



salad & sandwich café

NAME _____

Lettuces

- Romaine Hearts
- Baby Spinach
- Baby Field Greens

Veggies

- Avocado
- Black Bean Corn Salsa
- Broccoli
- Carrots
- Celery
- Chick Peas
- Cucumbers
- Roasted Beets
- Red Onions
- Peppers
- Sugar Snap Peas
- Grape Tomatoes
- Corn
- Mushrooms
- Sun Dried Tomatoes
- Kalamata Olives
- Grilled Vegetables
- Stuffed Grape Leaves

Fruit

- Dried Cranberries
- Mandarin Oranges

Crunchy

- Croutons*
- Sunflower Seeds
- Tortilla Strips*
- Almonds
- Candied Walnuts*
- Bacon

Protein

- Grilled Chicken (\$2.50)
- Buffalo Chicken* (\$2.50)
- Chinese Five Spice Chicken* (\$2.50)
- Roasted Turkey (\$2.50)
- Grilled Salmon (\$3.50)
- Tuna Fish (\$2.50)
- Tofu (\$2.50)
- Hard Boiled Eggs
(first egg free)

Cheese

- Blue
- Cheddar
- Crumbled Feta
- Crumbled Goat
- Shaved Parm

Dressing

- Tossed On Side
- Perfect Caesar Dressing*
(contains some anchovies)
- LaFlora Italian
- Raspberry Vinaigrette
- Fat Free Raspberry Vinaigrette
- Farm Kitchen Ranch
- Asian Sesame Ginger*
- Roasted Garlic Red Wine Vinaigrette
- Classic Bleu Cheese
- Balsamic Basil Vinaigrette
- Extra Virgin Olive Oil
- Aged Balsamic Vinegar
- Lime Chipotle Vinaigrette
- Low Fat Caesar*

50¢ each ADDITIONAL serving of:

- Avocado
- Stuffed Grape Leaves*
- Hard Boiled Eggs
- Extra Dressings

*May contain Gluten products

