

## BISTRO SIGNATURE BREAKFAST SPECIALTIES

**59 Main Express-** A warm flour tortilla wrapped around two scrambled eggs, bacon, cheddar cheese & home fries topped with our original salsa & sour cream. \$6.50

**Veggie X-** Add broccoli. No bacon. \$5.95

**Cali X-** Add spinach & avocado. No bacon. \$6.95

**South of the Border-** Two eggs, refried beans, guacamole, cheddar & home fries wrapped in crisp tortilla topped with salsa and cilantro sour cream \$6.95

## BISTRO POACHED EGG SPECIALS

**Eggs Benedict-** Two poached eggs, grilled ham & cheddar cheese on a toasted english muffin topped with hollandaise. Served with home fries. \$7.95

**Veggie Benedict-** with spinach, tomato, cheddar & hollandaise. \$7.95

**The Bostonian-** with smoked salmon, grilled tomato, red onion & hollandaise. \$8.95

**Salmon Hash-** Grilled salmon, poached eggs, tomato, scallions & home fries topped with asiago cheese & hollandaise. Served with whole wheat toast \$8.95

**Corned Beef Hash-** Sub corned beef for salmon! \$8.95

**Breakfast Special-** The best deal in New Paltz! Two eggs, home fries & whole-wheat toast \$1.95

**Sub Tofu-** \$2.95 Add bacon or ham or sausage \$1.75

**Zoo Canoe** - 😊 Scrambled eggs, bacon & tomato stuffed in a slab of walnut citron bread topped with melted cheese & hollandaise. Served with home fries. \$7.95

## MAKE YOUR OWN BISTRO OMELETTE

Start with a plain three-egg omelet served with home fries & whole-wheat toast. \$3.00

Add price listed **per item** to create your own special omelet: **\$1.00**

**Each:** Green Peppers, Onions, Tomato, Red Peppers, Broccoli, Mushrooms, Scallions

**\$1.00 Each:** American, Cheddar, Muenster, Swiss, Feta, Asiago, Smoked Mozzarella, Cream Cheese

**\$1.75 Each:** Spinach, Bacon, Ham, Sausage, Basil Pesto, Soy Cheese

**\$2.00 Each:** Tofu, Sun-Dried Tomatoes, Asparagus, Portabella Mushrooms, Avocado, Hollandaise

**\$2.50 Each:** Andouille Sausage, Smoked Salmon, Fakin' Bacon, Fakin' Soy Sausage, Artichoke Hearts

## BREAKFAST SANDWICHES

**The Breakfast Club-** Two scrambled eggs, avocado, basil pesto, sprouts, red onion, tomato & muenster on triple-decker 12 grain toast. Served with home fries. \$6.95

**Huckleberry Frolic-** Scrambled eggs, spinach, basil pesto, avocado, sprouts, tomato & cheddar wrapped in a soft tortilla. Served with home fries. \$6.95

**Sunrise-** One egg, two strips of bacon & american on a hard roll. \$2.50

**McMann-** One egg & american \$1.75

**Bagel Nosh-** Bagel with smoked salmon, cream cheese, tomato & red onion. \$5.95

**Bagel Grande-** Toasted bagel with hummus, avocado & tomato. \$4.95

\*All Hard Rolls & Toast are buttered \*

## FRITTATA SKILLETS

Two scrambled eggs on a bed of home fries topped with the ingredients listed below & served in its own skillet with whole-wheat toast. \$6.50 each.

**Papas-** Broccoli, mushrooms, onions, tomato & cheddar

**Athens-** Spinach, red peppers, onions & feta

**Scooter-** Avocado, mushrooms, muenster & salsa.

**Nomad-** Avocado, bacon, tomato & swiss.

**Tofu Scramble-** No eggs! Grilled tofu, spinach & tomato

**Hobo-** Bacon, tomato, cheddar & sour cream.

## BREAKFAST STIR FRYS

Fresh sautéed veggies tossed with scrambled eggs then served over home fries with toast.

**KiKi's-** Broccoli, tomato, mushrooms, asparagus, onion & asiago \$6.95

**Alamo-** Andouille sausage, red & green peppers, tomato, onions, asiago & cilantro sour cream \$7.95

**Yosemite-** Artichoke hearts, spinach, red peppers, onions, black olives, oregano & feta cheese \$7.95

## BUTTERMILK FLAPJACKS & SUCH...

**Bistro Slam** - 😊 Two eggs & bacon served with two slices of walnut citron french toast OR two pancakes. \$5.25

**Franklin Lakes Cranberry Cakes** - 😊 Two pancakes with cranberries & almonds topped with powdered sugar & served with real maple syrup. \$5.50

**Three Buttermilk Pancakes** \$3.25

**Short Stack** (2) \$2.75

**French Toast** 😊 -Batter drenched slices of whole wheat bread or homemade walnut citron bread sprinkled with cinnamon & powdered sugar. **Three Slices** \$4.50 **Two Slices** \$3.25

Add Apples **\$1.25** Add Blueberries **\$2.00** Add Bananas **\$1.25**

Add Strawberries **\$2.00** Add Coconut **\$1.25**

\*Side of Verront Real Maple Syrup \$1.25\*

## CEREALS, FRUIT & SIDE ORDERS

\*Cereals served with milk or plain non-fat yogurt or soy milk (add \$.95)\*

**Power Bowl-** Instant oatmeal loaded with bananas, apples & strawberries. \$4.00 Plain Oatmeal \$2.50

**Super Bowl @.** Organic granola with sliced apples, bananas & strawberries. \$5.25 **Plain Granola** \$3.95

**Fresh Fruit Salad-** Cantaloupe, honeydew melon, red seedless grapes & strawberries **Large** \$3.25 **Small** \$2.00

**Home fries** \$2.00 **French Fries** \$2.00 .

Breakfast items on this page are served until 4 p.m., everyday.



Just a friendly reminder...

Contains nuts! Let us know if you have any allergies! 😊  
Any substitution is an additional charge

## ALL DAY APPETIZERS

**Chicken & Shrimp Monster Melt-** Grilled chicken & shrimp sautéed with onions, peppers & tomato topped with avocado, melted cheddar & cilantro sour cream served open face on a flat bread pita. \$8.95

**Tofu Tornadoes-** Deep fried tofu sticks tossed in BBQ sauce. Served with celery sticks & blue cheese dressing. \$6.95

**The Hurricane-** Grilled mushrooms, spinach, black olives, yellow peppers, avocado & cheddar cheese in a crisp flour tortilla served with salsa. \$6.95

**Mozzarella Quesadillas-** Smoked mozzarella cheese, tomato & basil pesto in a crisp flour tortilla topped with a roasted red pepper salsa. \$5.95

**High Falls Triangles-** Spinach, mushrooms, tomato, hummus & melted muenster served on warm pita bread. \$6.95

**Potato Pancakes-** Deep fried golden brown, served with applesauce or sour cream. \$5.95

**Hummus Plate-** Our original hummus served with toasted pita triangles & lots of veggies. \$5.95

**Jalapeno Poppers-** Six deep fried jalapenos stuffed with cheddar. Served with sour cream. \$5.95

**Blue Sky Bonanza-** Meat or veggie chili, melted cheese, guacamole, sour cream, salsa, onions, peppers & tomatoes piled on top of tortilla chips. \$7.95

## SPECIAL SALADS & SOUPS


Served with a Slab of buttered & toasted Homemade

Walnut Citron Bread . 

**Caesar Salad-** Crisp romaine lettuce, croutons, parmesan cheese & caesar dressing. \$5.95


**Fall's Classic Caesar Salad-** Caesar salad topped with feta cheese, black olives, tomatoes & red onions. \$6.95

**The Crispell-** Mesclun greens, red & yellow peppers, tomatoes, red onion & crumbled blue cheese. \$6.95

**Bistro Waldorf -**  The Bistro house salad topped with apples, almonds, bacon, turkey & raisins. \$8.95

**The Minnewaska-** A Bistro Classic! Mixed greens, sliced avocado, sun-dried tomatoes, red onion, carrots, cucumbers, red peppers, sprouts & croutons. \$6.95

**Bistro Salad Plate-** Chopped romaine lettuce, tuna salad, diced, tomatoes, red onion, cucumbers, red & yellow peppers & shredded carrots. \$6.95

**Soup, House Salad & a Slab Special**  \$6.95

**Beef Chili or Veggie Chili-** \$5.95

Add any grilled item to your salad: **Tofu** \$2.00

**Chicken** \$3.00 **Shrimp** \$3.00 **Salmon** \$5.00

**Salad Dressings:** Asian Vinaigrette, Blue Cheese, Parmesan Peppercorn, Honey Dijon, Creamy Garlic or Balsamic Vinaigrette.

## REALLY GOOD SANDWICHES

All sandwiches, burgers and wraps served with french fries or side salad or cup of soup.

**The Santa Cruz-** A triple-decker sandwich with grilled chicken breast, avocado, red onion, muenster, lettuce, tomato, sprouts & basil-pesto mayonnaise on toasted 12-grain bread. \$7.95

**Tofu Tomorrow-** Grilled portabella mushroom, tofu, sliced red onion, alfalfa sprouts, lettuce & roasted red pepper salsa on toasted 12 Grain. \$6.95

**KIDS BREAKFAST:** Silver Dollar Cakes \$1.50

**Captain Crunch or Granola** \$1.50

**One Egg with Fries** \$1.50

**KIDS LUNCH:** Kids lunch served with french fries or celery & carrot sticks & kids beverage

**Chicken Nuggets** \$3.95 **Grilled Cheese** \$3.95

**Pasta with Tomato Sauce** (No FF) \$3.95 **Cheeseburger** \$3.95

**Veggie Burger** \$4.95 **Cheese Quesadillas** \$3.95

## BOUNTIFUL BURGERS

Charbroiled beef burgers served on a toasted kaiser roll with lettuce & tomato.

**Rail Trail-** Grilled mushrooms, sliced red onion & melted cheddar cheese topped with BBQ sauce. \$6.95

**Guaca Baca-** Guacamole, bacon & muenster. \$6.50 **Bistro Barn-** Bacon & american cheese. \$5.95

**Plain and Simple-** A lonely naked burger. \$5.25

Add Cheese \$0.50

## VEGGIE BURGERS

The Bistro is the home of some outrageous veggie burgers. . Served with lettuce and tomato on a toasted kaiser roll

**The Shawangunk-** The ultimate veggie burger topped with grilled tofu, spinach, sun-dried tomatoes & sprouts. \$7.95

**Hendrix-** Avocado, smoked mozzarella, grilled portabella mushrooms & lots of sprouts. \$7.95

**Peacemaker-** Avocado, hummus, sautéed spinach, mushrooms, sprouts & melted muenster on toasted 12 Grain. \$7.95

**Day Tripper-** Muenster, basil-pesto mayonnaise & hummus. \$6.95

A Veggie Burger- Good just by itself \$5.95

## QUESADILLAS &- BURRITOS

A meal by itself served in a crisp flour tortilla. Trust us.

**Holy Mole-** Grilled chicken, refried beans, guacamole, spinach & cheddar topped with salsa & cilantro sour cream. \$9.95

**Robin's Burrito-** Hummus, avocado, spinach, broccoli, mushrooms & onion topped with salsa. No dairy. \$6.95

**Half Moon Rising-** Grilled shrimp, avocado, tomatoes, black beans & mozzarella topped with roasted red pepper salsa & cilantro sour cream. \$9.95

**Tofu Quesadillas-** Grilled tofu, spinach, mushrooms, refried beans, avocado & cheddar topped with veggie chili. \$8.95

**The Rhino Roll-** This vegetarian feast consists of spinach, hummus, veggie burger, mushrooms, onions & melted cheddar & topped with veggie chili. \$8.95

**Chicken Quesadillas-** Grilled chicken, avocado, black beans, tomato, cheddar & topped with salsa & sour cream. \$7.95

**Veggie Quesadillas-** Spinach, mushrooms, black beans, avocado & cheddar topped with veggie chili. \$7.95

**The Victory Burrito-** Grilled portabella mushroom, spinach, onions, black beans & guacamole in a crisp tortilla topped with red pepper salsa. No dairy. \$7.95

## BIG BOWLS OF PASTA

All Pasta entrees served with a slab of homemade walnut citron bread .



**Railroad Dave's**- Grilled chicken breast topped with BBQ sauce, cheddar & bacon served on a kaiser roll. \$7.95

**Elmer!**- Hummus, avocado, sautéed mushrooms, sprouts, cheddar & lettuce on triple-decker toasted whole wheat. \$6.95

**KC's Sunshine**- Grilled chicken breast, basil-pesto mayo, melted cheddar, alfalfa sprouts, sun-dried tomato & lettuce served on a kaiser roll. \$6.95

**Turkey Club**- Turkey, bacon, tomato, red onion, lettuce, american & mayo on triple-decker toasted whole wheat. \$7.95

**P. Townshend**- Grilled chicken, lettuce, tomato & mayo. \$5.95

**BLT** - Served on toasted whole wheat with mayo. \$4.95

**Sub Fakin' Bacon** \$5.95

**Mardi Gras**- Grilled shrimp, onions & peppers dusted with Louisiana spice, then topped with melted smoked mozzarella cheese and mayo on toasted kaiser roll. \$7.95

### SANDWICH WRAPS!

Choose plain white flour tortilla or whole wheat tortilla (\$1.50)

**Veggie! Veggie!** - Hummus, avocado, lettuce, tomato, sprouts & cheddar \$6.95

**Rollins**- Turkey breast, avocado, basil pesto mayo, lettuce, sprouts & cheddar \$7.95

**Number 9**- Tuna salad, avocado, lettuce, tomato, sprouts & swiss \$6.95

### BEER & WINE

A huge selection of bottled beer and draft beer are available. We also have a regional and imported wine list.

### LOTS OF BEVERAGES

**Espresso** \$1.95 **Cappuccino** \$2.75 **A Latte** \$2.50 **Mochaccino** \$2.75

**Chai Tea** \$2.95

**Special Blend Coffee** \$1.50 **Special Blend Decaf** \$1.50 **Regular Coffee** \$1.50 .

\*All cappuccino beverages are available iced or decaffeinated.\*

\* Price for coffee is per cup unless accompanied by food\* Sub Soy Milk add **\$1.75**

**Herbal Tea** \$1.00-Chamomile, Ginger Aid, Green Tea, Lemon Zinger, Peppermint, Red Zinger & Decaf Black

**Caffeinated Tea** \$1.00-Lipton, English Breakfast & Earl Gray **Iced Tea** \$1.75

**Iced Coffee** \$1.50

**Tofu Temple Gardens**- Grilled tofu, stir fried vegetables, garlic & ginger served over linguini tossed in a spicy peanut sauce topped with shredded coconut. \$9.95

**Sub Chicken** (No Tofu) \$10.95

**Louisiana**- Sautéed grilled shrimp, andouille sausage, chicken, broccoli, garlic & penne pasta served in a spicy plum tomato & parmesan cream sauce. \$10.95

**Americana**- Asparagus, mushrooms, tomato, broccoli, garlic & penne pasta in a light alfredo sauce. \$8.95

**N.C. State #2**- A vegetarian dairy free pasta with fakin' soy sausage, broccoli, spinach, mushroom, black olives & plum tomato sauce served over linguini. \$9.95

**Overcliff**- Grilled salmon, asparagus, sun-dried tomatoes, mushroom, garlic & yellow peppers in a light basil pesto & asiago cream sauce served over penne pasta. \$10.95

### ALL KINDS OF STIR FRY'S

All stir fry entrees are sautéed with olive oil &- served over

brown rice with a slab of walnut citron bread . 😊

**The Othello**- Grilled chicken, artichoke hearts, black olives, red peppers, spinach, tomatoes, garlic & oregano, topped with crumbled feta cheese \$11.95

**Vegetable Stir Fry**- Broccoli, mushrooms, carrots, red peppers, onion, spinach, garlic, ginger & soy sauce. \$7.95

**Chicken & Veggie Stir Fry** \$10.95

**Shrimp & Veggie Stir Fry** \$10.95

**Tofu & Veggie Stir FMI** \$9.95

**Jammin' Jambalaya**- Grilled chicken, andouille sausage, shrimp, peppers & onions simmered in a Creole style plum tomato sauce. \$11.95



Just a friendly reminder. Contains nuts!



### BISTRO FAVORITE THIRST QUENCHERS

**Chai Charger** \$3.95- Chai Tea with a shot of espresso

**The Evel Knevel** \$4.25 Chocolate ice cream blended with chocolate syrup & ice coffee.

**The Screamer** \$4.25 A serious blend of vanilla ice cream, bananas and a splash of orange, apple & cranberry juice.

**Shakes or Malts** \$3.25- Chocolate or Vanilla.

**McNally's Ice Cream Soda** \$2.25- Chocolate or Vanilla.

**Egg Cream** \$2.50-Milk, seltzer & vanilla or chocolate syrup.

**The Groovy Mimosa** \$4.50-Champagne with fresh O.J.

### JUICES &, BEVERAGES

**Fresh Squeezed Orange Juice-Pint** \$3.50 **Mug** \$2.25

**Fresh Samantha Juices**- \$2.95

**Minute Maid**- Apple. Orange. Cranberry Juice. Lemonade or Grapefruit- **Pint** \$2.25 **V8** \$2.50

**Coke. Diet Coke. Ginger Ale & Sprite- Pint** \$1.75

**Milk- Pint** \$1.95 **Mug** \$1.50

**Chocolate Milk- Pint** \$2.25 **Mug** \$1.75

**Bottled Water** \$1.50 **Hot Chocolate** \$1.50