zealand Lamb Chops</b> Grilled lamb with cherry gastrique sauce on a bed of herb couscous and grilled garden veggies.	28 [18]
<b>Maple Glazed Duck Breast</b> Organic duck breast glazed in Québec maple syrup, served with green beans and herb saffron couscous.	39 [28]

## SEAFOOD ENTRÉES

<b>Wild Caught Alaskan Salmon</b> Slow cooked marinated Alaskan salmon served with grilled mixed veggies and mashed potatoes.	20 [15]
<b>Tilapia</b> Pan-seared with a roasted red pepper cream sauce served with green beans and herb saffron couscous.	16 [12]
<b>Stuffed Rainbow Trout</b> 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.	22 [14]
<b>Pepper Crusted Yellowfin Tuna</b> Seared yellowfin tuna, sun dried tomato tortilla chips, with guacamole and a ginger soy sauce.	18 [14]
<b>Tomato Lump Blue Crab Cake</b> 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.	18 [12]
<b>Jumbo Shrimp and Grits</b> Cheddar grits, jumbo shrimp and sausage topped with diced tomato and scallions	18 [12]
<b>Maine Lobster Stuffed Ravioli</b> Ravioli stuffed with Maine lobster in our homemade tomato cream sauce.	18 [12]
<b>Pan Seared Scallops</b> Giant sea scallops with lemon blueberry reduction on a bed of herb saffron couscous, served with mixed garden veggies.	18 [12]
<b>BEEF &amp; PORK ENTRÉES</b>	
<b>12 oz. [6 oz.] Fillet of Beef</b> Center-cut, aged Angus organic beef, cooked to perfection served with garlic mashed potatoes and mixed veggies. <b>Add: Surf &amp; Turf [10]; Oscar [6]; Fresco [4]</b>	35 [25]
<b>Rib Eye</b> Angus rib eye topped with our herb butter served with garlic mashed potatoes and green beans. <b>Add: Surf &amp; Turf [10]; Oscar [6]; Fresco [4]</b>	20
<b>Escalopes Veal Lamponi</b> 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.	16 [12]
<b>Chop Steak</b> Center cut chopped Angus beef in a burgundy mushroom gravy served with garlic mashed potatoes and green beans.	15 [10]
<b>French-Cut Pork Chop</b> A slow cooked chop served with flame roasted Fuji apples on a bed of Orzo and wild rice with mixed veggies. <b>Add Maple Pecan Crust [3]</b>	24 [16]

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.*