

Starters

House made Potato Chips Served with vidalia onion dip	6
Creamy Artichoke Dip Baked with parmesan and served with crostini (vegan)	8
Hand Cut Pommes Frites Served with parmesan and truffle oil (v/gf)	6
Sweet Potato Steak Fries Served with balsamic and blue cheese (v/gf)	6
Fried Brussels Sprouts with Parmesan (v/gf)	10
Pimento Cheese Arancini Bread & butter pickles and tomato jam (v)	8
Cajun BBQ Shrimp Served on grit cake (gf)	10
Black Olive Tapenade Served with crostini (v)	6
Homemade Soups cup bowl Served with hot corn bread	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 turkey, bacon, boiled egg, cheese, tomatoes, pickles and cherry peppers (gf)	11
Strawberry Avocado Salad Served with spring mix, blue cheese, cucumbers,	10
Black & Blue Salad Julienned blackened NY strip over crisp romaine lettuce with blue cheese crumbles, red onion, tomatoes and cucumbers (gf)	18
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 ————— Chicken Sandwiches ————— Veggie Burgers

- **The Basic (choice of black angus hamburger, chicken or black bean veggie burger)** 9
Served on fresh roll with lettuce and tomato with kettle chips
- **Add signature toppings:**
- **Buffalo and Blue Cheese** with Frank's hot sauce and blue cheese crumbles 10
- **Jalapeno Pimento Cheese** with bacon 12.50
- **Chimichurri** with havarti dill cheese 10.75
- **Patty Melt on Rye** served with caramelized onions and swiss 10.75

Cheeses: Havarti Dill, Jalapeno Pimento, Swiss, Cheddar and American

Gluten-free buns available upon request. Share a basket of home cut fries for \$4.

Delì

Served with kettle chips and pickle	
Rosemary Roast Pork Panini With havarti dill cheese and house pickles	9
Chicken Fried Steak Sammy Served on texas toast with lettuce, tomato, bread & butter pickles and onions	10
Pastrami Reuben Swiss, sauerkraut and Russian dressing on marble rye (tofu substitutions are fine with us)	10
Veggie Wrap Avocado, kale, tofu, black beans, red onion, tomato and chimichurri (vegan)	8
Bacon Avocado Turkey Served on whole grain bread with lettuce, tomatoes and saffron aioli	10

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 Pastrami Turkey Jalapeno Pimento Cheese Chicken BLT Tempeh Bacon Freshly made egg salad with bread and butter pickles	5.50
<i>(Soup comes first unless your request otherwise. Add cheese for \$1)</i>	

Lunch Entrées

Organic Black Beans and Rice 8
Topped with chimichurri (vegan/gf)

Veggie Bowl 12
Sweet potatoes, fennel, avocado, kale, red onion and black beans, (vegan/gf)

Add any protein:

Tofu, pork or chicken (gf) 4
Salmon or shrimp (gf) 8

Grilled Whole Trout 18
Seasoned with fresh lemons, herbs and choice of side (gf)

Lemon Ricotta Ravioli 16
Artichokes, peas, lemon, white wine and butter (gf)

14 oz New York Strip with Oregano Garlic Marinade 24
Topped with a caper, sun dried tomato & olive vinaigrette (gf)

Chicken Salad 8
Served with fruit and cottage cheese (gf)

Protein Power Lunch

Served with cup of soup or house salad and choice of side (gf)

- **8oz Chop Steak** 10
- **Herbed Chicken** 12
- **Grilled Salmon** 18
- **Grilled Pork Loin** 10
- **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, braised kale, sweet potato fries, grilled asparagus, fruit, cottage cheese.

Check
Out Our
Daily
Specials!

Brunch Entrées

Served from 10-3 Saturdays and Sundays

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

Chicken fried Steak with Gravy 14
Three eggs any style with brunch potatoes or cheese grits

Brunch Burger topped with Fried Egg 14
Served open-faced on english muffin with cheddar cheese, bacon and grits or potatoes

Artichoke Frittata 12
Potatoes, parmesan cheese and fresh fruit (v/gf)

Fried Egg Sandwich 8
Sourdough toast and cheese
add ham, bacon or tempeh bacon 2.75

Cool Hand Luke 18
10 egg omelet with your choice of up to 4 ingredients with cheese grits or potatoes (gf)

Pastrami Eggs Benedict with Bagel 12
Poached eggs and hollandaise served with brunch potatoes or cheese grits (v/gf)

Strawberry French Toast 10
With maple syrup (v)

Black Bean Breakfast Bowl 10
Over brunch potatoes with 2 eggs, avocado and green salsa (v/gf)

Happy Hen Eggs 2 for 6 3 for 8
Fresh from our local farmers with choice of grits, brunch potatoes or fresh fruit (v/gf)

Grilled Whole Trout Breakfast 18
Served with 3 eggs any style, biscuits or toast and brunch potatoes or cheese grits (gf)

Avocado Toast with Eggs 10
Served on whole grain toast, topped with 2 eggs and chimichurri sauce with a choice of side

Brunch Sides

2.75

Andouille sausage, applewood smoked bacon, tempeh bacon, brunch potatoes, Shelton farms cheese grits, biscuits & vegetarian gravy

Brunch Cocktails

4.50

Bloody Mary, Strawberry Champagne on Ice, or Post Modern Elderberry Cup
Ask your server for our full wine and cocktail list.

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Veggies

3.50

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

- Fresh veggie of the day
- Brussels sprouts
- Pan roasted broccoli and garlic
- Braised kale
- Sweet potato fries
- Half an Avocado
- Grilled asparagus

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



Check Out Our Nightly Specials!

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, turkey, bacon, boiled egg, cheese, tomatoes, pickles and cherry peppers (gf)		11
Strawberry Avocado Salad Served with spring mix, blue cheese and cucumbers (v/gf)		10
Black & Blue Salad Julienned blackened NY strip over crisp romaine lettuce with blue cheese crumbles, red onion, tomatoes and cucumbers (gf)		18
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* Live Jazz Wednesday – Sunday *

www.thebistroatthebijou.com

Entrées

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Topped with chimichurri (vegan/gf)	
Veggie Bowl	12
Sweet potatoes, fennel, avocado, kale, red onion and black beans, (vegan/gf)	
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Add any protein:	
Tofu, pork or chicken (gf)	4
Salmon or shrimp (gf)	8
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Grilled Whole Trout	18
Seasoned with fresh lemons, herbs and choice of side (gf)	
Lemon Ricotta Ravioli	16
Artichokes, peas, lemon, white wine and butter (gf)	
12oz New York Strip with Oregano Garlic Marinade	22
Topped with a caper, sun dried tomato & olive vinaigrette (gf)	
Chicken Fricassee	16
Chicken breast with fennel, artichokes, asparagus, lemons, wine and garlic (gf)	
Artichoke and Shrimp Gratin	18
Cream cheese, kale, peas, scallions and tomatoes	

Add a house or caesar salad to any entrée for \$3.

white wines

Lindeman's Chardonnay	6
Gnarly Head Pinot Grigio	7 / 28
Vilacetinho Vino Verde	7 / 28
Kendall Jackson Chardonnay	8 / 32
242 Savignon 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
California Red Blend	8 / 32
Walnut Crest Merlot	6 / 24
Gaucho Malbec	7/28

draught beer

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

Founders All Day IPA

Founders Brewing Company, Grand Rapids, Michigan

Fanatic Blonde Ale & Fanatic Black Lager

Knoxville, TN

St. Teresa Pale Ale

Highland Brewing Company, Asheville, NC

Look for tap takeovers by local breweries!



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



classic cocktails

\$10

Sazerac

Absinthe flavored with George Dickel Rye

Manhattan

Rye whisky and sweet vermouth

Rusty Nail

Drambuie and Dewars

Maker's Mark Mint Julep

Moscow Mule

Lime, ginger beer and vodka

French 75

St. Germain, Hendrick's Gin and champagne

spring cocktails

\$10

Strawberry Mojito

Bourbon Sweet Tea

Blood Orange Rosemary Fizz

Pineapple Cilantro Margarita

Gold tequila, lime, cilantro and pineapple juice

Post Modern Elderberry Cup

Salted Carmel White Russian

Old Smoky Salted Caramel Whiskey,

Kaluha and cream