



# La Fontana Bistrot

## STARTERS

<i>French Onion Soup</i>	7
Light and flavorful onion soup with a cheese baguette	
<i>Soup of the Day</i>	7
Chefs' choice	
<i>Fried Calamari</i>	9.5
Fried golden and served with a spicy remoulade and tartar sauce	
<i>Chicken Wings</i>	9
Juicy chicken wings tossed in buffalo hot sauce	
<i>Chicken Quesadilla</i>	10
Grilled chicken breast with red and green bell peppers, onions and Pepper Jack cheese in a spinach flour tortilla, side of sour cream, salsa and guacamole	
<i>Vegetarian Quesadilla</i>	10
Grilled yellow squash, zucchini, red and green bell peppers, onions and pepper jack cheese in a spinach flour tortilla, side of sour cream, salsa and guacamole	

## SALADS AND HAND-CRAFTED SANDWICHES

(Sandwiches includes choice of: French fries or House salad)

<i>House Spring Salad</i>	8		
Mixed greens with shredded carrots, sliced cucumbers, cherry tomatoes, in balsamic vinaigrette with an herb cheese baguette			
<i>Greek Salad</i>	10		
Hearts of romaine, Kalamata olives, pepperoncini peppers, bermuda onions, cherry tomatoes, feta cheese and greek dressing			
<i>Classic Caesar Salad</i>	10.5		
Homemade croutons and caesar dressing, fresh parmesan cheese			
<i>Spinach salad</i>	11.5		
Baby spinach, poached pear, candied walnuts, crumbled blue cheese tossed in Raspberry vinaigrette and crumbled bacon			
<i>Add your choice of grilled additional toppings to these salads for</i>			
<i>Grilled chicken</i>	4	<i>blackened salmon</i>	6
<i>Gyro meat</i>	6	<i>grilled shrimp each</i>	1.5

<i>Oriental Chicken Salad</i>	13
Mixed greens with shredded carrots, green onions, cilantro, roasted peanuts, mandarin sections and shredded chicken tossed with a sesame dressing	
<i>Ahi-Tuna Niçoise</i>	19.5
Seared pepper crusted tuna, haricot vert, cherry tomato, kalamata olives, Bermuda onions, fingerling potatoes in a Raspberry Vinaigrette	
<i>California Chicken sandwich</i>	12.5
Grilled chicken breast, lettuce, tomato, bacon, jack cheese, avocado and spicy remoulade on a sourdough kaiser roll	
<i>Chicken Mediterranean Wrap</i>	11
Grilled chicken breast, portabella mushrooms, zucchini, yellow squash, beef steak tomato, micro greens and feta cheese tossed with lemon vinaigrette	
<i>Salmon BLT</i>	13.5
Grilled salmon, bacon, lettuce and tomato on sour dough with a citrus aioli	
<i>Gyro Sandwich</i>	12
Slices of beef and lamb with tomatoes, parsley onions and tzatziki sauce on a lightly grilled pita bread	

An additional \$2 charge per plate will be added to split plated menu and a 20% gratuity will be added for parties of 8 or more  
Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness

3/27/09

Charbroiled Beef Burger 13.5

Freshly ground choice beef, lettuce, tomato, red onion and pickle on a sour dough or whole wheat toasted kaiser roll with choice of a topping;

Choice of toppings: 1

American ~ cheddar ~ jack ~ pepperjack ~ blue cheese ~ bacon ~ sautéed onions ~ sautéed mushrooms ~ avocado

### HEART HEALTHY

Grilled Chicken Muffuletta 12.5

Grilled chicken breast layered with jack cheese, tomato relish, finely chopped olives, capers, onions, oregano and basil on a whole wheat kaiser roll

Vegetarian Delight 17

Grilled portabella mushrooms, asparagus, tomato, roasted garlic fingerling potatoes and Broccolini.

Pan Seared Ahi 18.5

Soy and ginger pan seared Ahi tuna on a spinach and edamame stew with steamed baby bok choy.

Grilled Chicken and Shrimp 19

Served with steamed broccolini, grilled asparagus and portabella mushrooms in a basil pesto broth

### STEAKS

FILET MIGNON 25

8oz filet with sour cream mashed potatoes, seasonal vegetables with a béarnaise sauce

New York Strip 26

Roasted fingerling potatoes, asparagus, onion strings in a roasted shallot demi-glaze

### Fontana's Favorites

Pan roasted Pacific Salmon 19.5

Pacific salmon filet served over risotto, wilted spinach in a sundried tomato and basil pesto broth

Grilled Chicken Breast 17.5

Served over a wild mushroom risotto, braised spinach in a mushroom sauce

Grilled Lamb Chop 25

Sour cream mashed potato, mushrooms, asparagus and poached pear with mint jelly and wild berry sauce

Mixed Grill 29

Grilled lamb chops, chicken breast and shrimp, sour cream mashed potatoes grilled asparagus in a roasted shallot demi-glaze

### ADDITIONAL SIDES \$3 EACH

Roasted garlic fingerling potatoes ~ Sour cream mashed potatoes ~ Sautéed button mushrooms ~ Sautéed spinach ~ Steamed Spinach ~ Steamed broccolini ~ French Fries

### PASTAS

Capellini a la Traditional 15

Angel hair tossed with fresh spinach, tomatoes, basil, capers, garlic and shallots in a white wine butter sauce

Penne con Pollo 17.5

Marinated grilled chicken with fresh spinach, sun dried tomatoes, and artichoke hearts Tossed in a roasted garlic cream sauce

Seafood Tortellini 19

Cheese tortellini with salmon, shrimp and a sprinkling of parmesan cheese in a pesto cream sauce