

Breakfast Panini's

Denver

Start your day right with savory sausage, fresh bell peppers and spinach pressed with melted cheddar cheese.

\$ 6.25

Greek

A fabulous taste of the Greek Isles. This Panini is stuffed with sausage, spinach, olives and pepperoncini complete with melted mozzarella cheese.

\$ 6.25

Lunch Panini's

Mediterranean Chicken

A hearty meal in itself. Filled with chicken, hummus, tomatoes and mozzarella cheese. Drizzled with homemade balsamic & pressed to perfection.

\$6.25

South West Chicken

Fill your stomach with a generous portion of chicken, fresh spinach, bell peppers, olives and melted cheddar cheese. Drizzled with our homemade southwest dressing.

\$ 6.25

Salads / Wraps

The Zen

Classic greens loaded with your choice of grilled chicken or tofu. Topped with cranberries, almonds, mandarin oranges and smothered with our very own honey sesame seed dressing.

Salad: \$ 6.50 / Wrap: \$ 6.00

South West

Classic greens loaded with your choice of grilled chicken or tofu. Topped with black beans, corn, bell peppers and smothered in our very own spicy lime ranch dressing.

Salad: \$ 6.50 / Wrap: \$ 6.00

Spring Thousand Island

Classic greens loaded with your choice of grilled chicken or tofu. Topped with tomatoes, bell peppers, croutons, cheese and smothered in our house thousand island dressing.

Salad: \$ 6.50 / Wrap: \$ 6.00

Italiano

Classic greens loaded with your choice of grilled chicken or tofu. Topped off with olives, pepperoncini and mozzarella cheese all smothered in our sweet balsamic dressing.

Salad: \$ 6.50 / Wrap: \$ 6.00

Make your meal a Combo & add a cup of soup for \$ 1.50

Double-up on: Grilled chicken or tofu for only \$2

Double-up on: Cranberries, almonds, mandarin oranges, tomatoes, bell peppers and croutons, black beans, corn, olives, pepperoncini or mozzarella for only \$1

Bagels

Toasted Plain Bagel \$ 2.75

Multi Grain \$ 2.75

**Add extra cream cheese or jelly for 75 ¢*

Soup

Bowl of Low-Cal Bistro Soup of the Day

\$2.50

Smoothies

16 oz

Tropical

Satisfy your cravings with delicious pineapples, fresh oranges and bananas blended with apple juice.

\$ 4.50

Very Berry

Restore your antioxidants with a medley of blueberries, cranberries, strawberries and bananas blended with apple juice.

\$ 4.50

Strawberry Banana

Not feeling adventurous, go classic with strawberries and banana blended to perfection with apple juice.

\$ 4.50

Ask about our Daily Smoothie Special

Add Protein
Chocolate
or Vanilla
for \$1



**Locally made
Heartsease
Farm drinks
\$ 1.75**

Ask us about our Party Platters



Freshly served up on a beautiful silver platter ready for a great office party or get together.

Small Panini Platter: \$42

Select any combination of 7 Panini's you like. These will all be cut in thirds.

Small Wrap Platter: \$40

Select any combination of 7 Wraps you like. These will all be cut in half.

Large Panini Platter: \$60

Select any combination of 10 Panini's you like. These will all be cut in thirds.

Large Wrap Platter: \$57

Select any combination of 10 Wraps you like. These will all be cut in half.

Please note: All orders must be placed 48 hours prior to pick-up. Ask any LowCal Bistro Staff for an order form. Payment is due at time of order.

**Located inside the Hardstand Fitness Center
Call: 238 3040**

Open Hours

**Monday - Friday 7:00 am - 5:00 pm
Closed on Saturday, Sunday, family days,
goal days & holidays**



Eat Healthy, Be Green

Welcome to the RAF Mildenhall LowCal Bistro, where we strive to brighten your day with delicious, healthy food and beverages - always served with a smile, while being kind to our environment.

Being green has never been so healthy and delicious! It's time to feel good about the food we eat and our impact on the environment. Thank you for choosing the LowCal Bistro - we appreciate your patronage. We're always open to feedback and suggestions, so let us know how we're doing.

Tell us in person, or use the Interactive Customer Evaluation (ICE) online system by clicking the ICE link at www.100fss.com