

APPETIZERS

LARGE BOWL OF MISO SOUP 8.95

Healthy and delicious. Miso broth with stir-fried fresh vegetables, shrimp and shrimp won tons, egg & tofu

CALAMARI STRIPS 10.95

Sliced Calamari Steak, lightly breaded and fried, drizzled with a mango-orange, sweet chili & sesame glaze

BEEF & CHICKEN SATAY 11.95

Thai marinated chicken and beef skewers, with spicy peanut sauce & plum chipotle sauce.
Served with a pickled cucumber salad

CHICKEN LETTUCE WRAPS 9.95

Sautéed diced chicken with yellow peppers, garlic, green onions, shiitake mushrooms, snow peas, peanuts, cilantro and mint in a sesame-soy sauce, served with iceberg lettuce cups and sides of sweet chili & Thai coconut sauces

BRUSCHETTA 8.95

Toasted baguette with tomatoes, roasted garlic, olive oil, fresh mozzarella, kalamata olives, basil, pine nuts & drizzle of balsamic reduction

SOUTHWESTERN CHICKEN EGG ROLL 9.95

Spicy chicken with avocado & mozzarella cheese, served with chipotle aioli & blue cheese sauce

BISTRO AHI TARTARE 12.95

Spicy Ahi layered with avocado and mango salsa, garnished with mango coulis, sour cream & wonton chips

CHICKEN QUESADILLA 9.95

With wild mushrooms and Wisconsin cheddar cheese, topped with mango salsa & cilantro-sour cream

FRESH HAWAIIAN AHI CARPACCIO 12.95

Thin slices of Ahi with olive oil, lemon juice, capers, tomatoes & shavings of Asiago cheese

NEW YORK STEAK POMODORO 11.95

Thin slices of N.Y. steak sautéed in extra virgin olive oil, garlic, tomatoes, basil & Asiago shavings

CUP 4.50

HOMEMADE SOUPS

BOWL 5.95

CHICKEN NOODLE

Chicken, vegetables & homemade egg noodles

HAM & BEAN

Ham hocks with Tuscan beans

ENTRÉE SALADS

Add from the Grill: Chicken Breast 4.50 / Four Shrimp 6.50 / Fresh Salmon 6.50

ROASTED BEET SALAD 10.95

Roasted yellow and red beets, apples & walnuts.
Tossed with a citrus horseradish vinaigrette and topped with warm crispy goat cheese

CHOPPED WEDGE 8.95

Chopped iceberg with avocado, tomatoes, egg, crumbled bleu cheese, crispy bacon & gorgonzola dressing

BISTRO BABY MIXED GREENS 8.95

With roasted tomatoes, caramelized walnuts, crumbled bleu cheese & balsamic vinaigrette

GREEK SALAD 8.95

Chopped romaine, kalamata olives, cucumber, tomato, anchovies, red onions, feta cheese & red wine vinaigrette

CAESAR SALAD 8.95

Romaine, garlic croutons, parmesan, Asiago cheese shavings & caesar dressing

SPINACH SALAD 8.95

Spinach, chopped hard boiled eggs, diced tomatoes, & honey mustard-bacon-red onion vinaigrette

CHINESE CHICKEN SALAD SMALL 10.95 LARGE 13.95

Grilled chicken breast, napa cabbage, iceberg, carrots, bean sprouts, scallions, roasted peanuts, fried wontons, Mandarin oranges, rice noodles & sesame-soy vinaigrette

SEARED AHI SALAD 17.95

Seared sesame-crust Ahi, sliced and served rare around baby greens with shiitake mushrooms, tomatoes & cilantro-garlic-sesame-soy dressing

18% gratuity will be added to parties of 8 and more.

PIZZA - FROM OUR STONE HEARTH OVEN

YOUR CHOICE OF REGULAR THIN CRUST OR WHOLE WHEAT

MARGHERITA 10.95

Tomato sauce, fresh mozzarella, fresh tomatoes & fresh basil



EL MEXICANO 12.95

Black bean Mole sauce, shredded mozzarella, corn jalapeño relish, chorizo, avocado, diced tomatoes, cheddar cheese, sour cream and cilantro

FOUR CHEESE 11.95

Tomato sauce, fresh mozzarella, goat cheese, parmesan & ricotta cheese



THE SICILIAN 12.95

Tomato sauce, shredded mozzarella, black olives, capers, anchovies, pecorino romano cheese & chili flakes



SMOKED SALMON 13.95

Smoked Salmon, sour cream sauce, shredded mozzarella, red and green onions, truffled goat cheese & hard-boiled egg

PEAR & GORGONZOLA 12.50

Caramelized pears, gorgonzola & mozzarella cheeses, prosciutto & chopped hazelnuts. Topped with field greens tossed in our bleu cheese dressing



DUCK CONFIT 13.95

Caramelized onions, fennel, duck confit, cherry tomatoes and fontina cheese



SPICY KUNG PAO 13.95

Shrimp, carrots, onions, snow peas, water chestnuts, broccoli, peanuts, chili flakes and spicy Kung Pao sauce

PEPPERONI OR SAUSAGE 11.95

Tomato sauce and shredded mozzarella

BBQ CHICKEN 13.95

BBQ chicken, sliced red onions, shredded mozzarella, cilantro & BBQ sauce

PASTAS

YOUR CHOICE OF FRESH PASTA:

Fettuccine, Spaghetti, Linguini, Penne, Pappardelle

(ALL PASTAS TOPPED WITH ASIAGO CHEESE & ITALIAN PARSLEY)

BOLOGNESE 14.50

Classic homemade meat sauce

TOMATO BASIL \$12.95

Sautéed tomatoes with garlic, olive oil & fresh basil, topped with diced mozzarella

ALFREDO 12.95

Roman classic cream & Asiago cheese sauce

SCALLOP, WILD MUSHROOM & TRUFFLE SAUCE 18.95

Sautéed sea scallops with wild mushrooms in a truffle cream sauce

SHRIMP IN VODKA TOMATO CREAM SAUCE 17.95

Sautéed shrimp and shallots deglazed with vodka in a tomato cream sauce

CHICKEN BASIL PESTO CREAM SAUCE 13.95

Sautéed chicken breast with feta cheese, basil pesto, sun-dried tomatoes and pine nuts

LASAGNA & STUFFED PASTAS

CLASSIC HOMEMADE LASAGNA 14.95

Baked layered homemade pasta with bolognese and béchamel sauces & parmesan cheese

WILD MUSHROOM RAVIOLI 16.95

With scallops & sage-cream sauce

To help the State of California conserve, water will only be served upon request. Thank you.

HAMBURGERS, SANDWICHES & PANINI

Our hand-made half pound burgers are made from a KOBE Beef blend. They are served with lettuce, tomato, and our signature sun-dried tomato truffle aioli on your choice of Focaccia or wheat bun. (sliced red onion on request)

CHOOSE ONE SIDE DISH

French Fries Steak Fries Asian Cole Slaw Plain or Garlic Mashed Potatoes Fresh Seasonal Fruit

Side Mixed Green or Caesar Salad available with entrée **\$3.95**

CHEESE BURGER 11.95
Choice of Swiss or cheddar cheese

BISTRO WEST BURGER 12.95
With caramelized onions, mushrooms & Swiss cheese

AVOCADO BACON BURGER 13.95
Cheddar cheese, avocado & crispy bacon

BLUE CHEESE BURGER 12.95
With caramelized red onions & blue cheese

TURKEY BURGER 11.95
Half pound turkey patty with Swiss cheese

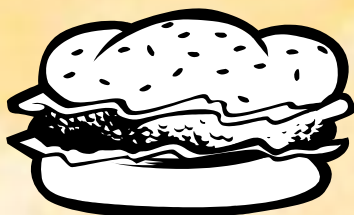
GRILLED CHICKEN PANINI 12.95
Grilled chicken, grilled zucchini, grilled eggplant, roasted bell peppers, Swiss cheese & sun-dried tomato truffle aioli on focaccia bread

GRILLED VEGETABLE PANINI 12.50
Grilled portobello mushroom, grilled zucchini, grilled eggplant, roasted bell peppers & cheddar cheese on focaccia bread

HOMEMADE MEATLOAF SANDWICH 13.50
Made with our Kobe Beef blend, bacon flavored and topped with a roasted tomato-port wine-bbq sauce, served open-faced on a Tuscan Ciabatta roll

HOT REUBEN SANDWICH 13.50
Thinly sliced corned beef with Swiss cheese, sauerkraut & 1000 island dressing on toasted rye bread

SOUTH JERSEY CHEESESTEAK 13.95
Thinly sliced ribeye sautéed with onions and white American cheese, served on a French roll with a side of au jus



BEST GOURMET BURGER

- San Diego Magazine 2008 -

BISTRO NEWS

VOTED "BEST HAPPY HOUR" 2009 - RANCH & COAST MAGAZINE

EVERY SUNDAY \$3.00 • BRUNCH DRINKS • \$3.00

HALF-PRICE WINE - EVERY MONDAY & WEDNESDAY

EVERY BOTTLE ON OUR LIST IS HALF PRICE (AVAILABLE IN THE DINING ROOM ONLY)

WEST SIGNATURE CLASSICS

CHICKEN POT PIE 15.95

Chicken, wild mushrooms & roasted vegetables baked with a puff pastry crust

HOMEMADE MEATLOAF 16.50

Made with our Kobe Beef blend, bacon flavored and topped with a roasted tomato-port wine-bbq sauce

GUMBO 18.95

Chicken, shrimp, scallops and andouille sausage with rice, fried okra & green onions

FILET MIGNON BEEF STROGANOFF 19.95

Tender Filet Mignon sautéed with onions, mushrooms, sour cream, red wine, sherry & veal demiglaze on a bed of fresh fettuccine

BRAISED SHORT RIB 19.95 (ADD 4 OZ FILET 8.50)

Slow-braised and served on a bed of mashed potatoes with Port wine sauce and sautéed mixed vegetables



FRESH FISH & SEAFOOD



INCLUDES TWO SIDE DISHES - SIDE DISHES ALSO AVAILABLE A LA CARTE 4.00

Steamed Jasmine Rice Pilaf Sweet Potato Fries Asian Cole Slaw Sautéed Mixed Vegetables Mac & Cheese
Plain or Garlic Mashed Potatoes Fresh Seasonal Fruit Sautéed Spinach Steak Fries French Fries

SAUTÉED ATLANTIC SALMON 24.50

Served with bay scallops, asparagus, tomatoes and a fresh dill-lemon sauce

PETRALE SOLE "PICCATA STYLE" 24.50

Fresh Petrale Sole sautéed with lemon and capers in a bay shrimp butter sauce

OVEN-ROASTED MAHI MAHI MACADAMIA 24.95

Crusted with macadamia nuts and served with tropical fruit salsa & a sweet rice wine butter sauce

TODAY'S "FRESH CATCH" MARKET PRICE

Your Server will let you know what the delicious fresh offering is today

SAUTÉED JUMBO SHRIMP & BACON WRAPPED SCALLOPS 22.95

Served with a bacon and pea risotto cake and sautéed spinach, topped with roasted garlic butter sauce and fried leeks & carrots

PAN SEARED AHI 24.95

Seared medium rare peppered ahi steak, served over jasmine rice with snow peas, garlic, shiitake mushrooms, vegetables & sesame-soy sauce

MEAT & POULTRY

INCLUDES TWO SIDE DISHES - SIDE DISHES ALSO AVAILABLE A LA CARTE 4.00

Steamed Jasmine Rice Pilaf Sweet Potato Fries Asian Cole Slaw Sautéed Mixed Vegetables Mac & Cheese
Plain or Garlic Mashed Potatoes Fresh Seasonal Fruit Sautéed Spinach Steak Fries French Fries

ADD TO YOUR ENJOYMENT: FOUR SHRIMP 6.50 OR FOUR SCALLOPS 6.50

CHICKEN CORDON BLEU 15.95

Breaded chicken breast stuffed with ham and Swiss cheese, baked crispy, and served with a port wine-butter sauce

ROTISSERIE CHICKEN 14.95

Half chicken marinated in fresh herbs, olive oil & lemon juice

GRILLED FLAT IRON STEAK 21.95

With an Asian marinade, grilled and sliced to order

NEW YORK STEAK 27.95

12 oz. Certified Angus New York seared, served with crispy onion rings and a port-wine blue cheese sauce

FILET MIGNON PEPPERCORN STYLE 28.95

8 oz. filet tenderloin sautéed with cracked black pepper & brandy-cream-green peppercorn sauce