



SALAD MENU

BUILD YOUR OWN SALAD **9**
 Choose your greens plus five additional ingredients and your choice of lemon-garlic or balsamic vinaigrette

Each additional ingredient over five **.50**

Scoop chicken/tuna salad **4**

Simply grilled chicken **4**

Tofu or extra avocado add **1**

INGREDIENTS

- Greens** - Mixed, Spinach
 - Vegetables** - Tomatoes, Purple Onions, Carrots, Sprouts, Avocados, Cucumbers, Red Peppers, Hummus (made here)
 - Fruits** - Apples, Pineapple (cut fresh), Strawberries, Oranges, Bananas, Grapes, Pears
 - Nuts** - Walnuts, Almonds
 - Cheese** - Swiss, Feta, Provolone, Blue Cheese, Cheddar
 - Dried Fruit** - Cranberries, Raisins, Blueberries
- (we utilize seasonal/local produce)*

LOU **9**

(was a nickname)
baby spinach, feta, walnuts, purple onions, pears and apples tossed in house-made lemon garlic dressing

SADIE **9**

(the Beatles fine tune)
baby spinach, strawberries, almonds, blue cheese tossed in house-made balsamic vinaigrette dressing

BOUQUET OF SALADS **10**

scoop tuna or scoop chicken, fresh fruit and mixed green salad

GAIL'S SALAD **13**

(our dear friend, Gail Addlestone)
mixed greens, baked chicken, feta, avocado, walnuts, cucumbers, lemon garlic vinaigrette with a strawberry and chocolate on the side just for Gail