



SALAD MENU

BUILD YOUR OWN SALAD

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Choose your greens plus five additional ingredients and your choice of lemon-garlic or balsamic vinaigrette

Each additional ingredient over five50

Scoop chicken/tuna salad 3.5

Simply grilled chicken 3.5

Tofu or extra avocado add 1

INGREDIENTS

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

FEATURED SALADS

LOU 9

(was a nickname)

baby spinach, feta, pine nuts, 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 12

(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