



Montecito

Wine Bistro

Bistro Entrée Bowl

Create your own

Base

+ All Bowls contain our Power Greens +
Baby Spinach, Kale and Arugula
with Roasted Beets, Mung Beans, Radishes, Sliced Boiled Egg, Red Bell Peppers, Carrots, Avocado and Daikon Sprouts

Whole Grain (choose one)

Organic Red Quinoa Organic Jasmine Rice

Main (choose one)

Grilled Chicken Salmon Seared Ahi Black Bean Hummus Garbanzo
Bean Hummus
Sautéed Tofu Veggie Patty

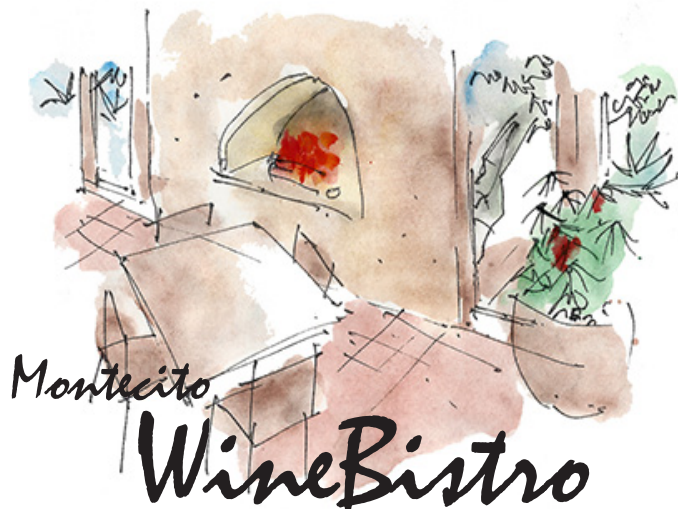
Dressing (choose one)

Tamari Peanut Sauce Sriracha Aioli Miso Ginger Vinaigrette Balsamic
Vinaigrette Ranch Dressing Blue Cheese or Caesar Dressing
Cilantro Lime Vinaigrette

23.00

[See back for Signature Bowls]





Montecito

WineBistro

Bistro Signature Bowls

+ All Bowls contain our Power Greens +
Baby Spinach, Kale and Arugula

Ahi Bowl

Seared Ahi, Jasmine Rice, Daikon Sprouts,
Cucumber, Sliced Ginger, Carrots, Avocado,
Radish, Tobiko, Ponzu, and Miso Ginger Dressing
24

Ranch Bowl

Grilled Chicken, Corn, Quinoa, Bacon Bits,
Sliced Egg, Cherry Tomatoes, Red Bell Pepper,
Black Bean Hummus, Carrots
and Ranch Dressing
24

California Bowl

Garbanzo Hummus, Quinoa, Avocado, Daikon
Sprouts, Radish, Sliced Egg, Cilantro, Carrot,
Beet, Mung Beans, Cilantro Lime Dressing
22

Spicy Buddha Bowl

Grilled Shrimp, Jasmine Rice, Avocado, Red Bell
Pepper, Daikon Sprouts, Radish Sesame oil, Car-
rots, Sprouts, Thai Chili, Sriracha Dressing
24

Thai Lettuce Bowl

Choice of Grilled Shrimp, Chicken or Tofu,
Butter Lettuce, Jasmine Rice, Eggplant, Avocado,
Red Bell Pepper, Sliced Egg, Cilantro,
Thai Sesame Oil, and Peanut Sauce
23

Salmon Bowl

Salmon, Avocado, Radish Sprouts, Carrot, Water
Chestnuts, Cucumber, Crispy Wonton, Onion,
Sweet Chili Sauce, Sesame Seeds
and Sea Greens
25

Western Bowl (warm)

Sliced Watkins Ranch Filet Mignon, Power
Greens, Roasted Potatoes, Sautéed Green Beans,
Red Pepper and Onion Medley, Grilled Avocado,
Mushroom Demi and Horseradish Dressing
28

Green Giant Bowl (warm)

Sautéed Brussel Sprouts, Zucchini, Green Beans
with Organic Red Quinoa, Sliced Egg,
topped with Avocado and Sprouts
Green Goddess Dressing
23