

breakfast menu

healthy start

steel-cut cinnamon scented oatmeal
sliced banana, pecans and drizzled with honey

smoked salmon silky tofu & avocado*
toasted bagel, micro greens, grape tomatoes

spicy smoked turkey taco
scrambled eggs, smoked turkey, roasted red
peppers, cheddar cheese, cilantro
with tomato salsa

egg white omelet, broccoli & cheddar
egg white, broccoli, onions, cheddar cheese,
basil with crispy potatoes and
oven dried tomatoes

egg white chicken sandwich
grilled chicken breast, egg whites, fontina cheese,
whole wheat bread with arugula salad

turkey cheddar wrap
scrambled eggs, cheddar cheese, avocado,
whole wheat tortillas, chipotle salsa

revitalize

freshly squeezed juice
orange or grapefruit juice

chilled juice
tomato, V-8, apple or cranberry

pure refreshment
(no substitutions)
apple, spinach, lemon, parsley
beet, carrot, kale, apple, lemon, ginger
celery, cucumber, lime, coconut water
orange, grapefruit, lemon, lime

smoothies
kale, spinach, banana, mango,
cinnamon and soy milk
blueberry-banana protein

selection of american brand cereals
or granola

fresh tropical fruit
cantaloupe, mango, honeydew, golden pineapple,
banana, watermelon, strawberries and
assorted berries with almond granola,
strawberry yogurt and banana nut muffin

bakery & sides

danish, croissant, bagel, muffin
white, wheat, sourdough, rye,
english muffin

low-fat vanilla or
strawberry yogurt

fresh berries

bacon or sausage

crispy potatoes

intuitive

bistro breakfast
two farm fresh extra large eggs any style, crispy
potatoes, choice of toast and choice of applewood
smoked bacon, sausage or griddled ham

three egg omelet
choice of swiss, cheddar or american cheese,
peppers, mushrooms, onions, bacon, sausage,
tomatoes, spinach, or ham with crispy potatoes
and choice of toast

benedicts

classic benedict
two poached eggs, canadian bacon,
hollandaise sauce, served on english muffin,
crispy potatoes

salmon benedict
grilled salmon, two poached eggs on
toasted english muffin with asparagus,
tomato and arugula salad

eggs idaho
crispy potato shells filled with scrambled eggs,
peppers, onions, mushrooms, bacon, tomato and
cheddar cheese, served with choice of toast,
bacon, sausage or griddled ham

comfort

buttermilk pancakes
pure vermont warm maple syrup

blueberry-orange pancakes
whipped butter and pure vermont
warm maple syrup

belgian waffle
made-to-order with pure vermont warm maple
syrup and fresh assorted berries

caribbean french toast
coconut cinnamon dipped texas toast stuffed with
sliced bananas, strawberry jam and pure
vermont warm maple syrup

liquids

freshly brewed coffee,
decaffeinated coffee

tazo teas

cappuccino espresso

2% milk, skim milk, soy milk
or hot chocolate

liter bottle acqua panna or
san pellegrino water

BISTRO 245

appetizers

island gazpacho

locals' favorite and refreshing classic

bistro onion soup

gruyere cheese crust, thyme simmered onions

shrimp bisque

sherry accented with garlic infused croutons

lobster quesadilla

lobster, tomato, caramelized onions, manchego cheese, mango salsa and cumin sour cream

garlic shrimp flatbread

with gulf shrimp, herb tomatoes, white wine lemon garlic butter, grana padano and fresh mozzarella cheese

southernmost crab cakes

chive oil, citrus aioli and avocado salad

seafood cocktail*

jumbo lump crab, gulf shrimp and rock lobster

seared tuna*

thin sliced yellowfin tuna, ginger soy vinaigrette, wasabi and wakame seaweed salad

main plate salads

bistro chop salad

crisp romaine, hearts of palm, marinated artichoke hearts, red and yellow tomatoes, country olives, red onions, toasted pine nuts, crumbled feta and roasted shallot vinaigrette

spicy ahi tuna and avocado salad*

yellowfin tuna seared rare, avocado salad, pickled ginger, lime soy dressed greens and crispy wontons

caesar salad

romaine leaves, focaccia croutons, white anchovies, shaved grana padano cheese
add chicken add shrimp add grilled grouper

bistro steak salad

flame grilled sirloin, roasted shallots, oven-dried tomatoes, portobello mushrooms, crumbled blue cheese, romaine, aged sherry vinaigrette

grilled shrimp and quinoa salad

super grain quinoa, baby arugula, asparagus, oven roasted tomatoes, red onion, marcona almonds, feta cheese, lemon champagne vinaigrette

caribbean seafood salad

blue crab, gulf shrimp and lobster, tossed in a ginger mango dressing

bistro burgers

grilled half pound burger*

fire seared on a brioche bun with lettuce, tomato, onion and choice of american, swiss or cheddar cheese

bacon cheeseburger*

applewood smoked bacon, your choice of cheese

sandwiches

all sandwiches served with choice of fruit skewer, french fries, potato chips, pasta salad or mediterranean salad

pacific coast chicken

herb grilled chicken, avocado, tomato, swiss cheese, citrus aioli on grilled flatbread

cuban classic

calypso spiced roasted pork, ham, shaved onions, swiss cheese, sliced tomato, papaya mustard relish on pressed cuban bread

lobster po'boy

fried lobster tail, housemade remoulade, arugula, tomato, banana peppers, shaved onions on a grilled luau roll

turkey club

smoked turkey breast, applewood smoked bacon, baby arugula, vine ripe tomato, basil aioli on toasted multigrain bread

portobello wrap

roasted portobello mushrooms, grilled red onions, spinach, tomatoes, goat cheese, herb garlic aioli in a tomato basil wrap

grouper sandwich

fresh local grouper, grilled, blackened or fried, shredded lettuce, tomato, caramelized onions, tartar sauce on a grilled luau roll

chipotle lobster and avocado wrap

maine lobster, lemon chipotle aioli, avocado, cilantro, romaine leaves, whole wheat tortilla

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garlic shrimp flatbread

with gulf shrimp, herb tomatoes, white wine lemon garlic butter, grana padano and fresh mozzarella cheese

southernmost crab cakes

chive oil, citrus aioli and avocado salad

seafood cocktail*

jumbo lump crab, gulf shrimp and rock lobster

signature soups

shrimp bisque

sherry accented with garlic infused croutons

bistro onion soup

gruyere cheese crust, thyme simmered onions

island gazpacho

locals' favorite and refreshing classic

bistro salads

caesar salad

romaine leaves, focaccia croutons, white anchovies, shaved grana padano cheese

bistro chop salad

crisp romaine, hearts of palm, marinated artichoke hearts, red and yellow tomatoes, country olives, red onions, toasted pine nuts, crumbled feta and roasted shallot vinaigrette

arugula and quinoa salad

asparagus, oven roasted tomatoes, red onion, marcona almonds, feta cheese, lemon champagne vinaigrette

pasta creations

grilled chicken penne

broccolini, sweet peppers, mushrooms and pine nuts tossed in a light herbed garlic cream with penne pasta, flame grilled marinated chicken and grated parmesan reggiano cheese

shrimp & lobster fettuccine

wild gulf shrimp, rock lobster tail, garlic, basil, grape tomatoes, roasted peppers, asparagus, crumbled chevre cheese, sherry butter sauce

specialties

truffle crusted grouper

lobster hash, tomato lime butter, haricots vert

tuscan chicken

roasted herb chicken, garlic mashed potatoes, shallot pan jus, roasted tomato, haricots vert

lemon garlic mahi

marinated and flame grilled mahi, gruyere mac & cheese, caper grape tomato butter, grilled asparagus

key west yellowtail snapper

local broiled yellowtail snapper, citrus butter, toasted almonds, grilled vegetable brochette and red & white quinoa

surf & turf*

broiled florida lobster, filet mignon, garlic mashed potatoes, flame grilled asparagus

midwest beef tenderloin*

fire seared, porcini and thyme gratin, roasted portobello, bearnaise sauce, broccolini

245 mixed grill

florida lobster tail, wild gulf shrimp, fresh grouper, drawn butter, roasted red potatoes, grilled asparagus

steak au poivre*

peppercorn seared black angus new york strip, cognac cream sauce, roasted garlic whipped yukon gold potatoes, grilled asparagus

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