

Our Commitment to Providing Healthy Dining Options

We have always identified our healthiest meals with our 20/20 LifeStyles logo. We have expanded our identification to show if menu items fulfill the requirements to be identified as part of the Mediterranean diet, DASH diet and/ or Gluten-Free Friendly. Eating healthy can be especially difficult when dining out, but here at the Bistro we have always created healthy delicious dishes using olive oil, fruits, vegetables and whole, minimally processed foods.

The Mediterranean diet, which is rich in fruits, vegetables, grains and olive oil, has been shown to be associated with reductions in metabolic syndrome, cardiovascular disease and mortality.

The DASH diet is a combination meal plan rich in fruits, vegetables, and low-fat or non-dairy products, which has been shown to help normalize blood pressure and contribute to overall heart health. For people who have hypertension, DASH meals are recommended to help lower blood pressure and reduce the overall risk of heart disease. The DASH diet recommends no more than 2300mg of sodium per day.

Gluten-Free friendly dishes are healthy foods, created especially for those who cannot eat wheat products. Our Gluten-Free Friendly symbol indicates that the menu item does not contain ingredients that are known gluten allergens such as wheat, rye, barley flours, breadings, soy or tamari sauces and modified food starches.

In our menu you will see the following symbols for each diet:



- 20/20 LifeStyles



- Mediterranean diet




- DASH diet



- Gluten-Free Friendly

Chef's Selections February 09 - February 15

- Wild Baby Arugula and Braised Fennel Salad** 14
Sweet white wine braised fennel is tossed with crumbled feta, honey toasted Marcona almonds, wild baby arugula and a sherry vinaigrette.
- Fontina and Shimeji Mushroom Pizza** 14
Our own hand tossed whole wheat or white crust, coated with a creamy garlic and roasted shallot sauce then topped with imported fontina cheese, roasted shimeji mushrooms and fresh tarragon.
- Indian Spiced Lamb Tikka** 15
Grilled spiced lamb is served rolled in Lavash bread with sliced romaine, mint, cucumber raita and tamarind chutney. Served with your choice of french fries, sweet potato fries or side salad.
- Pasta Carbonara** 16
Fresh spaghetti tossed with pancetta and parsley sauce finished with Locatelli Pecorino and orange zest.
- Crimson Snapper*** 28
Crimson Snapper, roasted to your specification, served with orange braised Belgian endive, bacon and a warm couscous and herb salad.
-  **20/20 Wild Alaskan King Salmon*** 27 2 7
*Troll-caught fresh Wild Alaskan King Salmon filet, grilled to your specification, served with a curried cauliflower puree, herb roasted Brussels sprouts and our Bistro wild rice blend.
 (CAL-540, FAT-28, SOD-460, CARB-31, FIB-7, PRO-40)*

Starters

- Artisan Cheese Plate** (1) 8 (3) 17
*A rotating selection of gourmet local and imported cheeses.
 A tower of crostini and orange-fig jam, Marcona almonds and fresh local honeycomb will accompany your selection of one or three cheeses. Your server will gladly explain today's offerings.*
- Chevre Toasts** 7
Grand Central baguette, orange-fig spread, fresh pear and warm goat's cheese Chevre drizzled with local organic honey. Served with organic greens.
-  **Mediterranean Tapas Platter** 13
*Your choice of our famous white or whole wheat flatbread, served with your choice of three tapas spreads: baba ghanoush, caponata, olive and tomato tapenade, traditional hummus and tyrosalata.
 Each additional spread **3.00** Add a Souvlaki chicken breast **3.00***
-   **Chips & Guacamole** 8
Housemade white corn tortilla chips, traditional guacamole and tomato salsa.
-  **20/20 Jumbo Prawn Cocktail** 16 2
*Five jumbo prawns, house made spicy cocktail sauce and fresh lemon.
 (CAL- 210, FAT-3, SOD-620, CARB-12, FIB-1, PRO-32)*
- Dungeness Crab Cakes** 16
Two fresh, handmade crab cakes served with Thai chili beurre blanc and fresh lemon.
- Seared Ahi Tuna*** 14
Tograshi seasoned, rare-seared sashimi grade Ahi with pickled ginger, wasabi aioli and ginger ponzu.
- Bistro Sliders*** each 5
*Your choice of ground lamb with lemon-feta aioli, rare-seared Ahi with wasabi aioli or gourmet Kobe beef with shallot mayonnaise and blue cheese. Add french fries, sweet potato fries or side salad **1.25***
- Carne Asada Quesadilla*** 16
Prime rib, roasted green chilies, sauteed mushrooms and mozzarella in a whole wheat tortilla.

20/20 LifeStyles Stages:

1 - protein **2** - vegetables **3** - cheese **4** - fruit **5** - milk & yogurt **6** - legumes **7** - whole grains **7** - when served with brown rice or pasta

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Salads and Soups

-   **20/20 Asian Chicken Salad** 2 **13**
Grilled diced chicken breast, celery, peppers, toasted almonds and sesame seeds tossed to order with our house made miso dressing. (CAL-390, FAT-11, SOD-480, CARB-32, FIB-6, PRO-42)
-   **20/20 Chop Chop Salad** 6 **13**
Grilled diced chicken breast, roma tomatoes, scallions, garbanzo beans and low-fat mozzarella tossed with our 20/20 Italian dressing. (CAL-340, FAT-8, SOD-510, CARB-22, FIB-6, PRO-45)
-    **20/20 Toasted Almond and Strawberry Salad** 4 **14**
Organic greens, fresh cut romaine, local strawberries, grilled chicken, toasted almonds and red grapes tossed with our raspberry poppy seed dressing. (CAL-340, FAT-11, SOD-140, CARB-35, FIB-5, PRO-42)
- Original Chop Chop Salad** *small* **8** *large* **13**
Grilled diced chicken breast, genoa salami, garbanzo beans, fresh basil, diced tomatoes and shredded mozzarella cheese tossed in our house made creamy chop dressing.
- Pacific NW Dungeness Crab and Bay Shrimp Cobb Salad*** **19**
Organic greens, Dungeness crab, bay shrimp, bacon, hardboiled egg, grape tomato, Point Reyes blue cheese crumbles and avocado tossed with a white balsamic vinaigrette.
- Point Reyes Blue Cheese Salad** *small* **7** *large* **14**
Fresh cut romaine, Point Reyes blue cheese crumbles, toasted almonds, hard-boiled egg and grape tomatoes tossed with house made Point Reyes blue cheese dressing.
Add: 3oz cold water bay shrimp **6.00**, 4 oz grilled chicken breast **4.00**, 4oz grilled salmon **10.00**, NY strip steak **13.00**
-  **Raspberry Chicken Salad** **14**
Fresh mixed greens, scallions, grilled chicken, Point Reyes blue cheese and seasonal apples tossed with our house made raspberry poppy seed dressing. Topped with fresh raspberries.
-  **Spinach Salad** *small* **9** *large* **13**
Fresh baby spinach with sliced mushrooms, Mandarin orange wedges, red onion, and feta cheese tossed with house made poppy seed dressing.
- Classic Caesar Salad** *small* **6** *large* **11**
Fresh cut romaine tossed with Parmigiano-Reggiano, garlic croutons and house made Caesar dressing
Add: 4 oz diced chicken breast **3.00**, 6 oz grilled chicken breast **4.00**, 3 oz coldwater bay shrimp **6.00**, 6 oz Harris Farms NY strip steak **13.00**
 *Add 4 oz wild king salmon for Mediterranean diet **10.00***
- Mixed Greens Salad** *small* **6** *large* **11**
Seasonal pears, Point Reyes blue cheese and candied pecans tossed to order with our house made vinaigrette.
- Heart Healthy Soup of the Day** *cup* **4** *bowl* **6**
Our server will gladly explain today's selection.
- New England Clam Chowder** *cup* **5** *bowl* **7**
House made recipe served with oyster crackers.

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Entrées

-   **20/20 Chicken Spinach Pomodoro** 2 7 **15**
Whole wheat penne sauteed with grilled chicken, tomato sauce, fresh basil, garlic, red chili flakes, shiitake mushrooms, fresh spinach and imported parmesan. (CAL-440, FAT-11, SOD-590, CARB-41, FIB-8, PRO-37)
-  **20/20 Prawn & Asparagus Linguini** 7 **18**
Sautéed jumbo wild white gulf prawns, asparagus, cherry tomatoes, shiitake mushroom and whole wheat linguini tossed in a roasted garlic and black pepper sauce. (CAL-400, FAT-10, SOD-670, CARB-45, FIB-8, PRO-31)
-   **20/20 Quinoa Rotelle with Shrimp and Arugula** 7 **17**
Quinoa rotelle, high protein and gluten free, tossed lightly in an extra virgin olive oil and garlic sauce with five jumbo prawns, red and yellow peppers, crimini mushrooms, arugula, feta crumbles and fresh lemon juice. (CAL-480, FAT-11, SOD-650, CARB-64, FIB-5, PRO-31)
- Grilled Chicken Marsala Penne** **20**
Shiitake mushrooms, red onion, spinach, penne pasta and a creamy Marsala sauce, topped with a hot grilled chicken breast.
- Seasonal Pasta** **17**
Always fresh and handmade. Please ask your server about our seasonal offering
-  **20/20 Blackened Fish Tacos** 7 **13**
Cajun Pacific white fish, fresh avocado, house made black bean salsa and cabbage mix. Served with fresh house made salsa and fat free sour cream. (CAL-390, FAT-12, SOD-760, CARB-49, FIB-25, PRO-38)
-  **20/20 Harris Farms Ranch NY Strip Steak*** 2 7 **21**
6oz Harris Farms all natural, antibiotic, hormone free New York strip steak grilled to your specification with grilled onions and seasoned mushrooms. Served with steamed broccoli and Bistro rice blend. (CAL-440, FAT-13, SOD-800, CARB-39, FIB-9, PRO-45)
-   **20/20 Northwest Seafood Cioppino** 2 **22**
Wild white gulf prawns, North Atlantic sea scallops, and Dungeness crab in a savory tomato broth with bell peppers, sweet onions, celery, tomatoes, fennel seeds, oregano, thyme, red chili flakes and fresh garlic. (CAL-370, FAT-10, SOD-630, CARB-18, FIB-5, PRO-48)
-   **20/20 Sesame Seared Ahi Tuna*** 2 7 **26**
Toghrashi seasoned, seared sashimi grade Ahi tuna steak topped with a ginger-citrus glaze. Served with baby bok choy medley and Bistro rice blend. (CAL-470, FAT-14, SOD-740, CARB-38, FIB-4, PRO-46)
-  **20/20 Thai Chicken Stir Fry** 2 7 **15**
Grilled chicken, fresh broccoli, red onions, carrots, spinach, bean sprouts and cilantro tossed in our Thai peanut sauce and poured over Bistro rice. (CAL-620, FAT-19, SOD-770, CARB-65, FIB-8, PRO-49)
-   **20/20 Turkey Meatloaf** 2 7 **14**
Chef made meatloaf with ground turkey, onions, oregano, basil and Italian parsley topped with a tomato herb sauce. Served with seasonal vegetables and our Bistro rice blend. (CAL-380, FAT-6, SOD-470, CARB-49, FIB-13, PRO-39)
- Dungeness Crab Cakes** **24**
Two fresh, handmade crab cakes served with Thai Chili beurre blanc, seasonal vegetables and choice of Bistro rice blend or roasted potatoes.
-  **Filet Mignon*** **34**
All-natural Blue Mesa Ranch beef tenderloin, grilled to your specification and served with oven roasted potatoes and asparagus.
Create a signature steak: caramelized onions, grilled mushrooms or peppercorn crusted. **1.00 per item**
 mushroom demi glace, Point Reyes blue cheese crumbles. **3.00 per item**
Oscar style: topped with fresh Dungeness crab and bearnaise sauce. **11.00**

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Wood Fired Pizzas

-  **20/20 BBQ Chicken Pizza 7** **12**
 Whole wheat crust with our 20/20 chipotle BBQ sauce, red onions, grilled chicken, low fat mozzarella and cilantro.
 (CAL-550, FAT-15, SOD-800, CARB-63, FIB-6, PRO-39)
-   **20/20 Chicken Feta Pizza 7** **12**
 Whole wheat crust with pesto cream cheese, diced tomatoes, red onion and feta.
 (CAL-500, FAT-13, SOD-790, CARB-59, FIB-7, PRO-34)
-   **20/20 Chicken Vegetable Pizza 7** **12**
 Whole wheat crust with house made pizza sauce, low fat mozzarella, grilled chicken, fresh spinach, sliced mushrooms, red onions and tomatoes. (CAL-490, FAT-11, SOD-590, CARB-61, FIB-8, PRO-36)
-   **20/20 Mozzarella Pizza 7** **11**
 Whole wheat crust with house made pizza sauce, low fat mozzarella, roma tomatoes, parmesan and fresh basil.
 (CAL-450, FAT-13, SOD-790, CARB-60, FIB-7, PRO-24)
- Create a Signature Pizza** **9**
Choose your crust: white, whole wheat
Choose your sauce: tomato based pizza sauce, pesto cream, bbq or seasoned olive oil
Choose your cheese: four cheese blend (mozzarella, parmesan, provolone and locatelli romano), feta crumbles
Choose your toppings: add any topping from the list below
-  **Penne Fresca** **10**
 pasta tossed with fresh garlic, roma tomatoes and fresh basil
Choose your pasta: whole wheat penne, semolina penne or gluten-free quinoa rotelle **2.00 extra** 
Choose your sauce: olive oil base, marinara
Choose your cheese: Locatelli Romano or Parmigiano-Reggiano
Create a Signature Pasta: add any item from the list below

Pizza and Pasta Additions

1.00 per item: artichoke hearts, asparagus, bean sprouts, bell peppers, garbanzo beans, green beans, kalamata olives, mushrooms, onions, pepperoncini, portobello mushrooms, roasted red peppers, scallions, spinach, sun dried tomatoes, diced tomatoes, crushed chilies, fresh cilantro, fresh basil
2.00 per item: applewood smoked bacon, Canadian bacon, diced chicken, Italian chicken sausage, tofu, turkey pepperoni **6.00 per item:** bay shrimp, Dungeness crab **8.00:** jumbo prawns **10.00:** Wild Alaskan King salmon filet

Grilled Sandwiches

All sandwiches are served with french fries, sweet potato fries or side salad.

-    **20/20 Chicken Pesto Burger 7** **12**
 Grilled chicken breast, tomato and fresh basil on a multi-grain Oroweat Sandwich Thin with pesto mayonnaise. Served with an organic greens side salad. (CAL-470, FAT-16, SOD-490, CARB-30, FIB-7, PRO-52)
-  **20/20 SCCo BBQ Cheeseburger* 7** **12**
 SCCo grass fed beef, grilled to your specification with cheddar, our 20/20 BBQ sauce, lettuce, tomato and shaved onion on a multi-grain Oroweat Sandwich Thin. Served with a side salad. (CAL-450, FAT-15, SOD-730, CARB-44, FIB-7, PRO-42)
- Harris Farms Ranch Prime Rib Philly Cheesesteak*** **15**
 6oz of slow roasted thinly sliced prime rib cooked rare then blended on the griddle with caramelized peppers and onions, topped with melted provolone and stuffed into a grilled philly roll. Served with garlic locatelli fries.
- California Chicken Burger** **12**
 Grilled chicken breast, fresh avocado, lettuce, tomato and havarti on a toasted bun with low-fat mayonnaise.
- Mesquite Grilled Chicken Club** **12**
 Grilled chicken breast, crisp bacon, lettuce, sliced tomato and swiss cheese on toasted campagnolo bread with house made shallot aioli.
- Salmon BLT*** **18**
 Wild King salmon, applewood bacon, lettuce and tomato on toasted campagnolo bread with pesto mayonnaise.
- Sonoma Veggie Burger** **12**
 A vegetarian patty made from organic vegetables, quinoa and walnuts. Grilled and served on a toasted whole wheat bun with low-fat mayonnaise, lettuce, tomatoes, avocado and red onion. **Sonoma Salad style:** Have your Sonoma burger and toppings served atop large organic greens with balsamic vinaigrette on the side **1.50**
- Tillamook Cheese Burger*** **12**
 Half pound ground sirloin burger grilled to your specification and topped with lettuce, tomato, red onion, Tillamook cheddar and low-fat mayonnaise on a toasted bun. **Bistro style:** with swiss cheese, grilled onions, mushrooms, crispy bacon and shallot mayonnaise **2.00 extra**

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Wine List

BY THE GLASS

White

09 Beringer White Zinfandel. CA	5
09 Calina Chardonnay. Valle de Casablanca, Chile	6
09 Hudson Shah Riesling. Rattlesnake Hills, WA	6
09 Wine by Joe. Pinot Gris. OR	8
09 Kris Pinot Grigio. Italy	8
06 Cosentino "The Novelist" Meritage. CA	10
09 La Crema Chardonnay. Sonoma Coast, CA	11
10 Salvestrin Sauvignon Blanc. Napa Valley, CA	14

Sparkling

NV Domaine Ste. Michelle Brut. WA	5
NV Chandon Extra-Dry Riche. CA	11
NV Poema Cava. Penedes, Spain	7

Red

08 14 Hands Merlot. WA	6
09 Calina Carmenere. Valle del Maule, Chile	6
08 Tormaresca Neprica. Italy	7
09 Menage a Trois Red. CA	7
08 Penfolds Koonunga Hill Shiraz/Cabernet. South Australia	7
09 DeLoach "Heritage Reserve" Pinot Noir. CA	8
09 Coppola 'Diamond' Malbec. CA	10
08 Kennedy Shah Tempranillo. Rattlesnake Hills, WA	12
07 Mercer Cabernet Sauvignon. Columbia Valley, WA	12

Dessert

07 Warre's Vintage Porto. Portugal	15
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BY THE BOTTLE

White

06 Cosentino "The Novelist" Meritage. CA	36
07 Domaine Jomain Bourgogne Chardonnay. Burgundy, France	47
07 St. Urbans-Hof Piesporter Goldtropfchen Riesling Kabinett. Mosel-Saar-Ruwer, Germany	50
08 Domaine de Terrebrune. Bandol, France	59
07 Rodney Strong "Chalk Hill" Chardonnay. Sonoma, CA	76
07 Les Cretes Pinot Gris. Valle D'Aosta, Italy	82

Sparkling

NV Zardetto Prosecco Brut. Italy (350ml)	12
NV Perrier Jouet Grand Brut. Epernay, France	80
NV Veuve Cliquot "Yellow Label" Brut. Reims, France	89
00 Dom Perignon. Epernay, France	269

Red

10 667 Pinot Noir. Monterey, CA	28
08 Cloudline Pinot Noir. OR	34
08 Newton Claret. Napa County, CA	36
09 Tamarack Cellars Firehouse Red. Columbia Valley, WA	36
07 Milbrandt Syrah "The Estates". Wahluke Slope, WA	42
06 Reininger Helix Pomatia. Columbia Valley, WA	42
09 Raptor Ridge Pinot Noir. Willamette Valley, OR	53
08 Doyenne AIX. WA	74
09 JM Cellars Longevity. Columbia Valley, WA	78
06 Januik "Champoux Vineyard" Cabernet Sauvignon. Horse Heaven Hills, WA	105
06 Rodney Strong Symmetry. Alexander Valley, CA	105
07 Hartwell Vineyards "Miste Hill". Napa Valley, CA	111
07 Dusky Goose Pinot Noir. Dundee Hills, OR	141
01 Prunotta Barolo. Bussia, Italy	144
08 DeLille Cellars Chaleur Estate. Columbia Valley, WA	163
08 DeLille Cellars Harrison Hill. Yakima Valley, WA	163
06 Rodney Strong "Rockaway" Cabernet Sauvignon. Alexander Valley, CA	168
07 Hartwell Reserve Cabernet Sauvignon. Napa Valley, CA	318