

Salads

Specialty salads and our creative interpretations of familiar favorites

Caesar Salad 6.95
Crisp hearts of romaine, shaved parmesan and croutons with caesar dressing with chicken add 1.95, with shrimp add 4.95

Apple Walnut Salad 8.95
Crisp hearts of romaine, freshly roasted chicken, apples, crumbled blue cheese, walnuts, golden raisins and honey balsamic vinaigrette

Summer Salad 7.95
Baby field greens, roasted corn, grape tomatoes, cucumber, golden raisins, strawberries and plantain chips with strawberry balsamic vinaigrette

Asian Chicken Salad (chopped) 8.95
Crisp hearts of romaine, freshly roasted chicken, shredded carrots, toasted almonds, mandarin oranges, sugar snap peas and wonton crisps with honey sesame dressing

BBQ Chicken Salad (chopped) 8.95
Crisp hearts of romaine, freshly roasted chicken in chipotle barbecue sauce, roasted corn, chopped tomatoes, roasted onions, jicama, cheddar and tortilla strips with citrus chipotle dressing

Southwest Blackened Chicken Salad 8.95
Crisp hearts of romaine, blackened chicken, feta cheese, black bean corn salsa, avocado, chopped tomato and tortilla strips with citrus chipotle dressing

Greek Salad* (chopped) 7.95
Baby field greens, grape tomatoes, cucumber, kalamata olives, feta cheese, fresh peppers and red onion with two virgins dressing

Cayenne Shrimp Salad 10.95
Crisp hearts of romaine, cayenne-spiced shrimp, avocado, grape tomatoes, roasted onions, black bean corn salsa and tortilla strips with citrus chipotle dressing

Spinach Salad 7.95
Baby spinach, shiitake mushrooms, roasted portobello, roasted onions, smoked bacon and croutons with balsamic vinaigrette

Garden Salad 6.95
Baby field greens, grape tomatoes, cucumber, shredded carrots, golden raisins and sunflower seeds... great with any dressing!

Cobb Salad 8.95
Baby field greens, crisp hearts of romaine, freshly roasted chicken, grape tomatoes, avocado, smoked bacon, roasted onions and crumbled blue cheese with blue cheese dressing



signature salads

Tossed Tuna Salad 8.95
Baby field greens, tuna salad (mixed with apples, dried cranberries and mayo), avocado, shredded carrots and cucumber with fat free cucumber dill dressing

Tossed Signature Salad 8.95
Baby field greens, freshly roasted chicken, goat cheese, toasted almonds, mango, jicama, cucumber and dried cranberries with Tossed Vinaigrette

Tossed Chef Salad 8.95
Crisp hearts of romaine, bacon, smoked turkey, cheddar, apples, hard-boiled egg and croutons with honey balsamic vinaigrette

Turkey Crepe 7.95
Smoked turkey, smoked bacon, romaine hearts and tomato with mayo

Blackened Chicken Crepe 7.95
Blackened chicken, avocado, black bean corn salsa, tortilla strips and romaine hearts with citrus chipotle dressing

Chipotle BBQ Chicken Crepe 7.95
Freshly roasted chicken in chipotle barbecue sauce, cheddar, jicama, roasted corn, tortilla strips and romaine hearts with buttermilk ranch dressing

Tossed Tuna Crepe 7.45
Tuna Salad (mixed with apples, dried cranberries and mayo), topped with baby rocket (arugula) and tomato

Chicken Portobello Crepe 7.95
Freshly roasted chicken, roasted portobello, roasted onions and baby spinach with balsamic vinaigrette

Pesto Chicken Crepe 7.95
Pesto chicken, fresh mozzarella, sun-dried tomatoes and baby field greens with lemon basil vinaigrette

Turkey Cheddar Crepe 7.95
Smoked turkey, cheddar, avocado, toasted almonds and baby spinach with buttermilk ranch dressing

Chicken and Goat Cheese Crepe 8.45
Freshly roasted chicken, smoked bacon, goat cheese and baby rocket (arugula) with kalamata olive dressing

Tofu Crepe 6.95
Tofu, carrots, sugar snap peas, shiitake mushrooms and romaine lettuce with honey sesame dressing

Design your own salad or crepe wrap 5.95

Start with any combination of lettuces or pasta

Baby Field Greens	Baby Rocket (Arugula)
Romaine Hearts	Iceberg Lettuce
Baby Spinach	Tri- Color Fussilli Pasta

Toss-in any four of the following

Black Bean Corn Salsa	Pickles	Pineapple
Broccoli	Sugar Snap Peas	Golden Raisins
Carrots	Chopped Tomatoes	Strawberries
Celery	Grape Tomatoes	Watermelon
Chick Peas	Roasted Corn	Croutons
Cucumber	Roasted Peppers	Plantain Chips
Jicama	Roasted Spanish Onions	Sunflower Seeds
Red Onions	Apples	Tortilla Strips
Peppers	Cantaloupe	Wonton Crisps
Banana Peppers	Dried Cranberries	Eggs
Jalapeño Peppers	Mandarin Oranges	Egg Whites

*Additional Toss-ins .50

Add any of the following items

Chicken, Seafood and More	Cayenne Shrimp	4.95	Gourmet Items		
Roasted Chicken	1.95	Salmon	4.95	Shiitake Mushrooms	1.50
Barbecue Chicken	1.95	Smoked Turkey	1.95	Portobello Mushrooms	1.50
Blackened Chicken	1.95	Smoked Bacon	1.50	Kalamata Olives*	1.25
Pesto Chicken	1.95	Cheese		Avocado	1.50
Tofu	1.95	Blue	1.00	Mango	1.50
Chicken Salad with Tarragon and Mayo	2.95	Cheddar	1.00	Sun-dried Tomatoes	1.00
Tossed Tuna Salad with Dried Cranberries, Apples and Mayo	2.95	Feta	1.00	Toasted Almonds	1.00
		Goat	1.50	Walnuts	1.25
		Fresh Mozzarella	1.50	Artichoke Hearts	1.00
		Parmesan	1.50		

Dress it up with one of the following

Tossed Vinaigrette	Strawberry Balsamic Vinaigrette
Balsamic Vinaigrette	Thousand Island
Blue Cheese	Balsamic Vinegar
Buttermilk Ranch	Two Virgins (Extra Virgin Olive Oil and Freshly Squeezed Lemon Juice)
Caesar	Freshly Squeezed Lemon Juice
Citrus Chipotle	Red Wine Vinegar
Dijon Mustard Vinaigrette	Fat Free Cucumber Dill
Honey Balsamic	Fat Free Honey Dijon
Honey Sesame	Fat Free Raspberry Vinaigrette
Kalamata Olive	* May contain pits or pit fragments
Lemon Basil Vinaigrette	

Tossed 2 (CHOOSE 2 OF THE FOLLOWING: Soup, half sandwich, half garden) 7.95 or half caesar salad

Sandwiches, Melts & More

Choose our artisan ciabatta or multi-grain bread

Tarragon Chicken Salad Sandwich 7.45
All white meat chicken salad, mixed with chopped tarragon and mayo, romaine hearts and tomato with dijon mustard vinaigrette

Smoked Turkey and Avocado Sandwich 8.45
Smoked turkey breast, cheddar, tomato, avocado and baby field greens with fat free honey dijon

Caprese Sandwich 8.95
Fresh mozzarella, tomato and basil with extra virgin olive oil

Tossed Tuna Sandwich 7.95
Tuna Salad (mixed with apples, dried cranberries and mayo), with baby rocket (arugula) and tomato

Roast Beef Sandwich 8.45
Roast Beef, roasted peppers and baby rocket (arugula) with thousand island dressing

Veggie Burger 8.95
Lettuce, tomato with fat free honey dijon

Oven Roasted Chicken 7.95
Freshly roasted chicken breast, roasted peppers and baby field greens with balsamic vinaigrette

Pesto Chicken Melt 7.95
Marinated chicken breast, roasted peppers and parmesan

Smoked Turkey and Cheddar Melt 7.45

Roasted Veggie Melt 7.45
Portobello mushrooms, peppers and onions with parmesan

Tossed Tuna Salad and Cheddar Melt 7.95
Tuna salad (mixed with apples, dried cranberries and mayo), with cheddar

Roast Beef Melt 8.45
Roast beef, roasted onions and cheddar

Soups

Our Soup of the Day served with your choice of artisan ciabatta or multi-grain bread.

Add to any entree 2.95
Cup 3.75 **Bowl** 4.45

Smoothies

Banana, Raspberry, Mango, Strawberry, Iced Cappucino and Chocolate

Any combination 3.95
with fat free yogurt 4.95

Sweet Treats

Gourmet Cookies 1.49

Brownies 1.95

Signature Fruit Salad 3.95
with fat free yogurt 4.95

Beverages

Soft Drinks 1.69

Freshly Brewed Iced Tea 1.69

Lemonade 1.69

Hot Coffee or Tea 1.69

Bottled Spring Water 1.69

Sparkling Water 2.25

Crepe Wraps

Whole wheat crepes made fresh and filled with creative combinations