

The Iowa Culinary Institute has always prided itself in providing students with a state of the art culinary education. The Bistro is first and foremost a classroom where students provide every part of your dining experience. We, as culinary educators, feel that our students will be better prepared for the work force locally and beyond if our kitchen focuses on ideals that every service professional should hold paramount; teamwork, professionalism, and consistency.

Consumer Advisory

“Thoroughly cooking foods of animals such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of food-borne illness. Individuals with certain health conditions may be at higher risks if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.”

[Iowa Code section 137F.2(10)]



Entrée Salads

Caesar Salad

Romaine lettuce, grilled chicken, shaved parmesan cheese, tossed with house-made caesar dressing, topped with croutons

Chef Salad

Crisp mixed greens, turkey, ham, swiss cheese and egg quarters, with your choice of dressing

Sandwiches

Smoked Salmon Cucumber Dill Tea Sandwich

Served with fresh dill crème on challah bread

Grilled Cheese

Parmesan crusted grilled sandwich with provolone, gruyere, and cheddar cheese

Grilled Chicken Aioli Sandwich ♥

Well-seasoned grilled chicken, crisp lettuce, fresh tomatoes, and avocado slices on whole wheat bread spread with garlic aioli

Entrées

Glazed Ham

Griddled ham glazed with an apple cider sauce with raisins

Flank Steak

Lightly seasoned with a silky port wine reduction sauce

Shrimp Creole

Shrimp and tomato sauce over rice pilaf

Spinach Quiche 🥕

Egg based dish mixed with spinach and cheddar cheese in a pastry crust

Stir-Fry 🥕

A variation of tender and crisp vegetables sautéed in soy sauce and sesame oil served over rice pilaf

Sides

Herb and Garlic Potatoes
Glazed Carrots
Rice Pilaf
Fresh Fruit

Salad Dressings

Ranch
Caesar
Oriental Vinaigrette
Italian

All Entrées \$12

Soup and Salad Buffet \$9

Themed Buffet \$12



=Healthy Choice

=Vegetarian