

# LUNCH SUMMER 2017

## Starters

<b>Greek Yogurt &amp; Feta Dip</b> Topped with tomatoes and served with pita or fresh veggies (v/gf)	8
<b>White Truffle Fries</b> Hand cut fries with parmesan and truffle oil (v/gf)	6
<b>Fried Okra</b> Served with Cruze Farm Buttermilk Ranch (v/gf)	8
<b>Grilled Bruschetta</b> Served with basil, olives, tomatoes, feta (v/gf)	6
<b>Garlic Lime Shrimp</b> Served with tomy toes (gf)	10
<b>Baked Goat Cheese</b> Topped with roasted tomato vinaigrette (v/gf)	8
<b>Black Eye Pea Falafels</b> Served with tzatiki (v/gf)	6

## Salads

<b>House</b> Romaine with carrots, tomatoes, cucumbers & sprouts (vegan)	small 3	large 5.95
<b>Fried Okra Caesar</b> With parmesan (v/gf)	small 6	large 9.95
<b>BLT Salad</b> Heirloom tomatoes, salad greens, bacon, gorgonzola and croutons		8
<b>Grilled Chicken Cobb Salad</b> Romaine lettuce, tomatoes, eggs, bacon and feta (gf)		12
<b>Quinoa Tabbouleh</b> Heirloom tomatoes, cucumber & onion salad and feta		8
<b>Add a protein to any salad</b>		
Tofu or chicken		+4
Salmon or shrimp		+8

*Cruze Farm Buttermilk, Blue Cheese, Honey Dijon, Russian, White Balsamic Vinaigrette, Caesar*

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 house-made chips
- **Add signature toppings:**
- **Buffalo and Blue Cheese** 10
- **Smoky with BBQ Sauce, Smoked Cheddar and Bacon** 12
- **Caprese** Served with homegrown tomato, fresh mozzarella, pesto (fresh basil leaves instead of lettuce when available) 10.75
- **Hot Pepper** Cracked black pepper, hot peppers with Sweetwater Valley Habanero Jack 10.75
- **Falafel Style** Tzatziki, red onion, lettuce & tomato on Kaiser roll

*Cheeses: Sweet Water Valley Habanero Jack, Jalapeno Pimento, Swiss, Muenster, Cheddar and American  
Sub hand cut fries for \$1.50*

## Deli

*Served with chips and kosher pickle*

<b>Heirloom Tomato BLT on Sourdough</b> Homegrown tomatoes from our own garden!	10
<b>Big Dino Sub</b> Served on baguette with ham, salami, swiss, lettuce, tomatoes, onions, hot peppers and vinaigrette	10
<b>Turkey Club</b> With tomatoes, bacon, lettuce and pesto aioli on whole grain ciabatta	10
<b>Grilled Cheese BLT</b> Sweetwater Valley Habanero Jack cheese, served on sourdough bread	10
<b>Black Eye Pea Falafel Wrap</b> Served with tzatiki (v)	8

## Soup & Sandwich Combos

<b>Soup and Sandwich Combo</b> 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
<b>Sandwich Only</b> Ham Turkey Jalapeno Pimento Cheese Chicken or Tuna Salad BLT Tempeh Bacon Egg Salad - freshly made with bread and butter pickles Half Club	5.50
<i>(Soup comes first unless your request otherwise. Add cheese for \$1)</i>	

# LUNCH SUMMER 2017

## Lunch Entrées

<b>Grilled Salmon</b>	18
Topped with cucumber, greek yogurt tzatziki, with quinoa tabbouleh and juicy homegrown tomatoes (gf)	
<b>Tortellini</b>	12
Tomatoes, basil & fresh mozzarella (v)	
<b>12 oz New York Strip Topped with Tarragon Butter</b>	22
Served classic steak frites style or with choice of side (gf)	
<b>Three Sisters Succotash</b>	8
Tomatoes, corn, beans, and zucchini (v/gf)	
Add Tofu or chicken	+4
Add Salmon or shrimp	+8
<b>Chicken Salad or Tuna Salad</b>	8
Served with fruit and cottage cheese (gf)	
Add whole heirloom tomato	+2
<b>Protein Power Lunch</b>	
Served with cup of soup or house salad and choice of side	
• 8 oz Chop Steak	9
• Pesto Chicken	10
• Grilled Salmon	14
• Grilled Pork Loin	9
• Veggie Plate (any three vegetables)	8

Check  
Out Our  
Daily  
Specials!

## Sides

3.50

Green Beans du Jour	Fried Okra
Sliced Tomatoes	Eggplant Casserole
Zucchini and Tomatoes	Summer Squash Casserole
Cucumber & Onion Salad	Quinoa Tabbouleh

\* Availability may vary. (please ask about our gluten-free and vegetarian options)

## Brunch Entrées

Served from 10-3 Saturdays and Sundays

<b>Chicken Fried Steak with Tomato Gravy</b>	12	<b>Green Eggs &amp; Ham</b>	14
Three eggs any style with brunch potatoes or cheese grits		Country ham and sunny up eggs topped with pesto served with brunch potatoes or cheese grits	
<b>Brunch Burger topped with Fried Egg</b>	14	<b>Goat Cheese Ricotta Omelet</b>	14
Served open-faced on english muffin with cheddar cheese, bacon and brunch potatoes or cheese grits		Topped with tomato vinaigrette (v/gf)	
<b>Summer Squash Frittata</b>	10	<b>Tomato Biscuits</b>	3 for 7.50
With cherry tomatoes and goat cheese brunch potatoes or cheese grits (v/gf)		Fluffy buttermilk biscuits with fresh sliced tomato & mayo	
<b>Fried Egg Sandwich</b>	8	◆◆◆	
Sourdough toast and cheese add ham, bacon or tempeh bacon brunch potatoes or cheese grits		<b>Brunch Sides</b>	2.75
<b>Cool Hand Luke</b>	18	House-made lamb sausage, applewood smoked bacon, tempeh bacon, brunch potatoes, Shelton farms cheese grits, biscuits & gravy, sliced tomatoes	
10 egg omelet with your choice of up to 4 ingredients with brunch potatoes or cheese grits		◆◆◆	
<b>Happy Hen Eggs</b>	2 for 6    3 for 8	<b>Brunch Cocktails</b>	
Fresh from our local farmers with choice of cheese grits, brunch potatoes or fresh fruit (v/gf)		<b>Bloody Mary, Pimm's Cup, Michelada, or Mimosa</b>	4.50

Ask your server for our full wine and cocktail list.

# DINNER SUMMER 2017

**BISTRO**  
AT THE  
**BIJOU**

## Starters

<b>Nuts and Olives (v/gf)</b>	6	<b>Garlic Lime Shrimp</b>	10
<b>Greek Yogurt &amp; Feta Dip</b> Topped with tomatoes and served with pita or fresh veggies (v/gf)	8	Served with tommy toes (gf)	
<b>White Truffle Fries</b> Hand cut fries with parmesan and truffle oil (v/gf)	6	<b>Baked Goat Cheese</b>	8
<b>Fried Okra</b> Served with Cruze Farm Buttermilk Ranch (v/gf)	8	Topped with roasted tomato vinaigrette (v/gf)	
<b>Grilled Bruschetta</b> Served with basil, olives, tomatoes, feta (v)	6	<b>Black Eye Pea Falafels</b>	6
		Served with tzatiki (v)	
		<b>Pimento Cheese &amp; Bacon Kettle Chips</b>	8
		House-made chips topped with melty pimento cheese and bacon (gf)	

## Entree's

<b>12 oz New York Strip Topped with Tarragon Butter</b>	22
Served classic steak frites style or with choice of side (gf)	
<b>Balsamic Glazed Chicken</b>	16
Over caprese style tortellini	
<b>Double Cut Pork Chop in Greek Marinade</b>	16
Topped with cherry tomatoes and paired with our succotash (gf)	
<b>Shrimp Gratin</b>	16
Served with eggplant and andouille casserole	
<b>Grilled Salmon</b>	18
Topped with cucumber, greek yogurt tzatziki, with quinoa tabbouleh and juicy homegrown tomatoes (gf)	
<b>Tortellini</b>	12
Tomatoes, basil and fresh mozzarella (v)	
• Add Tofu or chicken	+4
• Add Salmon or shrimp	+8
<b>Tomato Risotto</b>	12
Tomatoes, basil and fresh parmesan (v/gf)	
• Add Tofu or chicken	+4
• Add Salmon or shrimp	+8
<b>Three Sisters Succotash</b>	8
Tomatoes, corn, beans, and zucchini (v/gf)	
• Add Tofu or chicken	+4
• Add Salmon or shrimp	+8

## wines by the glass

• <b>WHITES</b>	
Walnut Crest Chardonnay	6
Gnarly Head Pinot Grigio	7 / 28
Vilacettino Vino Verde	7 / 28
Kendall Jackson Chardonnay	8 / 32
241 Sauvignon Blanc	7/28
• <b>REDS</b>	
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

## other suggestions

Wines by the Bottle  
Classic Cocktails  
Large Whiskey Selection

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

## draught beer 4.50 | 2 happy hour pints | mon-fri 3-7pm

Fanatic Blonde Ale & Fanatic Black Lager  
Knoxville, TN  
St. Teresa Pale Ale  
Highland Brewing Company, Asheville, NC  
Yazoo Hefeweizen  
Nashville, TN

## summer cocktails \$10

Bacardi Blueberry Mojito  
Ciroc Ginger Sweet Tea Ice Pick  
Patron Watermelon Marquerita  
Hendrick's Cucumber Martini

## summer splash cocktails \$8

Fruity flavors of summer just a splash of liquor!  
Basil Lemonade with Ketel One Citron  
Pink Senorita - tequila & grapefruit  
Malibu Rum Sunset  
XO Café Iced Coffee

\*Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

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AT THE  
**BIJOU**

## Deli

*Served with chips and kosher pickle*

**Heirloom Tomato BLT on Sourdough** 10  
Homegrown tomatoes from our own garden!

**Big Dino Sub** 10  
Served on baguette with ham, salami, swiss, lettuce, tomatoes, onions, hot peppers and vinaigrette

**Turkey Club** 10  
With tomatoes, bacon, lettuce and pesto aioli on whole grain ciabatta

**Grilled Cheese BLT** 10  
Sweetwater Valley Habanero Jack cheese, served on sourdough bread

**Black Eye Pea Falafel Wrap** 8  
Served with tzatiki (v)

## Sides 3.50

Green Beans du Jour

Sliced Tomatoes

Zucchini and Tomatoes

Cucumber & Onion Salad

Fried Okra

Eggplant Casserole

Summer Squash Casserole

Quinoa Tabbouleh

*\* Availability may vary.*

*(please ask about our gluten-free and vegetarian options)*

## Salads

**House** small 3 large 5.95  
Romaine with carrots, tomatoes, cucumbers & sprouts (vegan)

**Fried Okra Caesar** small 6 large 9.95  
With parmesan (v/gf)

**BLT Salad** 8  
Heirloom tomatoes, salad greens, bacon, gorgonzola and croutons

**Grilled Chicken Cobb Salad** 12  
Romaine lettuce, tomatoes, eggs, bacon and feta (gf)

**Quinoa Tabbouleh** 8  
Heirloom tomatoes, cucumber & onion salad and feta (v/gf)

### Add a protein to any salad

Tofu or chicken +4

Salmon or shrimp +8

*Cruze Farm Buttermilk, Blue Cheese, Honey Dijon, Russian, White Balsamic Vinaigrette, Caesar*

»—————«  
**Check Out Our  
Nightly Specials!**  
»—————«

[www.thebistroatthebijou.com](http://www.thebistroatthebijou.com)

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- **Caprese** Served with homegrown tomato, fresh mozzarella, pesto 10.75  
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