



Find the Food and Variety you are Looking for Inside...

Enjoy Some of These Weekly Specials!

SUSHI MONDAYS @ PLAZA BISTRO
\$4.99/roll—Mondays, we feature Sushi rolls! This is a great time to try it, if you have never had it! **All ingredients are cooked (No Raw Fish).**

FISH FRY FRIDAYS @ BUCKWALD'S
\$8.99/special

We will change up the fish offered each week. This special may be ordered from Buckwald's each Friday.

PIZZA & WINGS SATURDAYS

Pizza and Wings Special now on Saturdays (see reverse side for pricing and details).

DOWN HOME SUNDAYS

\$6.99/special—Watch The Crave for this week's offering. It is a Complete Meal at an Affordable Price!

Bistro

PLAZA BISTRO DAILY FEATURES—x12908

OPEN FOR LUNCH MONDAY—SATURDAY, 10:30AM—7PM AND SUNDAY FROM 11:30AM—7PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Soup: Loaded Baked Potato (123/164 cal) Entree: Chicken Croquettes with Chicken Sauce and Lyonnaise Potatoes (608 cal) Veg: Roasted Red Beets (120cal) Sushi Special (\$4.99): Spicy Tuna Roll, Alaskan Roll, Teriyaki Chicken Roll	Soup: Chicken Udon (86/115 cal) Entree: Spaghetti and Meat Sauce with Garlic Bread (743 cal) Veg: Dill Carrots (120 cal)	Soup: Tomato Basil (80/106 cal) Entree: Navajo Tacos with Ground Beef, Kidney Beans, Indian Fry Bread, and served with Mashed Butternut Squash (705 cal) Veg: Wax Beans (110 cal)	Soup: Leek and Potato (70/93 cal) Entree: Meat Lasagna with Tomato Sauce and Garlic Bread (721 cal) Veg: Lemon and Thyme Carrots (135 cal)	Soup: Coconut Curry Chicken (159/212 cal) Entree: Beef Steak with Grilled Corn Salsa (458 cal) Veg: Sautéed Spinach (165 cal)	Soup: Navy Bean (193/257 cal) Entree: Pan Seared Chicken with Pineapple-Chili Glaze and Sweet Potato Mashed (475 cal) Veg: Scalloped Tomatoes (138 cal)
SUNDAY					
Soup: Garden Minestrone (120/161 cal) Entree: Chicken and Green Bean Stir Fry with Rice Pilaf (448 cal) Veg: Corn on the Cobb (142 cal) Down Home Family Style Special: (\$6.99) Spaghetti and Meatballs with Toasted Garlic Bread.					

Buckwald's

BUCKWALD'S LUNCH FEATURES—X16130




MENU FOR LUNCH ONLY | LUNCH AVAILABLE MONDAY—SATURDAY, 11AM—2PM | SEE DINNER MENU INSIDE




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH: Soup (\$2.09): Beef Noodle Entrees (\$4.89): Pork Dijonnaise OR Beef Filet Tips Marsala Sides: Scalloped Potatoes; Mashed Potatoes with Gravy; Green Beans; Roasted Parsnips Dessert: Blueberry Cheesecake	LUNCH: Soup (\$2.09): Egg Drop Entrees (\$4.89): Cod Piccata OR Teriyaki Chicken Sides: Jasmine Rice; Mashed Red Potatoes and Gravy; Sautéed Bok Choy; Stir Fry Snow Peas Dessert: Fruit of the Forest Pie	LUNCH: Soup (\$2.09): Cream of Broccoli Entrees (\$4.89): Honey Bourbon Pork Loin OR Cajun Chicken Stew Sides: Rosemary Roasted Potatoes; Mashed Potatoes with Gravy; Sautéed Vegetable Medley; Chopped Spinach Dessert: Layered Carrot Cake	LUNCH: Soup (\$2.09): Ham and Vegetable Entrees (\$4.89): Roasted Lamb OR Meat Lasagna Sides: Lemon Orzo; Mashed Potatoes with Gravy; California Blend Vegetables; Green Bean Casserole Dessert: Cherry Pie	LUNCH: Soup (\$2.09): New England Clam Chowder Entrees (\$4.89): Grilled Salmon OR Swedish Meatballs Sides: Buttered Egg Noodles; Mashed Potatoes with Gravy; Fresh Asparagus; Sautéed Mushrooms Dessert: Chocolate Cake DINNER ONLY Fish Fry Friday Dinner Special (\$8.99): Crispy Walleye with Potato Wedges, Apple Cranberry Coleslaw, Tartar Sauce and Lemon Wedges	LUNCH: Soup (\$2.09): Hearty Vegetable Entrees (\$4.89): BBQ Chicken Quarter OR Brown Sugar Glazed Ham Sides: Ranch Beans; Mashed Potatoes with Gravy; Braised Greens; Grilled Vegetables Dessert: Key Lime Cake





(Sugar Free / Gluten Free Dessert Options Available Upon Request)




PLAZA BISTRO MENU: OCTOBER 12—18, 2020

DELIVERY & PRICING: x12908 | LUNCH/DINNER SERVED BETWEEN 10:30AM (SUNDAYS FROM 11:30AM) TO 7PM

SOUPS	ENTRÉE SALADS
<p>PORK & BLACK BEAN CHILI  2.79cup (220 CAL)/3.49bowl (294 CAL)</p> <p>CLASSIC CHICKEN NOODLE 2.19cup (58 CAL)/2.99bowl (77 CAL)</p> <p>SOUP DU JOUR (2.19cup/2.99bowl)  (ASK FOR CAL COUNT) <i>Made fresh daily—ask for today's selection</i></p>	<p>6.69 ARIZONA CHICKEN & SPINACH (466 CAL) Fresh Baby Spinach Topped with Choice of Grilled Chicken Breast, Mushrooms, Candied Pecans, Raspberries, Apple and Raspberry Vinaigrette</p> <p>6.29 BEEF TACO SALAD ((707 CAL) Taco Seasoned Ground Beef over Shredded Lettuce in Flour Tortilla Shell Topped with Tomato, Onion, Cilantro, Cheddar, Sour Cream, Salsa and Guacamole </p>

SANDWICHES	
<p>4.59 HALF SANDWICH/CUP OF SOUP DU JOUR Choice of Smoked Turkey (128 CAL), Black Forest Ham (212 CAL), Tuna Salad (165 CAL) or Cranberry Chicken Salad (190 CAL) served with a Cup of Soup du Jour—<i>Make it a full sandwich for \$5.99, Gluten Free Bread Available</i></p> <p>3.29 GRILLED HOT DOG (374 CAL) All-Beef Frank served on a Bun; <i>Toppings: Onions, Chili, Cheese, Sauerkraut</i></p> <p>5.49 CRISPY BUTTERMILK CHICKEN SANDWICH  (535 CAL) Breaded Chicken Breast on a Bun with Lettuce, Tomato, Onion, Pickles and a Honey Mustard Aioli</p> <p>5.29 CHILI LIME SHRIMP QUESADILLA (415 CAL)  Marinated Shrimp, Cheddar Jack Cheese and Pico De Gallo Salsa on Flour Tortillas</p> <p>4.59 B.L.T (344 CAL) Toasted Wheat Bread with Crispy Bacon, Lettuce, Tomato and Mayonnaise—<i>Add Sliced Turkey or Black Forest Ham for \$1; Gluten Free Bread Available</i></p>	<p>4.29 MAKE YOUR OWN MELT (350 CAL) <i>Choice of:</i> <u>Bread:</u> Wheat, Sourdough, Whole Grain, Rye, Gluten Free <u>Cheese:</u> American, Cheddar, Provolone, Swiss or Pepper Jack <u>Filling:</u> Tuna (.50¢), Ham (.50¢), Turkey (.50¢), Tomato (.25¢)</p> <p>5.29 HERBED GOAT CHEESE & SMOKED SALMON PANINI  (675 CAL) Smoked Salmon, Herbed Goat Cheese, Red Onion and Capers on a Ciabatta Bun</p> <p>5.79 BEATITUDES BURGER 100% All Beef Patty served on a Kaiser Roll <i>All Burgers come with Lettuce (3 CAL), Tomatoes (7 CAL), Pickles (4 CAL), Onions (15 CAL) and choice of:</i> <u>Patty:</u> Beef (+390 CAL), Turkey (+289 CAL), Veggie (+140 CAL) or Charbroiled Chicken Breast (+194 CAL) <u>Bun:</u> Whole Wheat (+234 CAL), White Kaiser (+234 CAL), Gluten Free (+170 CAL) <u>Cheese:</u> American (+99 CAL), Swiss (+106 CAL), Cheddar (+114 CAL) or Blue Cheese (+100 CAL) <i>Additional Toppings are 50¢ each:</i> <u>Toppings:</u> Mushrooms (+8 CAL), Bacon (+88 CAL), Onions (+11 CAL), Avocado (+80 CAL) <u>Sauces:</u> Mayo (+50 CAL), Ketchup (+17 CAL), Mustard (+9 CAL)</p>

ENTRÉES	
<p>4.39 OMELET YOUR WAY (423 CAL) Two Egg Omelet with Your Choice of Vegetables, Meats and Cheeses—<i>build it your way!</i></p> <p>5.29 ROASTED HALF CHICKEN (300 CAL)</p> <p>5.79 CARVED TURKEY MEATLOAF (415 CAL)  Classic Turkey Meatloaf carved to order and served with Red Pepper Sauce</p>	<p>4.99 CHICKEN FINGERS (223 CAL) Chicken Tenderloins Coated in Bread Crumbs with choice of BBQ, Ranch or Honey Mustard Dipping Sauce</p> <p>4.79 CHEESE PIZZA (420 CAL) Traditional Crust Topped with Sauce and Mozzarella Cheese</p> <p>5.49 BBQ PULLED PORK PIZZA (360 CAL)  BBQ Pulled Pork, Red Onion, Pineapple, Monterey Jack Cheese, Mozzarella Cheese, Bacon, Cilantro</p> <p>6.29 GRILLED CATCH OF THE DAY  (ASK FOR CALS) Ask a server for today's selection!</p> <p>5.99 ENTRÉE DU JOUR  (ASK FOR CALS) Ask a server for today's selection!</p>

SIDES	
<p>Fresh Fruit Cup (104 CAL) 1.09</p> <p>Side Salad (32 CAL) 1.09 </p> <p>Avocado (125 CAL) 89¢ </p> <p>Green & Yellow Squash (194 CAL) 89¢</p> <p>Sautéed Spinach (134 CAL) 89¢ </p> <p>Broccoli (105 CAL) 89¢</p>	<p>Steamed Carrots (54 CAL) 89¢</p> <p>Carrot & Parsnip (140 Cal) 89¢</p> <p>Cucumber Salad (103 Cal) 89¢</p> <p>Roasted Fingerling Potatoes (187 Cal) 89¢</p> <p>French Fries (252 CAL) 69¢</p> <p>Sweet Potato Fries (146 CAL) 89¢</p> <p>Plain (102 CAL) or Sweet (104 CAL)</p> <p>Baked Potato 89¢</p> <p>Onion Rings (257 CAL) 1.09</p> <p>Cornbread (240 CAL) 89¢</p> <p>Vegetable du Jour 89¢</p>

BUCKWALD'S

DINNER MENU TUESDAY—SATURDAY, 4-7PM | CLOSED SUNDAY ALL DAY AND MONDAY FOR DINNER, CALL x16130

SOUP

SOUP DU JOUR

House Made Featured Soup of the Day
Ask Your Server for Today's Selection, \$2.19 — ask server for calories

ENTRÉE SALADS

NEW

SALMON COBB SALAD

Chopped Romaine, Watercress, Salmon Flakes, Crisp Bacon, Boiled Eggs, Red Onion, Crumbled Blue Cheese, Cherry Tomatoes and Avocado, served with Balsamic Dijon Vinaigrette
\$6.99 (430 calories)

CAESAR

Chopped Romaine with Shredded Parmesan and Focaccia Croutons, \$3.59 (305 calories)
Add Grilled Chicken—\$6.29 (+153 calories)
Add Grilled Shrimp—\$6.79 (+223 calories)

BUCKY'S BYO

BUCKY'S BYO (BUILD YOUR OWN) STEAK BURGER

House Made Burgers Featuring Buckwald's Unique Blend of Premium Cuts of Short Rib, Brisket & Chuck, \$6.99

Choose Patty

Beef (406 calories), Turkey (240 calories) or Veggie (170 calories)

Choose Bun

Whole Wheat (250 calories), White Kaiser (266 calories), Gluten Free (232 calories)

Choose Cheese .50¢

American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)

Choose Toppings .50¢

Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)

Choose Sauce

Mayo (34 calories), Ketchup (14 calories), Mustard (9 calories)

ALL BURGERS COME WITH LETTUCE, TOMATO, PICKLES AND ONION

ALL ADDITIONAL TOPPINGS ARE .50¢ EACH

BURGERS ARE COOKED TO 155°F INTERNAL TEMPERATURE BY MARICOPA COUNTY DEPT. OF HEALTH STANDARDS

SIDES

Onion Rings — 299 calories

Seasoned Fries — 197 calories

Creamy Garlic

Parmesan Orzo — 273 calories

Corn & Zucchini Sauté — 152 calories

Grilled Asparagus — 154 calories

Red Wine and Garlic Mushrooms
—61 calories

NEW Broccoli & Mushroom Stir Fry — 133
calories

Chipotle Mashed Potatoes with
Goat Cheese & Caramelized
Shallots — 123 calories

Baked Potato — 211 calories

All Sides—\$1.09

Add Side Salad to any order for \$1.09

***HEALTH ADVISORY: WE CHOOSE TO COOK BEEF AND LAMB TO ORDER.**

BUCKWALD'S

DINNER MENU TUESDAY—SATURDAY, 4-7PM | CLOSED SUNDAY ALL DAY AND
MONDAY FOR DINNER, CALL x16130

ENTRÉES

CAJUN PORK TENDERLOIN

A Moist and Juicy Cajun Seasoned Pork Tenderloin wrapped in Crispy Bacon and Glazed in an Apricot Dijon Sauce, \$8.99 (312 calories)

BASEBALL CUT TOP SIRLOIN

Char broiled 8oz Center Cut Top Sirloin (called a baseball cut due to its rounded shape) served with optional Béarnaise or Brandy Peppercorn Sauce, \$12.99 (467 calories)

SKILLET CHICKEN

Crispy Chicken Breast, grilled and simmered in a Roasted Pepper Sauce, \$8.99 (301 Calories)

NEW YORK STRIP

Served with Sautéed Onion Circles, Garlic, Fresh and Dried Herbs, and Butter, \$11.99 (515 calories)

CATCH

SEARED SALMON FILET

Seasoned and Seared served with a Lemon Basil Butter, \$9.99 (311 calories)

SKILLET COD

Seasoned Cod cooked in Butter, topped with Fresh Herbs and Lemon Juice, \$8.99 (294 calories)

TUSCAN STYLE STUFFED MUSHROOMS

(GLUTEN FREE)

Goat Cheese & Spinach Stuffed Portobello Mushrooms in a Creamy Sun Dried Tomato Sauce, \$6.99 (365 calories)

THE LIGHTER SIDE CREAMY ARTICHOKE & PINE NUTS PASTA

Bow Tie Pasta with Artichoke Hearts, Crème Fraiche, Lemon & Parmesan Sauce, topped with Toasted Pine Nuts & Sweet Peas, \$6.99
Gluten Free Pasta, (439 cal)
Add Chicken, \$2.69 (153 cal)
Add Grilled Shrimp, \$3.19 (223 cal)

SAUTÉED KALE & MUSHROOMS WITH RAVIOLI

Chopped Kale, Portabella Mushrooms, Ripe Tomatoes, Cheese Raviolis and Parmesan Cheese \$7.99 (378 calories)

CHEF'S SPECIALS

Available Wednesday—Saturday

CHEF'S BLUE PLATE: COCONUT BREADED SHRIMP

Served with Sweet Chili Sauce, \$5.99 (330 calories)

CHEF'S ACTION STATION: CREAMY ROSE BASIL PASTA

Delicate Blend of Basil, Tomatoes, Rigatoni in a Creamy Cashew and Rose Wine Sauce, \$6.99 (367 calories)

ANNOUNCEMENTS

BUCKWALD'S AND PLAZA BISTRO ORDERS ARE FOR DELIVERY AND PICKUP

BUCKWALD'S, x16130 | PLAZA BISTRO, x12908

WE ARE CLOSED ON SUNDAY ALL DAY AND MONDAYS FOR DINNER TEMPORARILY. TUESDAYS WILL FEATURE OUR REGULAR MENU LISTED ABOVE THROUGH SATURDAY.