

**BLUE SKIES WEST DINING SERVICES  
MAY 2021 BON APPÉTIT**



**Main Dining Room Hours**

**Lunch Carryout Mon – Sat 11am-1pm**

**Lunch Dine-In Mon-Sat 11am-1pm (Open Seating)**

**Dinner Carryout Mon-Sat 4-4:45pm**

**Dinner Dine-In Mon-Sat 5-6:30pm (Reservations Required)**

**Sunday Brunch Carryout 10:30-11:15am & 1-1:15pm**

**Sunday Brunch Dine-In 11am-1pm (Reservations Required)**

**Bistro Hours**

**Breakfast Sun-Sat 7:30-11am**

**Lunch/Dinner Sun-Sat 11am-6:30pm**

**Bistro Specials Available Mon-Fri**

Please see bottom of menu pages for Weekly Bistro Specials

**New Advance Sale Form** – We have made a few changes to the Advance sale form such as form turn-in days, pick up location, pick up time, and the re-addition of some desserts. See pp. 10-11 for the updated advance sale form.

**Dinner & Sunday Brunch Reservations** – Reservations are required for Dine-In Dinner Monday-Saturday and for Dine-In on Sundays. Reservations can be made on <https://tableagent.com/san-antonio/blue-skies-of-texas-west/>.

If you need any assistance, please reach out to Daniel, Nikki, or Caitlin at 210-568-3232. See page 3 for a step-by-step guide on making your reservation.

**Please Note:** Reservations are no longer required for to-go meals on Sundays.

**Reservation Cutoff Times** – Dinner reservation cutoff time Monday thru Saturday is **2pm** on that day. Sunday Brunch reservation cutoff time is **6pm** the day before.

**Mother's Day Menu** – Please see page 4 for our Mother's Day menu and reservation details.

**Dinner Menu** – Please see page 13 for an up-to-date copy of the à la carte Dinner Menu.

**Sunday Brunch Menu** – Please see page 14 for an up-to-date copy of the à la carte Sunday Brunch Menu.

## **Current “Normal” BSTW Dining Operations – Dine In & Carry-Out**

### **Reminders:**

- Masks are required and Social Distancing will be enforced. We have all gotten rather good at this, too!
- Deliveries are charged except for medical reasons and quarantine.

### **Lunch**

- Enter through Main Dining Room lunch entrance.
- Order taken at the Grill Line; please proceed to cold / hot line if you want other items, pay, then have a seat at your table or one of the tables in the waiting area and items will be delivered to you.

### **Dinner**

- Carryout customers enter through Main Dining Room lunch entrance.
- Grill Carryout orders are taken at the register; please proceed to cold / hot line if you want other items, pay, then have a seat at one of the tables in the waiting area and items will be delivered to you.
- Dine-In Reservations, please enter through Main Dining Room Dinner entrance.
- Dine-In customers will place all orders at their tables.

### **Grill Lunch Specials Daily (Monday – Saturday)**


- Ribeye Steak \$18.00
- Hamburger, grilled on a wheat bun with choice of cheese; lettuce, tomato and onion on the side \$7.00
- Impossible Burger, grilled on a wheat bun with choice of cheese; lettuce, tomato and onion on the side \$7.50
- Hot Dog, choice of topping or Chili Cheese \$4.00
- Chicken Breast, lightly seasoned with Lemon Pepper \$7.00
- Salmon \$9.00
- Fries \$1.95
- Onion Rings \$1.95



## MDR Dine-In Reservations



To make a reservation to Dine-In for Brunch & Dinner, please use the following web address:



<https://tableagent.com/san-antonio/blue-skies-of-texas-west/>


### Reservations

 Mon Mar 01 2021

 Dinner - Restaurant 

 Time 

 Party Size 





<=== Select the time you want






<=== Select your party size


Click "Continue", then enter your info.


### Guest Info




 Language English 


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 Dinner - Restaurant  
 Monday, March 01, 2021  Edit  
 4 p.m.  
 2 people

First Name  First Name


Last Name  Last Name

Phone   USA +1  Phone

Email  Email

Request  Request / Occasion

Yes, I want to receive emails from Blue Skies - West.



The sooner you make your reservation, the more likely you are to get your preferred time slot. The website will tell you immediately if it is already taken, so you can choose another time.

**If you need assistance, please call Daniel, Nikki, or Caitlin at (210) 568-3232.**



**Mother's Day Plated Brunch – Sunday, May 9**

**Please make your reservation by Monday, May 3 at noon**

**Carryout 10:30-11:15am & 1-1:15pm**

**Dine In 11am-1pm (Reservations Required)**

**Menu**

**Entrées:**

**Prime Rib w/ Au Jus \$16**

**Salmon in Puff Pastry \$16**

**Sides:**

**Parmesan Roasted Carrots**

**Cauliflower w/ Crumb Topping**

**Braised Brussel Sprouts w/ Onion and Apple**

**Smoked Gouda Mac and Cheese**

**Sour Cream Chive Mashed Potato**

**Grill Specials:**

**Quiche Lorraine and Berry Cup \$12**

**Banana Bread French Toast, Fruit Cup, Breakfast Potatoes \$14**

**Chicken and Artichoke Crepes, Mornay Sauce, Fruit Cup,  
Breakfast Potatoes \$14**

**Petite Filet of Beef with Shrimp Oscar, Breakfast Potatoes and Fruit Cup  
\$26**

**Soup:**

**Crab Bisque**

# DINING ROOM DRESS



## SUNDAY BRUNCH, HOLIDAY MEALS & WEEKEND DINNER

APPROPRIATE DRESS:

GENTLEMEN - SLACKS, SHIRTS W/SLEEVES.  
JACKETS (WITH OR WITHOUT TIES) ARE ALWAYS RECOMMENDED.  
DRESSY, CLEAN AND NEAT JEANS ARE ALLOWED.

LADIES - SLACKS, SKIRTS, OR DRESSES  
DRESSY, CLEAN AND NEAT JEANS ARE ALLOWED.

## OTHER EVENING MEALS

CASUAL ATTIRE FOR LADIES AND GENTLEMEN IS APPROPRIATE.  
JEANS ARE ALLOWED AS INDICATED ABOVE.  
SHORTS & TEE SHIRTS WITH OFF-COLOR SAYINGS OR IMAGES ARE NOT  
ACCEPTABLE.

## BREAKFAST & LUNCH

CASUAL ATTIRE.  
TEE SHIRTS WITH OFF-COLOR SAYINGS OR IMAGES ARE NOT ACCEPTABLE.  
SHORT SHORTS ARE NOT ACCEPTABLE.

**PLEASE REFRAIN FROM THE USE OF CELLULAR  
PHONES.**

**RESIDENTS ARE RESPONSIBLE FOR THEIR GUESTS'  
ATTIRE AND BEHAVIOR.**

**\*\*\*HATS SHOULD ONLY BE WORN FOR MEDICAL / RELIGIOUS  
REASONS, OR DURING THEMED PARTIES.**

## Menu – Sunday, May 2 – Saturday, May 8

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date Week 3	2-May	3-May	4-May	5-May	6-May	7-May	8-May
<b>Entrée 1</b>	Roasted Turkey	Cheese Manicotti	Thai Basil Pork Stir Fry	Chili Relleno Strips with Beef Picadillo	Teriyaki Chicken Thigh	Chicken Marsala	Lemon Thyme Chicken Quarter
<b>Entrée 2</b>	Peach Glazed Ham	Shrimp Cakes	Bratwurst w/ Cheddar Ale Sauce	Turkey Enchiladas	Sweet and Sour Pork	Shrimp Scampi	Beef Brisket Pot Pie
<b>Vegetable</b>	Brussel Sprout Hash	Honey Glazed Carrots	Bok Choy	Sauteed Zucchini, Tomato, Onion & Cilantro	Sesame Sugar Snap Peas	Parmesan Tomatoes	Peas and Pearl Onions
<b>Vegetable</b>	Green Bean Casserole	Steamed Broccoli	Cole Slaw	Street Corn	Edamame	Artichoke and Kale Casserole	Fried Okra
<b>Vegetable</b>	Steamed Carrots	Grilled Peppers and Onions	Stir Fry Vegetable Medley	Firecracker Watermelon	Ginger-Hoisin Carrots	Garlic Green Beans w/ Blistered Tomato	Roasted Mushrooms and Zucchini
<b>Starch</b>	Mashed Yukon Gold Potato	Couscous	Jasmine Rice	Verde Rice	Sushi Rice	Chefs Choice Pasta	BBQ Baked Beans
<b>Starch</b>	Baked Sweet Potato	Pesto Lentils	Rice Noodles	Borracho Beans	Crispy Noodles	Roasted Baby Potatoes	Warm Potato Salad
<b>Soup</b>	Greek Chicken	Corn Chowder	Mushroom Barley	Tortilla Soup	Turkey Noodle	Manhattan Style (red) Seafood Chowder	Cream of Broccoli

### Items Below Only Available at Lunch Time

<b>Lunch Salad/Cold \$7.50</b>		Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Green Chili Chicken Salad	Greek Chicken Power Bowl	Greek Chicken Power Bowl	Greek Chicken Power Bowl
<b>Lunch Sandwich \$8.00</b>		Philly Cheesesteak	Philly Cheesesteak	Beef and Jack Cheese Torta Dip	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese
<b>Lunch Grill Special</b>		Pulled Chicken or Ground Beef Tostada Bar	Pulled Chicken or Ground Beef Tostada Bar	Pulled Chicken or Ground Beef Tostada Bar	Shaking Beef Lettuce Wraps	Shaking Beef Lettuce Wraps	

**Chef's Traditional Sunday Brunch Featured Item:**  
Chris' Berry Berry French Toast with Maple Syrup Butter

**Bistro Special May 3-7:**  
Fiesta Burger or Bagel BLT

## Menu – Sunday, May 9 – Saturday, May 15

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date Week 4	9-May	10-May	11-May	12-May	13-May	14-May	15-May
<b>Entrée 1</b>	Prime Rib w/ Gravy	Beef Goulash	BBQ Braised Beef	Pork Schnitzel w/ Gravy	Asian Orange Chicken	BBQ Chicken QTR	Chicken Fried Steak
<b>Entrée 2</b>	Salmon in Puff Pastry	Liver & Onions	Southern Fried Chicken Quarters	Cheese Tortellini Primavera	Braised Beef Tips	Fish and Chips	Shrimp and Grits
<b>Vegetable</b>	Parmesan Roasted Carrots	Stir Fry Veggies	Garlic Spinach	Apple-Onion Sauerkraut	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
<b>Vegetable</b>	Cauliflower w/ Crumb Topping	Green Beans and Cherry Tomato	Peas w/ Ham	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Okra and Tomatoes
<b>Vegetable</b>	Braised Brussel Sprouts w/ Onion and Apple	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Roasted Vegetables w/ Herbs	Oven Roasted Carrots
<b>Starch</b>	Smoked Gouda Mac and Cheese	Brown Rice	Roasted Potato	Mashed Potato	Sesame Rice	Chef's Choice Bean	Parslied New Potato
<b>Starch</b>	Sour Cream Chive Mashed Potato	Bowtie Pasta	Tater Tots	Potato Casserole	Buttered Egg Noodles	Baked Sweet Potato	Mashed Sweet Potato Casserole
<b>Soup</b>	Crab Bisque	Miso Soup	Black Bean	Navy Bean	Sweet and Sour	NE Clam Chowder	Lentil and Spinach

### Items Below Only Available at Lunch Time

<b>Lunch Sandwich \$7.50</b>		Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl
<b>Lunch Sandwich \$8.00</b>		Asian Crispy Chicken Wrap	Asian Crispy Chicken Wrap	Asian Crispy Chicken Wrap	Meatball Sub	Meatball Sub	Meatball Sub
<b>Lunch Grill Special</b>		Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Moroccan Chicken Couscous	Moroccan Chicken Couscous	

### Bistro Special May 10-14:

Grilled Onion & Provolone Burger **or** Chicken Wings

## Menu – Sunday, May 16 – Saturday, May 22

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date Week 1	16-May	17-May	18-May	19-May	20-May	21-May	22-May
<b>Entrée 1</b>	Beef Pot Roast	Beef Bourguignon	Garlic Herb Meatloaf	Salisbury Steak	Spaghetti with Mushroom Alfredo	Grilled Bistro Steak Chimichurri	Dry Rubbed Ribs
<b>Entrée 2</b>	Indian Curry Chicken Masala w/ Cashews	Smothered Garlic Herb Pork Loin	Lemon Pepper Roasted Chicken Thighs	Chicken Piccata	Carolina Pulled Pork	Grilled Trout with Tropical Salsa	Mushroom and Spinach Lasagna
<b>Vegetable</b>	Green Beans	Mushroom and Leek Sauté	Steamed Carrots with Herb Butter	Grilled Asparagus	Sauteed Spinach	Broccoli	Citrus Braised Greens
<b>Vegetable</b>	Roasted Cauliflower	Summer Succotash	Tomato & Cucumber Salad	Corn w/ Pimento	Stewed Squash w/ Tomatoes and Rosemary	Tuscan Green Beans	Peas and Mushrooms
<b>Vegetable</b>	Braised Carrots and Onions	Green Peas	Sautéed Mixed Vegetables	Broccolini	Creamed Corn	Grilled Zucchini	Sautéed Spinach
<b>Starch</b>	Boiled New Potato	Buttered Noodles	Mashed Potatoes	Couscous	Cornbread Stuffing	Spanish Rice	Mac & Cheese
<b>Starch</b>	Buttermilk Mashed Potato	Potato Cakes	Herbed Quinoa	Scallop Potatoes	Baby Lima Beans	Lyonnais Potato	Hash Brown Potatoes
<b>Soup</b>	Beef Barley	Cream of Mushroom	French Onion	Cream of Cauliflower	Black Bean	NE Clam Chowder	Italian Wedding Soup
<b>Items Below Only Available at Lunch Time</b>							
<b>Lunch Salad/Cold \$7.50</b>		SW Cobb	SW Cobb	SW Cobb	Korean Beef Power Bowl	Korean Beef Power Bowl	Korean Beef Power Bowl
<b>Lunch Sandwich \$8.00</b>		Reuben Sandwich	Reuben Sandwich	Reuben Sandwich	Ham and Cheese Panini	Ham and Cheese Panini	Ham and Cheese Panini
<b>Lunch Grill Special</b>		Seasoned Ground Beef or Pulled Chicken Taco Salad	Seasoned Ground Beef or Pulled Chicken Taco Salad	Seasoned Ground Beef or Pulled Chicken Taco Salad	BBQ Chicken Quesadilla	BBQ Chicken Quesadilla	

**Chef's Traditional Sunday Brunch Featured Item:**  
Nutella-Cinnamon French Toast Casserole

**Bistro Special May 17-21:**  
Mushroom Swiss Burger or Shrimp Quesadilla



## Menu – Sunday, May 23 – Saturday, May 29

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	23-May	24-May	25-May	26-May	27-May	28-May	29-May
<b>Entrée 1</b>	Roast Leg of Lamb	Shredded Spanish Style Braised Beef	Stir-Fry Vegetable Noodles w/ Tofu	Swedish Meatballs	Lemon-White Wine Baked Salmon	Corned Beef & Cabbage	Hawaiian Pineapple Pork Loin
<b>Entrée 2</b>	Pesto Crusted Cod	Garlic-Mustard Roasted Pork	Thai Red Curry Beef	Chicken Mushroom Cacciatore	Chipped Beef on a Biscuit	Smoked Gouda Mac and Cheese	Pork Pozole Rojo
<b>Vegetable</b>	Roasted Zucchini	Corn on the Cob	Broccoli w/ Garlic Sauce	Roasted Brussel Sprouts	Ratatouille	Broccoli Rabe	Braised Greens
<b>Vegetable</b>	Stewed Carrots & Celery	Steamed Asparagus	Sauteed Zucchini and Snow Peas	Apple-Almond Green Beans	Steamed Broccoli	Roasted Tomatoes	Roasted Vegetable Medley
<b>Vegetable</b>	Creamed Spinach	Grilled Vegetables	Stir Fry Ginger Carrots	Roasted Mushrooms	Peas w/ Fennel	Garlic Ranch Roasted Turnups	Street Corn
<b>Starch</b>	Potato Hash	Smashed Potatoes	Jasmine Rice	Lemon Orzo	Wild Rice	Farro with Pecans and Currents	Buttermilk Potato Salad
<b>Starch</b>	Garden Risotto	Cilantro Rice	Sesame Garlic Roasted Sweet Potato	Tater Tots	Chimichurri Cauliflower Rice	Black Beans and Rice	Parslied Potato
<b>Soup</b>	Pasta Fagioli	Split Pea Soup	Mushroom Egg Drop	Cream of Broccoli	Turkey Noodle	NE Clam Chowder	Lentil and Spinach

### Items Below Only Available at Lunch Time

<b>Lunch Salad/Cold \$7.50</b>		Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls
<b>Lunch Sandwich \$8.00</b>		Cuban Sandwich	Cuban Sandwich	Cuban Sandwich	Egg Salad Sandwich on Wheat	Egg Salad Sandwich on Wheat	Egg Salad Sandwich on Wheat
<b>Lunch Grill Special</b>		Chicken Wings-BBQ or Sesame Teriyaki	Chicken Wings-BBQ or Sesame Teriyaki	Chicken Wings-BBQ or Sesame Teriyaki	Pu-Pu Platter	Pu-Pu Platter	

### Chef's Traditional Sunday Brunch Featured Item:

2 Cheese Blintzes with Cranberry, Strawberry, or Blueberry Topping

### Bistro Special May 24-28:

BBQ Bacon Cheddar Burger or Pork Eggrolls w/ Sweet & Sour Sauce

## **SUPERFOOD OF THE MONTH**

*By Lisa Bombela-Comuzzie, Clinical Nutrition Manager*

### **Super Food of the Month: Eggs**

Information about eggs is often confusing, to say the least. However, eggs have a large amount of optimum-quality, easily digestible protein. Most of the protein in eggs is contained in the whites. However, the yolks do contain most of the vitamins and minerals, like vitamin D, K, B-12, selenium, and potassium. One egg contains 0.6mcg of vitamin B12, and the Recommended Daily Allowance for most adults is 2.4mcg per day.

These nutrients provide several health benefits. Here are just a few things eggs can do for you:

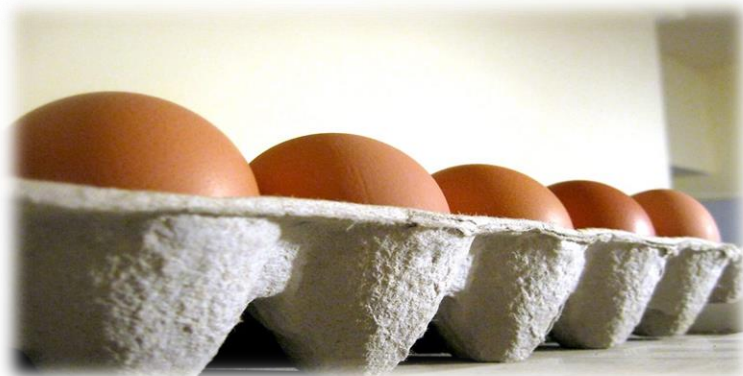
**Maintain healthy bones:** The iron, phosphorous, calcium, magnesium, manganese, zinc and vitamin D in eggs contribute to building and maintaining bone structure and strength. Vitamin D helps with calcium absorption in bone tissue, which increases bone density and strength. Iron and zinc play crucial roles in maintaining the structure and elasticity of bones and joints.

**Ward off heart disease:** Potassium, folate and vitamin B6 in eggs support heart health. Vitamin B6 and folate prevent the buildup of a compound known as homocysteine. When excessive amounts of homocysteine accumulate in the body, it can damage blood vessels and lead to heart problems. Eggs are also one of the few non-seafood sources of omega-3 fatty acids, in the form of DHA. The DHA found in egg yolks, as well as fatty seafood, has been linked to numerous health benefits, including a reduction in inflammation, blood clots, and blood pressure.

**Decrease cancer risk:** Vitamin A and vitamin E in eggs provide antioxidants that help protect cells against free radical damage. They inhibit tumor growth, decrease inflammation in the body, and help to ward off or slow the progression of several types of cancer, including esophageal, lung, mouth, pharynx, endometrial, pancreatic, prostate and colon cancer.

**Improve mental health:** Choline, a nutrient made in the liver and not commonly found in many foods, is present in eggs. It has been shown to improve memory, focus and cognitive performance.

**Enhance vision:** Eggs contain lutein and zeaxanthin, two phytochemicals that are essential to eye health. These two carotenoids act as antioxidants in the eye to minimize damage and reduce the risk of developing age-related macular degeneration.



# Simple Vegetable Crustless Quiche with Feta Recipe

## Ingredients

- 2 cups zucchini, grated (about 1 medium zucchini)
- 2 cups carrot, grated (about 2 medium carrots)
- 2 loose cups kale, chard or spinach, chopped
- 1 cup mixed fresh herbs (cilantro and dill)
- 3 green onions, thinly sliced (white and green parts)
- 1 large tomato, sliced into 8 rounds
- 8 eggs, free-range
- 1/2 cup aged cheddar cheese, organic / grated (or another strong cheese)
- 1/2 cup feta, organic / crumbled
- 1 tbsp olive oil, virgin
- 1/8 tsp sea salt (optional)
- 1/8 tsp black pepper (optional)



## Instructions

Preheat the oven to 350 degrees Fahrenheit.

Take the grated zucchini, one handful at a time and gently squeeze the water out of it over the sink. This prevents the quiche from getting soggy.

In a large bowl, crack the eggs and gently whisk. Add the salt and pepper if using them. Mix well.

Add the zucchini to the eggs in the large bowl, along with all the other vegetables except the tomato. Add the herbs and both cheeses. Mix to combined.

Grease a large rectangle baking dish and prepare it with some olive oil. Add in the quiche mixture. Place the sliced tomatoes on the top decoratively.

Cook for about 30 minutes. If your baking dish is a bit deeper, you may need to cook it a little longer. You will know when it is finished when the top starts to look golden, and the quiche does not jiggle when you shake it. Once finished, let it cool slightly before serving. Enjoy with some tasty chutney or mustard and a nice side of fresh summer salad.

# Blue Skies of Texas West Dining Services

## Advance Sales

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- Place requests in Drop Box at Main Dining Room Lunch entry.  
**For Wednesday pick up: Turn in requests by Saturday, 11am.**  
**For Saturday pick up: Turn in requests by Wednesday, 11am.**  
Contact Main Dining Room (210) 568-3235 for questions/concerns.
- **Pick-Up Times: 2 – 3:30pm Wednesday or Saturday.**
- **Pick-Up Location: Salad Island Area in Servedy. Masks required. Maintain social distancing.**
- Proteins will be served raw unless requested to be seared.
- **Resident meal plan will be charged in the month the pickup day falls on.**

Printed Name \_\_\_\_\_

Apt # \_\_\_\_\_

Phone # \_\_\_\_\_

Signature \_\_\_\_\_

Day Placed in Box: \_\_\_\_\_

Pick-Up Day (Circle One):

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Wednesday

Saturday

<b>Item</b>	<b>Max Quantity</b>	<b># Requested</b>	<b>Cost Per Item</b>
<b>Wine (BSTW Only) Type:</b>	<b>Two Bottles</b>		<b>Varies</b>
<b>Beer (BSTW Only) Type:</b>	<b>Two Six Packs</b>		<b>Varies</b>
<b>Soda/Water Type:</b>	<b>Six Bottles <u>or</u> Cans (based on availability)</b>		<b>\$1.35 per</b>
<b>Ensure or Activia</b>	<b>One Case</b>		<b>\$42.00</b>
<b>Small Pizza Cheese or Pepperoni</b>	<b>Three</b>		<b>\$6.50 per</b>
<b>Chicken Breast (5oz)</b>	<b>Six</b>		<b>\$3.50 per</b>
<b>Hamburger</b>	<b>Six</b>		<b>\$3.25 per</b>
<b>Chicken Cordon Bleu</b>	<b>Four</b>		<b>\$9.00 per</b>
<b>Ribeye (12oz)</b>	<b>Four</b>		<b>\$25.00 per</b>
<b>Filet (6oz)</b>	<b>Four</b>		<b>\$22.00 per</b>
<b>Boneless Pork Loin Chop (12oz)</b>	<b>Four</b>		<b>\$15.00 per</b>
<b>One Pound Large (16/20) Peeled Tail on Shrimp</b>	<b>4 lbs</b>		<b>\$14.00 / per pound</b>
<b>Salmon (6oz)</b>	<b>Four</b>		<b>\$14.50 per</b>
<b>Apple or Chocolate Cream Pie</b>	<b>Two</b>		<b>\$12.00 per</b>

# Blue Skies of Texas West

Spring Dinner Menu 2021

## STARTERS

### Potato Skins

*Jack & Cheddar Cheese,  
Smoked Chopped Brisket,  
Sour Cream, Scallions &  
Ranch Dressing* \$8.00

### Maryland Style Atlantic Salmon Cakes

*Sweet Corn Chowder &  
Fennel Slaw* \$12.00

### Meat & Cheese Board

*2 Cheese, 2 Cured Meats &  
Seasonal Accompaniments  
, Crackers & Grilled Flat  
Bread* \$16.00

### Beef Tenderloin Carpaccio

*Candied Shallots, Bread &  
Butter Tomatoes,  
Horseradish Aioli* \$12.00

### Gulf Shrimp Cocktail (6 Large )

*Served Cold, Lemon Wedges,  
Cocktail Sauce* \$14.00



## SALADS

### Homemade Soup of The Day

*Cup \$3.00 Bowl \$4.00*

### Homemade Soup of The Day & Salad

*Choice of Caesar or  
House* \$6.00

### House Salad

*Tomato, Cucumber, & Grilled  
Onion Sm. 2.95 Lg. 6.45*

### Caesar Salad

*Romaine, Parmesan, & Soft  
Croutons* \$6.45

## Steaks, Burgers, & Seafood

### Entrees come with 2 Sides & 1 Choice of Sauce

#### Center-Cut Bistro "Tender" Steak 8oz

\$18.00

#### Grilled Marinated Skirt Steak, Pommes Frites 10oz

\$17.00

#### Slow Smoked Texas Brisket "Pot Roast" 10oz

\$16.00

#### Roasted Rosemary Chicken Breast

\$15.00

#### Grilled Boneless Pork Chops 10oz

\$15.00

#### Grilled Steakhouse Cut of the Day

*House Seasoning Rub* \$Market Price

#### Fried Shrimp Basket

\$14.00

#### Atlantic Salmon Cakes

\$16.00

#### Grilled Atlantic Salmon

\$19.00

#### Catch of the Day

\$Market Price

#### Sides

*Baked Potato, Baked Sweet Potato, Sautéed  
Spinach, Sautéed Seasonal Vegetable Medley,  
French Fries, Onion Rings, Vegetable of the Day,  
Starch of the Day, Soup of the Day, Side Salad*

#### Sauces

*Mushroom Demi-Glace  
Warm House Steak Sauce  
Lemon Caper Butter  
Florentine Sauce  
Creamed Leek & Tarragon Fondue  
Honey Mustard Dijon Cream*

#### Grilled Hot Dog \$4.00 or Impossible

#### Bratwurst \$5.00

*Chili, Cheese, Relish and Onions, Served  
with French Fries*

#### Cheeseburger \$8.00 or Impossible Burger

#### \$9.00

*Choice of American Cheese, Swiss,  
Cheddar with Lettuce, Tomato, Pickles, Red  
Onion, Served with French Fries*



# BSTW Plated Brunch

Includes a Basket of Breakfast Breads

Please Select 1 Starter to Accompany your Meal

**Yogurt & BSTW Granola Parfait**  
Vanilla Yogurt Layered with Seasonal Fruit and Granola Crumble

**Fresh Fruit Cup**  
Chef's Fresh Seasonal Selection

**Waldorf Salad**  
Diced Apples, Celery and Pecans Tossed with a Rosemary Yogurt Dressing

**Garden Salad**  
Choice of Dressing

## Classic \$12.00

**BSTW Porridge**  
Oats & Quinoa Simmered in Almond Milk and Topped with Fresh Berries, Bananas & Toasted Almonds

**BSTW Hamburger**  
Short Rib Grind, Char Grilled and Served with Lettuce, Tomato, Onion, Crisp Pickle & Bistro Chips on a Whole Wheat Bun

**The Iconic Breakfast Platter**  
2 Eggs Cooked to Order, Breakfast Potatoes, Bacon & Sausage and Toast

**Belgian Waffle**  
Made to Order Topped with Whipped Cream, Fresh Berries, Powdered Sugar, Choice of Bacon or Sausage

**Grilled Salmon Caesar Salad**  
Crisp Romaine tossed with Traditional Caesar Dressing and Topped with Parmesan Cheese, Croutons & Atlantic Salmon,

**Build Your Omelet**  
Cheddar Cheese Omelet with Your Choice of Three Toppings: Bacon, Avocado, Spinach, Ham, Tomato, Mushroom, Onions & Bell Pepper Mix, Served with Breakfast Potatoes a Choice of Bacon or Sausage.  
Additional Toppings \$ .25

## Traditional \$14.00

**Chef's Traditional Featured Item**  
Ask Your Server for Details

**Huevos Rancheros Breakfast Skillet**  
Two Eggs any Style, Topped with Ranchero Sauce, Crispy Breakfast Potatoes, Avocado, Cilantro, Borracha Beans & Flour Tortillas

**Ranch Hand Platter**  
2 Scrambled Eggs topped with Cheddar Cheese, Grilled Country Sausage, 2 Biscuits & Country Gravy

## Chef Inspired \$16.00

**Chef's Carved Item of The Day**  
Ask Your Server For Details

**South Texas Brisket Hash**  
Topped with 2 Fried Eggs, Pico de Gallo, Borracha Beans and Flour Tortillas

**Mucho Grande**  
2 Eggs Cooked to Order, Breakfast Potatoes, Bacon & Sausage, 1/2 Waffle, and Toast



Warning: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert your server if you have special dietary requirements.