

Bistro Brunch

COMBINATION BREAKFASTS

Wimbledon 12
Two organic Washington eggs, PRO-tatoes, bacon, low sodium ham or chicken sausage, toast
Add: Harris Farms NY Steak **13.00**



20/20 Breakfast 16 5
Seasonal fruit, yogurt berry parfait, Denver omelette with egg beaters, decaf Café Vita coffee or Tea Forté (CAL-440, FAT-9, SOD-510, CARB-50, FIB-7, PRO-39)

OMELETTES

All omelettes are prepared with extra virgin olive oil and served with PRO-tatoes. Choice of wheat, sourdough toast or english muffin

Substitute: an Alki Bakery muffin or homemade cinnamon roll for toast **1.00**
 Egg white substitute available on request



20/20 Mediterranean Omelet 12 4
Egg white omelet with onions, spinach, roasted red peppers, kalamata olives, and fresh basil. Served with a fresh fruit salad and tomato slices. (CAL-240, FAT-5, SOD-640, CARB-26, FIB-4, PRO-22)



Build Your Own 11
Your choice of three ingredients: cheddar, pepper jack, swiss, feta, parmesan, romano, diced tomatoes, bell peppers, spinach, onions, portabella mushrooms, avocado, salsa, asparagus, broccoli, low-sodium ham, chicken sausage, applewood smoked bacon, vegetable sausage patty
Add: additional ingredients **2.00 per item**
High-Protein Option: substitute cottage cheese and bacon, chicken sausage or low-sodium ham for PRO-tatoes and toast **4.00**

BISTRO SIGNATURE SPECIALTIES

French Toast 2 pieces 10 3 pieces 12
Thickly sliced egg-dipped challah spiced with cinnamon, vanilla and nutmeg and topped with caramelized bananas. Served with pure maple syrup and grapes



20/20 Breakfast Burrito 11 7
Egg beaters, low fat cheddar cheese, black beans, peppers, onions, potatoes, chili verde sauce, sour cream (CAL-330, FAT-8, SOD-800, CARB-59, FIB-28, PRO-31)

Pacific NW Dungeness Crab Benedict 17
Two organic eggs poached and served atop fresh pacific Dungeness crab on toasted english muffins naped with our house-made hollandaise sauce and crisp hash browns.
Eggs Benedict: the original Canadian Bacon Style **14.00**

ENTRÉES



20/20 Cottage Cheese Pancakes 8 7
Four pancakes served with sugar-free maple syrup and grapes (CAL-460, FAT-4.5, SOD-630, CARB-87, FIB-8, PRO-27)



Buttermilk Pancakes with Strawberries, Blueberries, or Bananas 10
Three pancakes served with pure maple syrup

Freshly Baked Cinnamon Roll 5
Caramelized pecans and cream cheese frosting



Steel Cut Oatmeal 7
Served with almonds, raisins and apples

SIDES

Applewood smoked bacon, turkey bacon, chicken sausage, low-sodium ham, or vegetable sausage patty 4
Two organic Washington eggs, egg beaters or egg whites 2
One organic Washington egg, egg beaters or egg white 1
PRO-tatoes 3
Alki Bakery Muffin (assorted) 1.70
Toast (wheat, sourdough, bagel or english muffin) 2
Cottage Cheese 3
Granola with Milk 4
20/20 Yogurt Berry Parfait (CAL-210, F-7, P-9, C-30) 7

BEVERAGES

Juice (orange, grapefruit, apple, cranberry, tomato) varies
Milk (non-fat, 2%, whole, chocolate, soy, almond) varies
Tea Forté 1.75
Café Vita coffee 1.65
Latte, Cappuccino 2.65
Mocha 2.95
Mimosa (orange or pomegranate) 7
Bistro Bloody Mary 7

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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Chef's Selections February 02 - February 08

Onion Bun 14

Housemade onion bun filled with caramelized onions is served with a salad of roasted shimeji mushrooms, roasted shallots and arugula tossed in a sherry vinaigrette.

Apple and Brie Pizza 14

Our own hand tossed whole wheat or white crust, coated with rosemary garlic oil blend, topped with imported brie, sliced apples and chicken then garnished with celery leaves and 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.



20/20 Blue Marlin* 2 7 28

Blue Marlin, roasted to your specification, served with grilled asparagus, truffle dashi vinaigrette and our Bistro wild rice blend. (CAL-470, FAT-20, SOD-620, CARB-25, FIB-6, PRO-38)



20/20 Wild Alaskan King Salmon* 2 7 27

Troll-caught fresh Wild Alaskan King Salmon filet, grilled to your specification, served with sweet and sour pink peppercorn cipollini, sauteed escarole and our Bistro wild rice blend. (CAL-520, FAT-27, SOD-760, CARB-29, FIB-6, PRO-38)

Starters and Soups



20/20 Jumbo Prawn Cocktail 2 16

Five jumbo prawns, house made spicy cocktail sauce and fresh lemon. (CAL- 210, FAT-3, SOD-620, CARB-12, FIB-1, PRO-32)



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.

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.

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**, 6 oz grilled chicken breast **4**, 3 oz coldwater bay shrimp **6**, 6 oz Harris Farms NY strip steak **13**



Add 4 oz wild king salmon for Mediterranean diet **10.00**

Mixed Greens Salad small 6 large 11








Bosc pears, Point Reyes blue cheese and candied pecans tossed to order with our house made vinaigrette.

20/20 LifeStyles Stages:


















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Entrée Salads

-   **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 and tossed with our raspberry poppyseed 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.

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)
-    **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)
-   **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)
-  **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**

20/20 LifeStyles Stages:

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Wood Fired Pizzas

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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)
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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)
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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)
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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
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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 chillies, 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.

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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)
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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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