



### Toasted BLT

Crispy Bacon, Fresh Green Leaf Lettuce & Sliced Tomatoes served on Fresh Texas Toast.

Texas Toast  
44gr Carbs  
Bacon 1 gr Carbs

### Turkey Club Croissant

Sliced Turkey , Crisp Bacon , Lettuce , Tomato Onion and Swiss Cheese Served on a warm Croissant.

Croissant 22 gr Carbs  
Turkey 1 gr Carbs  
Bacon 1gr Carbs

### Hot Dog

All Beef Frank Served on a Bun.

Hot Dog Bun 19 gr Carbs  
Hot Dog 1 gr Carbs

### Hot Italian Sub

Ham, Pepperoni and Cheese on French Roll

Sub bun 43 gr Carbs  
Ham 1 gr Carbs  
Pepperoni 1 gr Carbs

### Chili

Ground Beef , Kidney Beans, Peppers & Onions; Blended with Chili Spices and a Tomato Base.

33 gr Carbs

### Chicken Noodle Soup

This classic, hearty soup contains tender chicken, egg noodles, cel-

8 gr Carbs

### Tomato Soup

Tomato soup with a fresh Tomato Taste

23 gr Carbs

### Cream of Chicken Soup

This soup combines the mild flavor of chicken with fresh cream

7 gr Carbs

### Vegetable. Soup

This soup combines a flavorful beef stock with a wealth of vegetables

10 gr Carbs

#### Dining Room Hours

Breakfast 7:00 AM - 8:30 AM

Lunch 11:30 AM-1:00 PM

Dinner 4:30 PM- 6:00 PM

## Asbury Towers Dining Services

### Bistro



### Menu

Phone: 765.630.8809

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**Grilled Chicken Breast** 1 gr. Carb

Lightly Grilled Chicken Breast

**Seared Cod** 0 gr. Carb

Cod loin; pan seared and lightly Seasoned

**Steak Burger** 1 gr. Carb

1/4 pound Burger grilled to perfection

**Turkey Club Lettuce Wrap** 5 gr. Carb

Turkey, Bacon, Swiss Cheese Rolled in Green Leaf lettuce

**Three Sisters Chef Salad** 3.6 gr Carbs

Mixed Greens with Ham, Egg, Cheddar Cheese and Diced Tomato

**Caesar Salad** 16 gr. Carbs

Greens, Parmesan Cheese & Caesar Dressing Topped with Red Onion and Crou- tons.

**Hummus & Fruit Plate** Hum- mus 24 gr Carbs

A Variety of fresh fruit served with Hummus and Crackers

**Small Side Salad** 5 gr. Carb

Greens, Tomatoes and Cheddar Cheese with Choice of Dressing

**South Western Chicken Salad** 23 gr. Carb

Mixed Greens, Tomatoes, Cheddar Cheese; Topped with Black Bean Corn Relish & Fried Tortilla Strips

**Chicken Salad Lotus** 13 gr. Carb

A Vine Ripened Yellow Tomato Sliced and nested with Chicken Salad

**Chicken Salad Fruit Plate** 24 gr. Carb

A Variety of fresh fruit served with Chicken Salad & Cottage Cheese

**Chicken Drummies** Chicken 16 gr Carbs

Four Chicken Drummies served with the Sides of the Day

**Chicken Tenders** Chicken 20 gr Carb

Two Bone-less White Meat Chicken Tenders. Served with Fries or Chips and Choice of Dipping Sauce.

**Fish & Chips** Fish 15gr Carb

Two Pieces of Battered Pol- lock Fillets Served with Chips and Creamy Coleslaw & Tartar Sauce  
Coleslaw 17 gr Carb  
Chips 16gr Carb

**Chicken Patty Sandwich** Chicken 13 gr Carb

Breaded Chicken Patty Served on a bun with Lettuce, Tomato, & On- ion with your choice of Chips or Fries  
Bun 28 gr Carb  
Chips 16 gr Carb

**Deli Sandwich** Turkey 3 gr Carbs

Your Choice of Ham or Turkey served on Wheat Bread with Cheese, Let- tuce, Tomato, & Onion.  
Ham 2 gr Carbs  
Wheat Bread 35gr

**Monon Special** Hamb. 1 gr Carbs

1/4 Pound Angus Beef served with Lettuce, To- mato, & Onion, Cheese  
Bun 28 gr Carbs