

## BREAKFAST SANDWICHES

Served all day

Any of our breakfast sandwiches can be made with egg whites & a choice of bread. Just ask!

<b>BACON EGG &amp; CHEESE</b>	3.99
All natural egg, Vermont white cheddar & apple wood smoked bacon - 520 calories	
<b>HAM, EGG &amp; CHEESE</b>	3.99
Fresh egg, American cheese, Canadian bacon - 530 calories	
<b>MEDITERRANEAN EGG WHITE</b>	3.89
Egg whites, mozzarella, tomato soffrito, fresh spinach & basil pesto - 410 calories	
<b>TURKEY SAUSAGE, EGG WHITE &amp; SPINACH ON A BAGEL</b>	3.99
Turkey sausage, egg whites, Havarti cheese, fresh spinach & grilled tomato on "everything" bagel - 470 calories	

## SIGNATURE BISTRO SALADS

Served with our signature Bistro baked garlic herb & cheese bread. We can make any salad meat free. Just ask!

<b>CHICKEN CAESAR</b>	7.99
Seasoned chicken, romaine, Asiago & Parmesan cheese & croutons tossed in Caesar dressing - 530 calories	
<b>GREEK</b>	7.89
Chopped romaine, grape tomatoes, cucumbers, red & yellow bell peppers, red onion, pepperoncini, kalamata olives, feta cheese tossed in a balsamic vinaigrette - 470 calories	
<b>STEAK &amp; ARUGULA</b>	8.99
Thinly sliced marinated sirloin, roasted zucchini, white beans, sun dried tomatoes, Parmesan cheese, garlic croutons, Dijon balsamic vinaigrette - 600 calories	
<b>ASIAN GRILLED CHICKEN</b>	7.99
Baby bok choy, Napa cabbage, butter lettuce, julienne vegetables, Mandarin oranges, toasted almonds, sesame seeds, cilantro, sesame soy ginger dressing - 500 calories	

## BISTRO SANDWICHES

Our Bistro sandwiches are served on your choice of artisan, white, ancient grain, sourdough & pretzel bread. Plus kettle cooked chips & dill pickle

<b>FRENCH DIP</b>	8.99
Roast beef, swiss cheese & creamy horseradish sauce, Au jus on the side - 720 calories	
<b>BISTRO CLUB</b>	7.79
Smoked turkey, Black Forest ham, bacon, lettuce, tomato & avocado - 690 calories	
<b>ITALIAN COMBO</b>	7.99
Italian bologna, salami, pepperoni, pancetta, prosciutto, black olives, plum tomatoes, basil & oregano - 880 calories	
<b>MEDITERRANEAN VEGGIE</b>	7.49
Roasted peppers, roasted eggplant, tomatoes, cucumbers, red onion, feta cheese, basil & arugula lettuce - 570 calories	



## BISTRO WRAPS

Our Bistro wraps are made with your choice of sun-dried tomato, spinach or plain wrap, served with kettle cooked chips & dill pickle

<b>BISTRO BLT</b>	7.49
Apple wood smoked bacon, crisp lettuce & vine ripe tomatoes with light mayonnaise - 510 calories	
<b>BISTRO CHICKEN SALAD</b>	7.69
Diced chicken breast, green onion, celery, apples, grapes, tarragon, light mayonnaise, topped with shredded lettuce & tomato - 530 calories	
<b>ALBACORE TUNA SALAD</b>	7.79
Light tuna packed in water, bib lettuce, celery, red onion, light mayonnaise & just a touch of Old Bay seasoning - 510 calories	
<b>ROASTED VEGETABLE</b>	7.29
Roasted red bell peppers, onion, portobello mushrooms & carrots in a lemon, garlic, balsamic aioli - 480 calories	

## BISTRO FLAT BREADS & PANINIS

Crispy, crunchy & delicious, our Bistro paninis are made with your choice of bread, includes kettle cooked chips & dill pickle

<b>BLACK &amp; BLEU FLATBREAD</b>	8.79
Blackened Angus beef tips, with bleu cheese, tomato & caramelized red onion - 820 calories	
<b>MARGHERITA FLATBREAD</b>	7.49
Tomato, mozzarella, fontina & basil - 680 calories	
<b>BBQ CHICKEN FLATBREAD</b>	7.89
BBQ pulled chicken, red onion, smoked Gouda - 710 calories	
<b>STEAK &amp; WHITE CHEDDAR PANINI</b>	8.79
Seared steak, caramelized balsamic onions, white cheddar & creamy horseradish sauce - 960 calories	
<b>ROASTED CHICKEN &amp; GOAT CHEESE PANINI</b>	7.59
Roasted chicken, aged provolone & goat cheeses, sundried tomatoes, arugula, Dijon balsamic vinaigrette, lemon chive aioli - 730 calories	
<b>GRILLED CHEESE</b>	5.99
Your choice of American, Gruyere or Cheddar cheese - 580 calories	

## BISTRO SOUPS & COMFORT FOOD

Available in a bowl or Sourdough Bread Bowl

<b>BISTRO FRENCH ONION.</b>	
Bowl - 350 calories	3.99
Bread Bowl - 750 calories	5.99
Sweet onions in a savory broth with Sherry wine & sea salt, topped with melted Gruyere	
<b>BISTRO MAC &amp; CHEESE</b>	4.99
Four cheese bechamel, herbed bread crumbs - 510 calories	

## BISTRO COMBO

Your choice of any 2 items

Cup of soup / half a sandwich or wrap / half a salad	7.89
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## SAVE ROOM FOR DESSERT!

SELECT FROM:

- Salted Caramel Brownies
- Eight different flavors of Ice cream
- Fruit salad
- Full selection of beverages, juices & soft drinks available

# Inspired Dining

BREAKFAST SANDWICHES  
SERVED ALL DAY



BISTRO SIGNATURE SALADS  
FARM FRESH PRODUCE

BISTRO SANDWICHES & WRAPS  
FRESH BAKED BREADS



BISTRO FLAT BREADS & PANINI  
HEARTY SANDWICHES

BISTRO SOUPS &  
COMFORT FOOD



## John Knox Village

Meaningful Life In A Loving Home

• Quality Nursing Care • Innovative Rehab



### CONVIVIUM:

Food nourishes the body and the mind, while breaking bread together brings a sense of community, well-being and belonging. We make dining a meaningful experience by sitting down together to enjoy farm fresh, lovingly prepared meals, good conversations and connection through a cozy sense of home and acceptance.

### HOURS:

Sunday - Thursday 7 am - 8 pm

Friday & Saturday 7 am - 9 pm

700 SW 3rd Street, Pompano Beach, FL 33060

Phone: (954) 247-5820 • Email: [bistro@jkvfl.com](mailto:bistro@jkvfl.com)

Our Bistro uses the following wholesome ingredients in our products: peanuts, tree nuts, soybeans, wheat, eggs, milk, fish and shellfish. Please be aware that our products may have come into contact with these ingredients. Please be advised that gluten free menu items may be incidentally exposed to other ingredients containing gluten.



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# Palm Bistro

