

LUNCH SPRING 2017

Starters

Hot Kale and Artichoke Dip Served with tortilla chips (v/gf)	8
Fried Brussels Sprouts Served with parmesan (v/gf)	10
Pimento Cheese Fritters Bread and butter pickles and tomato jam (v)	8
Hand Cut Pommes Frites Served with parmesan and truffle oil (v/gf)	6
Butterbean Hummus Topped with Red Pepper Tapenade Served with choice of pita or fresh veggies (vegan)	6
Homemade Soups cup bowl Served with hot cornbread	3 6

Salads

House Romaine with carrots, tomatoes, cucumbers & sprouts (v)	small 3	large 5.95
Caesar With parmesan & croutons (v)	small 3	large 5.95
Farmhouse Chef Romaine lettuce topped with ham, turkey, bacon, boiled egg, cheese, tomatoes, pickles and cherry peppers (gf)		11
Strawberry Avocado Salad Served with spring mix, blue cheese, cucumbers, and honey lime vinaigrette (v/gf)		10
Black & Blue Salad Julienned blackened NY strip over crisp romaine lettuce with blue cheese crumbles, red onion, tomatoes and cucumbers (gf)		16
Add a protein to any salad Tofu or chicken (gf) Salmon or shrimp (gf)		4 8

Cruze Farm Buttermilk, Blue Cheese, Honey Dijon, Russian, White Balsamic Vinaigrette, Caesar (gf)

It has been our pleasure to serve
downtown Knoxville since 1980!

Gourmet Hamburgers — Blackened Chicken Sandwiches — Veggie Burgers

- **The Basic (choice of black angus hamburger, blackened chicken or veggie burger)** 9
Served on Kaiser roll with lettuce and tomato with tortilla chips
- **Add signature toppings:**
- **Buffalo and Blue Cheese** with Frank's hot sauce and blue cheese crumbles 10
- **Smoky with BBQ Sauce, Smoked Cheddar and Bacon** 12
- **Chimmichuri** (an olive oil & vinegar based sauce with parsley, cilantro, garlic and red papper flakes) 9.50
- **Patty Melt on Rye** Served with caramelized onions and swiss 10.75

Cheeses: Sweet Water Valley Smoked Cheddar, Jalapeno Pimento, Swiss, Cheddar and American

Sub home cut fries for \$1.50

Deli

Burnt Weeny Sandwich Grilled mettwurst on ciabatta with swiss and sauerkraut	10
The Big Dino Ham, bologna, salami and swiss on ciabatta with lettuce, tomato and red pepper tapenade	10
Turkey Reuben Swiss, sauerkraut and Russian dressing on marble rye (tofu substitutions are fine with us)	9
Veggie Wrap Avocado, spring mix, tofu, black beans, tomato and salsa verde (vegan)	8
Turkey Avocado BLT With saffron aioli	9

Soup & Sandwich Combos

Soup and Sandwich Combo Enjoy a cup of our homemade soup with any of the following served on your choice of toasted whole wheat, marble rye or sourdough.	8.50
Sandwich Only Ham Turkey Jalapeno Pimento Cheese Chicken or Tuna Salad BLT Tempeh Bacon Freshly made egg salad with bread and butter pickles Fried Bologna	5.50
<i>(Soup comes first unless your request otherwise. Add cheese for \$1)</i>	

Lunch Entrees

Organic Black Beans and Rice Topped with green salsa (vegan/gf)	8
Curried Rice Bowl Organic fried tofu and garden fresh vegetables in green coconut curry (vegan/gf)	12
Grilled Whole Trout Seasoned with fresh lemons and herbs with house salad and choice of side (gf)	18
Chimichurri Chicken Thighs Served with black beans and rice (gf)	12
12oz New York Strip with Oregano Garlic Marinade Topped with a caper, sun dried tomato & olive vinaigrette (gf)	22
Chicken Salad or Tuna Salad Served with fruit and cottage cheese (gf)	8
Protein Power Lunch Served with cup of soup or house salad and choice of side (gf)	
• 8oz Chop Steak	10
• Spring Chicken	12
• Grilled Salmon	18
• Grilled Pork Loin	9
• Veggie Plate (any three vegetables)	9
Sides (mostly vegan, please advise your server now to omit butter or cheese) Fresh veggie of the day, brussels sprouts, pan roasted broccoli and garlic , sautéed garden vegetables, new spring potatoes with butter and smoked paprika, roasted beets with blue cheese.	3

Check
Out Our
Daily
Specials!

Brunch Entrees

Served from 10-3 Saturdays and Sundays

Entrees served with our freshly baked biscuits, butter and blackberry jam on request.

Chicken fried Steak with Sawmill Gravy Three eggs any style with brunch potatoes or cheese grits	12	Grilled Whole Trout Breakfast Served with 3 eggs any style, biscuits or toast and brunch potatoes or cheese grits (gf)	18
Brunch Burger topped with Fried Egg Served open-faced on english muffin with cheddar cheese, bacon and grits or potatoes	14	Red Flannel Hash topped with Poached Eggs Potatoes sautéed with beets and onions with sour cream and cheese (v/gf)	10
Artichoke Frittata Potatoes, parmesan cheese (v/gf)	10	Bacon & Egg Caesar Salad Crisp romaine topped with hickory smoked bacon, parmesan cheese, two poached farm eggs and croutons	12
Fried Egg sandwich Sourdough toast and cheese add ham, bacon or tempeh bacon	8 2.75		
Cool Hand Luke 10 egg omelet with your choice of up to 4 ingredients with cheese grits or potatoes (gf)	18		
Fried Bologna Benedict Poached eggs served on biscuits with hollandaise sauce	10		
Strawberry French Toast With maple syrup (v)	10		
Black Bean Breakfast Bowl Over brunch potatoes with 2 eggs, avocado and green salsa (v/gf)	10		
Happy Hen Eggs Fresh from our local farmers with choice of grits, brunch potatoes or fresh fruit (v/gf)	2 for 7 3 for 9		
		Brunch Sides Andouille sausage, applewood smoked bacon, tempeh bacon, brunch potatoes, Shelton farms cheese grits, biscuits & gravy	2.75
		Brunch Cocktails Bloody Mary, Strawberry Pimm's Cup, or Mimosa Ask your server for our full wine and cocktail list.	4.50

Starters

Hot Kale and Artichoke Dip Served with tortilla chips (v/gf)	8
Nuts and Olives (vegan/gf)	4
Potted Duck Confit With house pickles and mustard	10
Butterbean Hummus Topped with red pepper tapenade and served with pita or fresh veggies (vegan)	6
Hand Cut Pommes Frites Served with parmesan and truffle oil (v/gf)	6
Fried Brussels Sprouts with Parmesan (v/gf)	10
Pimento Cheese Fritters Bread & butter pickles and tomato jam (v)	8
Cajun BBQ Shrimp Served on grit cake (gf)	10

Sides

(mostly vegan, please advise your server now to omit butter or cheese)

Fresh Veggie of the Day	3
Brussels Sprouts	
Pan Roasted Broccoli and Garlic	
Sauteed Garden Vegetables	
New Spring Potatoes with Butter and Smoked Paprika	
Roasted Beets with Blue Cheese	
<i>(please ask about our gluten-free and vegetarian options)</i>	

»—————<

Check Out Our Nightly Specials!

»—————<

Salads

House Romaine with carrots, tomatoes, cucumbers & sprouts (vegan)	small 3	large 5.95
Caesar With parmesan & croutons (v)	small 3	large 5.95
Farmhouse Chef Romaine lettuce topped with ham, turkey, bacon, boiled egg, cheese, tomatoes, pickles and cherry peppers (gf)		11
Black & Blue Salad Julienned blackened NY strip over crisp romaine lettuce with blue cheese crumbles, red onion, tomatoes and cucumbers (gf)		16
Strawberry Avocado Salad Served with spring mix, blue cheese, cucumbers, and honey lime vinaigrette (v/gf)		8
Add a protein to any salad		
Tofu or chicken (gf)		4
Salmon or shrimp (gf)		8
<i>Cruze Farm Buttermilk, Blue Cheese, Honey Dijon, Russian, White Balsamic Vinaigrette, Caesar (gf)</i>		

Deli

Burnt Weeny Sandwich Grilled mettwurst on ciabatta with swiss and sauerkraut	10
The Big Dino Ham, bologna, salami and swiss on ciabatta with lettuce, tomato and red pepper tapenade	10
Turkey Reuben Swiss, sauerkraut and Russian dressing on marble rye (tofu substitutions are fine with us)	9
Veggie Wrap Avocado, spring mix, tofu, black beans, tomato and salsa verde (vegan)	8
Turkey Avocado BLT With saffron aioli	9

»—————<»—————<»—————<

Gourmet Hamburgers — Blackened Chicken Sandwiches — Veggie Burgers

- **The Basic (choice of black angus hamburger, blackened chicken or veggie burger)** 9
Served on Kaiser roll with lettuce and tomato with tortilla chips
- **Add signature toppings:**
- **Buffalo and Blue Cheese** with Frank's hot sauce and blue cheese crumbles 10
- **Smoky with BBQ Sauce, Smoked Cheddar and Bacon** 12
- **Chimmichuri** (an olive oil & vinegar based sauce with parsley, cilantro, garlic and red papper flakes) 9.50
- **Patty Melt on Rye** Served with caramelized onions and swiss 10.75

Cheeses: Sweet Water Valley Smoked Cheddar, Jalapeno Pimento, Swiss, Cheddar and American

Sub home cut fries for \$1.50

Live Jazz Wednesday, Friday, Saturday & Sunday!

www.thebistroatthebijou.com

DINNER SPRING 2017

BISTRO
AT THE
BIJOU

Entree's

Organic Black Beans and Rice Topped with green salsa (vegan/gf)	8
Curried Rice Bowl Organic fried tofu and garden fresh vegetables in green coconut curry (vegan/gf) With salmon (gf)	12 22
Grilled Whole Trout Seasoned with fresh lemon and herbs, served with house salad and choice of side	18
Chimichurri Chicken Thighs (<i>hormone free</i>) Served with black beans and rice (gf)	14
12oz New York Strip with Oregano Garlic Marinade Topped with a caper, sun dried tomato & olive vinaigrette with choice of side (gf)	22
Pork Loin Dijonnaise Pork cutlets pan-seared with dijon cream sauce and fresh rosemary served with rice and seasonal vegetables (gf)	16
Broccoli Pesto with Campagnelle Pasta (v) Add Spring Chicken	10 16
Artichoke and Shrimp Gratin Cream cheese, kale, peas, scallions and tomatoes	18
Butternut Squash Ravioli In brown butter with gorgonzola (v)	16

white wines

Walnut Crest Chardonnay	6
Gnarly Head Pinot Grigio	7 / 28
Vilacetinho Vino Verde	7 / 28
Kendall Jackson Chardonnay	8 / 32
Dry Creek Chenin Blanc	7/28

red wines

Bogle Petite Syrah	7 / 28
Bogle Old Vine Zinfandel	8 / 32
Smoking Loon Pinot Noir	7 / 28
Grayson Cellars Cabernet	8 / 32
Project Paso Red Blend	8 / 32
Walnut Crest Merlot	6 / 24
Gaucha Malbec	7/28

classic cocktails \$10

Negroni Campari with sweet vermouth and gin
Manhattan Rye whisky and sweet vermouth
Rusty Nail Drambuie and Dewars
Maker's Mark Mint Julip
Ciroc Apple Cosmo
French 75 St. Germain, Hendrick's Gin and champagne

draught beer

4.50 | 2 happy hour pints | monday thru friday 3pm-7pm

Founders All Day IPA
Founders Brewing Company
Grand Rapids, Michigan

Yee-Haw
Dunkel
Johnson City, TN

St. Teresa Pale Ale
Highland Brewing Company
Asheville, NC

Yazoo Hefeweizen
Nashville, TN

spring cocktails \$10

Strawberry Mojito
Ginger Sweet Tea Ice Pick
Hendrick's Cucumber Gimlet Hendrick's gin, cucumber & lime
Skip and Go Naked Limoncello, whisky and beer
Ginger Rogers Beefeater gin, lemon, mint, ginger-pepper syrup and ginger ale

Please ask your server for our
complete wine and cocktail menu!