



FOOD FOR THOUGHT

The Center Bistro

Highlighting Healthy Eating, Locally

Written by: Chelsea Johnson, FCS Agent, Yadkin County Cooperative Extension

This edition of *Food for Thought* showcases The Center Bistro. The Center Bistro is located in the heart of Yadkinville and is associated with the Yadkin Arts Council. The bistro offers a light and refreshing menu with a mix of deli sandwiches, wraps, soups, and fresh salads. This facility allows for indoor and outdoor dining with a beautiful patio (during the warmer seasons) on the Center's plaza. Daily specialties can vary. My personal favorites are the Bistro Club, Meatloaf (on white bread), and Burger Fridays!

The Center Bistro is open for breakfast, lunch, select weekend dinners, and special events in downtown Yadkinville. Current staff includes Tammy Blackstock as General Manager, April Noble as front house staff, Luanne Zamora and Juanita Zamora as chefs, and Pete Roberts as back-of-house support.

Everyone loves to take a break and unwind at their favorite restaurant. Try something new, healthy, and delicious! Food for Thought is a healthy eating article produced by the Yadkin County branch of the NC Cooperative Extension. The goal of these articles is to showcase local restaurants in Yadkin County and highlight their healthy menu options.

The Center Bistro

Menu Spotlights



Breakfast Omelette

Don't skip breakfast! The Center Bistro has excellent breakfast options including their omelette. The omelette includes three eggs, cheddar jack cheese, mushrooms, onions, spinach, and tomatoes. This dish comes with two slices of toast (white or wheat). This dish is a great source of protein to start your day!

Estimated Nutrient Information:

One omelette: 484 calories, 29.7 g fat (14.2 g saturated fat), 541 mg cholesterol, 579 mg sodium, 19.1 g carbohydrate (8.2 g sugars, 5.2 g fiber), 32.6 g protein.



Green Pea Salad

The Green Pea Salad is a newly added side dish to the menu. This salad contains white corn, green peas, snap peas, bell peppers, chopped celery, spring onion, oil, vinegar, sugar, and pepper. Try this refreshing side with your favorite sandwich or wrap!

Estimated Nutrient Information:

One serving: 238 calories, 11.6 g fat (2.3 g saturated fat), 0 mg cholesterol, 157 mg sodium, 26 g carbohydrate (14.2 g sugars, 5.4 g fiber), 5.5 g protein.

Menu Spotlights

Southwest Salad

For a lighter lunch, you could try the Southwest Salad. The Southwest Salad includes green leaf lettuce, carrots, cucumbers, onions, jalapenos, black beans, corn, and cheddar jack cheese served with tortilla chips and salsa. You can add grilled chicken for an additional source of protein. This salad is served with your choice of dressing.

Estimated Nutrient Information:

One salad: 396 calories, 16.5 g fat (10.1 g saturated fat), 50 mg cholesterol, 878 mg sodium, 41.1 g carbohydrate (16.9 g sugars, 9.2 g fiber), 18.6 g protein.

Chips and salsa: 77 calories, 0.9 g fat (0.2 g saturated fat), 0 mg cholesterol, 353 mg sodium, 16.2 g carbohydrate (2.0 g sugars, 2.7 g fiber), 2.5 g protein.



Ham Apple Press

The Hot Ham Apple Press is a delicious lunch choice! It's a nice blend of sweet and savory that makes for a great lunch option. This sandwich contains Black Forest Ham, homemade apple butter, and Cheddar Jack cheese on a ciabatta roll. You can enjoy this sandwich with a side of seasonal fruit for an additional healthy option.

Estimated Nutrient Information:

One sandwich: 829 calories, 42.1 g fat (19.7 g saturated fat), 206 mg cholesterol, 3739 mg sodium, 50.7 g carbohydrate (20 g sugars, 5.1 g fiber), 59.9 g protein.

Want your local restaurant featured on *Food For Thought*? Send an email to

Chelsea Johnson at cpjohns5@ncsu.edu.

All nutrient information listed are estimated based on serving size provided by the restaurant. Nutrient information was calculated using the *Very Well Fit* Nutrient Calculator. Nutrient information may vary. <https://www.verywellfit.com/>. Photos shown were provided by The Center Bistro or obtained from their website.

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