

# Salads

Specialty salads and our creative interpretations of familiar favorites

**Caesar Salad** 5.95  
Crisp hearts of romaine, shaved parmesan and croutons with caesar dressing with chicken add 1.95, with shrimp add 3.95

**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** 6.45  
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

**Chicken Caesar Crepe** 7.45  
Freshly roasted chicken, shaved parmesan and romaine hearts with caesar dressing

# 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

Black Bean Corn Salsa	Grape Tomatoes	Strawberries
Broccoli	Roasted Corn	Watermelon
Carrots	Jalapeños	Croutons
Celery	Roasted Peppers	Plantain Chips
Chick Peas	Roasted Spanish Onions	Sunflower Seeds
Cucumber	Apples	Tortilla Strips
Jicama	Cantaloupe	Wonton Crisps
Red Onions	Dried Cranberries	Eggs
Peppers	Mandarin Oranges	Egg Whites
Sugar Snap Peas	Pineapple	*Additional Toss-ins .50
Chopped Tomatoes	Golden Raisins	

## Add any of the following items

<b>Chicken, Seafood and More</b>	Cayenne Shrimp	3.95	<b>Gourmet Items</b>	
Roasted Chicken	Smoked Turkey	1.95	Shiitake Mushrooms	1.50
Barbecue Chicken	Smoked Bacon	1.50	Portobello Mushrooms	1.50
Blackened Chicken	<b>Cheese</b>		Kalamata Olives*	1.25
Pesto Chicken	Blue	1.00	Avocado	1.50
Tofu	Cheddar	1.00	Mango	1.50
Chicken Salad with Tarragon and Mayo	Feta	1.00	Sun-dried Tomatoes	1.00
Tossed Tuna Salad with Dried Cranberries, Apples and Mayo	Goat	1.50	Toasted Almonds	1.00
	Fresh Mozzarella	1.50	Walnuts	1.25
	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*	
Lemon Basil Vinaigrette	

\* May contain pits or pit fragments

# Tossed <sup>2</sup> (CHOOSE 2 OF THE FOLLOWING: Soup, half sandwich, half garden or half caesar salad) 7.95

## 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** 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** 7.95  
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** 7.45  
Freshly roasted chicken breast, roasted peppers and baby field greens with balsamic vinaigrette

**Pesto Chicken Melt** 7.45  
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** 7.95  
Roast beef, roasted onions and cheddar

## Soups Cup 1.99 Bowl 3.95 Enjoy one of our daily soups in a bread bowl 5.95

## Smoothies

Banana  
Raspberry  
Mango  
Strawberry

Any combination 3.95  
with fat free yogurt 4.95

## Sweet Treats

**Gourmet Cookies** .79  
Chocolate Chip  
Oatmeal Raisin  
White Chocolate Macadamia

**Brownies** 1.95  
Chocolate Chip

**Signature Fruit Salad** 3.95  
with fat free yogurt 4.95

## Beverages

**Fountain Drinks** 1.69

**Freshly Brewed Iced Tea** 1.69

**Hot Tea** 1.69

**Bottled Soft Drinks** 1.89

**Bottled Spring Water** 1.49

**Perrier** 1.99

**Sweet Leaf Tea** 1.99

# Crepe Wraps

Whole wheat, fat-free crepes made fresh and filled with creative combinations