

Salads

Specialty salads and our creative interpretations of familiar favorites

House Salads 6.95

Caesar Salad

Crisp hearts of romaine, shaved parmesan and croutons with caesar dressing with chicken add 2.00, with shrimp add 3.00

Greek Salad* (chopped)

Baby field greens, grape tomatoes, cucumber, kalamata olives, feta cheese, fresh peppers and red onion with two virgins dressing

Summer Salad

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

Garden Salad

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

Specialty Salads 8.95

Apple Walnut Salad

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

Asian Chicken Salad (chopped)

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)

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

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

Tossed Chef Salad

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

Spinach Salad

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

Tossed Tuna Salad

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



Premium Salads 9.95

Cobb Salad

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

Tossed Signature Salad

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

Cayenne Shrimp Salad

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

Tossed 2 (CHOOSE 2 OF THE FOLLOWING:) 7.45
Cup of soup, half sandwich, half of any house salad
With half of any Specialty Salad 8.95

Soups

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

Cup 3.75 Bowl 4.65

Design your own salad or crepe wrap 5.95

Start with any combination of lettuces

Baby Field Greens	Baby Rocket (Arugula)
Romaine Hearts	Iceberg Lettuce
Baby Spinach	

Toss-in any four of the following included (Additional Toss-ins .50)

Veggies	Grape Tomatoes	Cheese (choose one)
Black Bean Corn Salsa	Sun-dried Tomatoes	Blue
Broccoli	Roasted Corn	Cheddar
Carrots	Roasted Peppers	Feta
Celery	Roasted Spanish Onions	Nut Seeds & More
Chick Peas	Fruits	Croutons
Cucumber	Apples	Plantain Chips
Jicama	Cantaloupe	Sunflower Seeds
Red Onions	Dried Cranberries	Tortilla Strips
Peppers	Mandarin Oranges	Wonton Crisps
Kalamata Olives*	Pineapple	Eggs
Sugar Snap Peas	Golden Raisins	Egg Whites
Chopped Tomatoes	Strawberries	

Add any of the following items

Chicken and More 2.00	Seafood 3.00	Gourmet Items 1.00
Roasted Chicken	Tossed Tuna Salad with Dried Cranberries, Apples and Mayo	Shiitake Mushrooms
Barbecue Chicken	Cayenne Shrimp	Portobello Mushrooms
Blackened Chicken		Smoked Bacon
Pesto Chicken		Tofu
Chicken Salad with Tarragon and Mayo	Cheese 1.00	Avocado
Smoked Turkey	Goat	Mango
	Fresh Mozzarella	Toasted Almonds
	Parmesan	Walnuts

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	
Lemon Basil Vinaigrette	* May contain pits or pit fragments

Crepe Wraps

Whole wheat crepes made fresh and filled with creative combinations

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

Add side of potato salad or coleslaw 1.00

Sandwiches Melts

Choose our artisan ciabatta or multi-grain bread

Tarragon Chicken Salad Sandwich 6.95

All white meat chicken salad (mixed with chopped tarragon and mayo), romaine hearts and tomato with dijon mustard vinaigrette

Smoked Turkey and Avocado Sandwich 7.95

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 7.45

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

Roast Beef Sandwich 6.95

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

Oven Roasted Chicken Melt 7.45

Freshly roasted chicken breast, roasted peppers and baby field greens with balsamic vinaigrette

Pesto Chicken Melt 7.95

Pesto chicken, roasted peppers and parmesan cheese

Smoked Turkey and Cheddar Melt 6.95

Roasted Veggie Melt 6.95
Portobello mushrooms, peppers and onions with parmesan cheese

Tossed Tuna Salad and Cheddar Melt 7.95

Tuna salad (mixed with apples, dried cranberries and mayo), with cheddar

Roast Beef Melt 7.95

Roast beef, roasted onions and cheddar

Add side of potato salad or coleslaw 1.00

Smoothies

Banana, Raspberry Mango, Strawberry

Any combination 3.95
with fat free yogurt 4.95

Sweet Treats

Gourmet Cookies 1.00
Brownies 1.95

Signature Fruit Salad 3.95
with fat free yogurt 4.95

Beverages

Soft Drinks and Iced Tea
Small 1.75 Large 2.25

Bottled Water 1.69
Hot Coffee or Tea 1.75