



# Apples and Twinkies

Take a bite out of my life

TUESDAY, MARCH 1, 2011

## Tossed



I went to lunch with my daughter today. She works in my favorite part of Boston, the Back Bay, where there's lots of great shopping and dining. So many great restaurants and lunch places in that area. So, it was nice to make my way out of the suburbs and into the city for lunch. She took me to her favorite lunch destination, **Tossed**, a really great salad place in the Prudential Center. **Tossed** is a national franchise, but the Prudential Center location is the only one in Massachusetts, so far. I say, so far, because after dining there today I really hope that they expand their horizons. I can see why it's so popular. The garden fresh salads, crepe wraps and and chef designed sandwiches and melts are fresh, healthy and made to order.

Apparently, she has lunch there all the time. She loves it there and I'm so glad. It's nice to know that when they leave the nest they have some healthy eating habits. It's really easy to eat well and healthy- and have it taste *really* good- at **Tossed**. The menu is extensive with every kind of salad *imaginable* on there. Or, you can make your own salad. She got the **Apple Walnut Salad** which is her favorite salad at **Tossed** and I can see why.



It was chock full of apples, roast chicken, romaine lettuce, blue cheese crumbles, walnuts and golden raisins. It had a wonderful honey balsamic vinaigrette dressing. I tasted a bite and it was delicious. I had such a hard time deciding what I wanted because everything on that menu looked good. I was excited to see **Italian Wedding Soup** on the menu among three different kinds of soup. I can never resist that. I wanted soup, but I wanted a sandwich too. So I was able to get a cup of soup and half a **Tuna Sandwich**.



The sandwich was great, tuna mixed with apples, cranberries and mayo topped with baby arugula and tomato on a baguette. I loved it. My husband got the **Cobb Salad** which he gets everywhere.



This, he said, was one of the best **Cobb Salads** he's ever had. Loaded with the freshest ingredients, a couple of different kinds of lettuce, tomatoes, chicken, avocado, bacon, onion, blue cheese with blue cheese dressing. He loved it, as you can see.



We had a nice relaxing lunch at **Tossed**. The atmosphere was upbeat and lively since it's a very popular place with a line out into the mall at lunchtime.



I'm looking forward to going back and trying some of the other selections on the menu. They have some breakfast wraps and pastries, smoothies and lots and lots of salads and sandwiches.