

THE BISTRO

AT INGLESIDE ROCK CREEK

OPEN WEDNESDAY - FRIDAY: 5PM TO 7:30PM

STARTERS

BISTRO SALAD

Our signature house salad with Baby Greens with candied walnuts, blue cheese, and pomegranate Vinaigrette

Cal 55 • Protein 1g • Carb 2g • Fat 4.5g • Sodium 52mg • Sugars 1.5g

BACON CORN CHOWDER

Creamy corn chowder with sweet corn, tender chunks of potato, and savory diced bacon

Cal 250 • Sodium: 520mg • Total Carbohydrates: 24g • Fiber: 2g • Protein: 9g

SMOKED SALMON CARPACCIO

Thinly sliced smoked salmon drizzled with dill creme cheese on baguette, capers, and a squeeze of lemon.

Cal 430 • Protein 12g • Carb 10g • Fat 39g • Sodium 810mg • Sugars 8g

ROASTED BEET & GOAT CHEESE SALAD

earthy roasted beets paired with creamy goat cheese, mixed greens, and pistachio vinaigrette

Cal 390 • Protein 18g • Carb 9g • Fat 32g • Sodium 1170mg • Sugars 3g

MAINS

MISO- GLAZED BLACK COD

Oven-roasted Black COD with savory miso glaze with choice of two sides

Cal 295 • Protein: 25g • Total Carbs: 6g • Sugars: 3g • Fat: 17g • Sodium: 410mg

PAN ROASTED CHICKEN SUPREME

Chicken breast with crisp skin served with lemon-herb jus, with choice of two sides

Cal 400 • Protein 12g • Carb 5g • Fat 36g • Sodium 730mg • Sugars 3g

VEAL MARSALA

Tender veal medallions in a rich Marsala wine reduction, accompanied by choice of two sides

Cal 500 • Protein 42g • Carb 8g • Fat 28g • Sodium 980mg • Sugars < 1g

BAKED STUFFED PORTOBELLO MUSHROOM

Stuffed portobello with spinach, ricotta, and breadcrumbs, finished with a balsamic reduction and choice of two sides

Cal 600 • Protein 19g • Carb 38g • Fat 43g • Sodium 670mg • Sugars 6g

THE GRILL

12OZ RIBEYE

12oz Choice ribeye cooked to your liking and served with compound butter and choice of two sides

7 additional dollars

Cal 945 • Protein 53g • Carb 1g • Fat 86.5g • Sodium 360mg • Sugars 0g

LAMB CHOPS

Succulent lamb chops cooked to your liking and served with mint jelly and choice of two sides

7 additional dollars

Cal 780 • Protein 45g • Carb >1g • Fat 60g • Sodium 260mg • Sugars 10g

BLACK BEAN BURGER

Seasoned black bean veggie burger served with lettuce, tomato and onions on a bun with choice of two side

Cal 340 • Protein 13g • Carb 55g • Fat 3.5g • Sodium 600mg • Sugars 7g

BISTRO BISON BURGER

Bison Burger cooked to your liking with lettuce, tomato and onion with choice of two sides

Cal 420 • Protein 27g • Carb 26g • Fat 22g • Sodium 334mg • Sugars: 4g