

# Sunrise Bistro Dinner Menu

(Served after 3:00 pm)

Established in 1981, we are committed to scratch cooking, from "Applesauce to Zucchini Bread." We are a community leader in sustainable practices. All of our poultry, meats and dairy are antibiotic- and hormone-free and are grass or vegetarian-fed. We use cage-free eggs. Our produce is sustainably grown and locally sourced when available.

**"Welcome to my place, where I feed you the way I feed my grandchildren – as if your health depended on it!" -- Cindy Gershen, Chef/Owner**

●Indicates sugar in the first 3 ingredients

## Entrées

Accompanied with House-made Mexican salsa, BBQ sauce, Italian tomato-basil salsa or non-fat yogurt dill sauce

Choose the number of sides you want:

	<u>2</u>	<u>3</u>	<u>4</u>
<b>Fresh Roasted Turkey Breast</b> ● House-made cranberry sauce	11.50	13.95	16.50
<b>Charbroiled Chicken Breast</b>	11.50	13.95	16.50
<b>Fresh Ground Beef Patty</b>	11.50	13.95	16.50
<b>Grilled Ground Turkey Patty</b> Made with chopped bell pepper & onion	11.50	13.95	16.50
<b>Turkey Meatballs</b> with marinara	11.50	13.95	16.50
<b>Extra Firm Low-Fat Grilled Tofu</b>	11.50	13.95	16.50
<b>Tri-Tip of Beef</b>	12.50	14.95	17.50
<b>Poached or Charbroiled Salmon</b>	14.50	16.95	19.50

## Smoked In-House

Unsweetened dry rubbed, ●BBQ sauce on the side

<b>Smoked Brisket</b> (lean or juicy)	11.50	13.95	16.50
<b>Smoked Pulled Pork</b>	11.50	13.95	16.50
<b>Baby Back Ribs</b>			
Full Rib Dinner (12 Bones)	27.00	29.50	32.00
Half-Rib Dinner (6 Bones)	17.50	19.95	22.50
<b>Smoked ½ Chicken Dinner</b>	13.50	15.95	18.50
¼ Chicken Half dark, half white	11.50	13.95	16.50

## Charbroiled Gourmet Burgers

Half-pound fresh ground beef or turkey patty, or chicken breast, with lettuce & tomato on a house-made bun or ciabatta roll, dill pickle spear and pan-fried potatoes or side of your choice

<b>Cheeseburger</b> Mushrooms, peppers, onions & cheddar	10.50
<b>Fiesta</b> Guacamole, green chilies and jack	10.50
<b>Patty Melt</b> Grilled onions & Swiss on sliced rye	10.50
<b>Hickory</b> Bacon, grilled onions, cheddar & ●BBQ sauce	10.95
<b>The Bleu</b> Bacon and bleu cheese crumbles	10.95
<b>The Naked Burger</b>	9.95

## Sides

(Order a la Carte @ 3.00/each)

Ask your server about special sides of the day

## Salads & Soup

**Mixed Green Salad** with tomatoes, carrots and house-made Italian, Ranch, Bleu Cheese, ●Creamy Raspberry, ●Non-Fat Honey Mustard, Caesar or ●Thousand Island  
**Cole Slaw** – house-made with creamy dressing  
**House-Made Pickled Beets**  
**Cup of Soup** – soup of the day

## Vegetables

**Roasted Vegetables** (spray of extra virgin olive oil, dash of salt) Zucchini, red bell peppers, mushrooms, onions, and seasonal selections  
**Steamed Fresh Veggies**  
Broccoli, bell peppers, cauliflower, carrots  
**Collard Greens** with smoked meats, garlic & onions  
**Spaghetti Squash** (Marinara on request)  
**Roasted Eggplant & Mozzarella**  
With tomato, basil, garlic & balsamic glaze

## Fresh Fruits

**Mixed Fresh Fruit**  
Seasonal fruits with pineapple and melons  
**Sliced Organic Fuji Apple** with peanut butter  
**Mixed Berry Compote** no sugar added  
**House-Made Applesauce** unsweetened slow-cooked apples

## Potatoes, Pastas & Grains

**Potato Salad** – house-made from a family recipe  
**Pan-fried Potatoes** – add sour cream or cheddar for 50 cents  
**Mashed Potatoes** with turkey gravy  
**Sweet Potatoes** steamed or grilled  
**Sweet Potato Mash** made with cream & butter  
**Whole Wheat Mac n' Cheese** with cheddar & parmesan  
**Whole Wheat Pasta** with Marinara or pesto  
**Steamed Brown Rice** soy sauce on request

## Beans & Dairy

**Black Beans or Vegetarian Chili** house-made  
●**Baked Beans** slow cooked with smoked meats  
**Non Fat Plain Yogurt or Cottage Cheese**

## Make Your Own Combo

5-6 oz serving of protein @ 5.75 each;  
Tri-Tip @ 6.95; Salmon @ 8.50; 2.00 per Rib

Want to share a meal? We will be happy to split it for you! \$2.00 Charge  
18% Gratuities added to split checks and parties of 8 or more.

Not responsible for lost or stolen items. We reserve the right to refuse service to anyone.

## Bistro Fiesta

Salsa on the side.

Add avocado slices @ 1.00 or guacamole @ .50.

Choose seasoned chicken breast or pulled pork.

Quesadilla & burritos available with whole grain or flour tortilla

### **Soft Tacos** 10.95

Choice of meat, onions, bell peppers, lettuce and cheese wrapped in two corn tortillas

### **Quesadilla** 11.25

Flour tortillas filled with choice of meat, bell peppers, onions & cheese

### **Burrito** 10.95

Choice of meat, black beans, brown rice and cheese

### **Vegetarian Burrito** 8.95

Spinach, broccoli, zucchini, black beans, brown rice and cheese (Vegan: Tofu replaces cheese)

### **Vegetarian Chili over Corn Cakes** 9.95

Topped with grated cheddar and cilantro garnish

Over Brown Rice 8.95

Add 8 oz Ground Beef or Turkey Patty 5.75

## Sandwiches

Choose house-made whole wheat, herb, egg, or marble rye breads, or

La Brea Bakery ciabatta roll (whole wheat or regular)

Served with your choice of one Side

(Additional "Sides" @ \$3/each)

### Hot

### **Classic Reuben Our Signature Sandwich!** 10.95

Corned beef with Swiss, sauerkraut and Thousand Island dressing grilled lightly on marble rye

### **Grilled Tuna Sandwich** (Not avail. Sunday) 10.50

With grilled cheese, tomato and lettuce on herb bread

### **Hot Turkey Sandwich** 11.25

Served open-face, mashed potatoes and gravy, ●cranberry sauce

### On House-Made Roll or Ciabatta

Herb or whole wheat roll, multi-grain or regular ciabatta

### **Tri-Tip Sandwich** 12.95

●BBQ sauce, mayo, lettuce, tomato & red onion on roll

### **Smoked Pulled Pork** 11.25

Topped with cole slaw and BBQ sauce

### **Bistro French Dip** 11.95

Roast beef or turkey, grilled onions, jack & au jus on ciabatta

### **Brisket** (Order lean or juicy) 11.25

Topped with grilled onions and BBQ sauce

### Cold

### **Bacon, Lettuce, Tomato & Avocado** 10.95

All of the above with mayo on lightly toasted bread

### **Fresh Roasted Turkey Breast** 10.75

Roasted turkey with lettuce, tomato and mayo

### **Bistro Club** 11.95

Bacon, avocado, roasted turkey, lettuce, tomato and mayo

### **California Chicken Salad Sandwich** 10.95

Mixed with apples, celery, cashews and mayo; lettuce, tomato

### **Carol's Tuna Sandwich** 10.50

Mixed with celery, dill and mayo; lettuce and tomato

### **½ Sandwich** Any cold sandwich 8.95

Without Side 6.95

## Sunrise Salads

Fresh baked bread or other dressings on request

### **Cobb Salad** 12.95

Chicken, bleu cheese crumbles, bacon, egg, tomatoes and avocado served with Italian dressing

### **Tri-Tip Salad** 12.95

Caramelized onions, bleu cheese, bacon, tomatoes and cucumbers

### **BBQ Chicken Chop Salad** 11.95

Black beans, corn, carrots, jicama, cucumber, tomato and cabbage on a bed of fresh greens with ranch dressing and a dollop of our own ●BBQ sauce

### **Salad Nicoise (Tuna or Bay Shrimp)** 11.95

Steamed veggies, red potatoes, egg, tomatoes, red onion, olives, Italian dressing Substitute Chicken Breast add 1.00 Substitute Poached Salmon add 4.50

### **Cashew Chicken Salad** 9.95

Hearty scoop of chicken salad with roasted cashews, Fuji apples, celery & mayo on a bed of marinated veggies and fresh greens with Italian dressing

### **Thai Chicken (or Tofu) Salad** 9.95

Sliced chicken breast, steamed vegetables and noodles in a ●sweet soy dressing, with cilantro and sesame seeds

### **Garden Salad** 9.95

Pickled beets, grated eggs, carrots, cheddar, artichoke, garbanzo and kidney beans with choice of dressing

### **Hearts of Romaine Salad** 8.25

Crumbled bleu cheese, ●caramelized nuts, Fuji apples and ●non-fat raspberry dressing

### **Caesar Salad** 7.95

House-made Caesar dressing, Romano cheese and croutons Add Bay Shrimp for 3.95, Grilled Chicken for 4.95, or Poached Salmon for 8.50

## **Children's Menu**

All meals come with 8 oz plain milk or unsweetened soy milk, or a child-size teapot with choice of tea. (Any other beverage @ 2.00)

### Choice of Sides:

#### Fruit

Fresh Fruit or Bistro Applesauce

#### Vegetables

Green Salad, Spaghetti Squash, Roasted Veggies or Steamed Veggies

#### Grains and Starch

Brown Rice, Sweet Potatoes, Mashed Potatoes, Whole Wheat Mac 'n Cheese or Pasta

### 4.95 (Choose 3 sides)

Grilled or Steamed Tofu  
Vegetarian Chili or Black Beans

### 5.95 (Choose 2 sides)

½ Sandwich on Whole Wheat Bread  
Choice of Roasted Turkey or Grilled Cheese

1 Chicken Soft Taco

½ Cheese Quesadilla

Mini-Burger (add an extra burger for 2.50)  
(add cheese N/C)

### 6.95 (Choose 3 Sides)

½ Portion Grilled Chicken, Brisket or Pulled Pork

### 7.95 (Choose 3 Sides)

2- Rib Dinner