



SALADS

Caesar

In house creamy vinaigrette with lots of garlic, parmesan cheese, croutons and real bacon bits on fresh romaine.

Crunchy Asian Coleslaw

Crunchy cabbage, red pepper, snow peas, green onion and crispy fried noodles all come together in this salad with a sweet and tangy garlic soya dressing. **DF**

Toasted Israeli Couscous Salad with Grilled Vegetables

Toasted Israeli couscous with grilled seasonal vegetables, tossed in a lemon balsamic vinaigrette. **V Vegan**

Fruit, Feta and Almond Salad

Our blend of greens with crumbled feta, mandarin oranges and candied sliced almonds, tossed with a sweet poppy seed dressing. **V GF**

**Nut allergy awareness*

Broccoli Cauliflower Salad

Small cut broccoli and cauliflower, cranberries, red onion and bacon in a creamy, mayonnaise-based dressing. **GF DF**

Black Bean and Corn Salad

Black beans, corn and onion in a lime chili vinaigrette with fresh tomato. **V Vegan GF DF**

Southwest Salad

Crisp green lettuces with tomato, cheddar cheese, green onion, corn and black beans with our creamy lime cilantro dressing and crushed tortilla chips. **V GF**



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Spinach & Strawberry Salad

Baby spinach and fresh strawberries, dressed with our popular strawberry poppy seed dressing. **V** **Vegan** **GF** **DF**

Italian Tossed Salad

Crisp Iceberg lettuce, carrots, red onion and red cabbage with shaved cauliflower, fresh parmesan, croutons and in house Italian dressing. **V**

Feta, Mixed Greens and Candied Pecans with Vanilla Pear Vinaigrette

Our blend of greens, crumbled feta, fruit and chopped candied pecans with our gourmet vanilla pear vinaigrette. **V** **GF** *Nut allergy awareness*

Sriracha Noodle Salad

Thin noodles, julienne carrots and green onion in a spicy dressing, drizzled with Sriracha and garnished with sesame and black onion seeds. **V** **Vegan** **DF**

Baby Potato Salad with Dill

Baby potatoes cut and seasoned with our creamy Italian dressing, fresh dill, bacon bits, and green onion. **GF** **DF**

Italian Dijon Marinated Vegetable Salad

Small cut broccoli, carrots, cauliflower, celery, onion, baby corn, mushrooms and tomato in a Dijon Italian dressing. **V** **Vegan** **GF** **DF**

Vegetable Platter

Assorted fresh cut vegetables served with our in house Sriracha Dill Dip. **V** **Vegan** **GF**

Italian Garden Pasta Salad

Rotini pasta with a creamy Italian Dijon dressing and lots of small cut vegetables including broccoli, cauliflower, green onion and carrots. **V** **DF**

Greek Quinoa Salad, OR Greek Pasta Salad

Tangy Greek dressing on quinoa (or pasta) with feta cheese, cucumber, red onion, tomato, red pepper and oregano. **V**



Mixed Green Salad

Our mix of spring greens in season, romaine and head lettuce with a garlic balsamic vinaigrette and croutons. **V Vegan DF**

Thai Peanut Noodle Salad

Flat noodles with loads of vegetables including kale, peppers, cucumbers, peppers, cabbage and green onion. Finished with chopped peanuts.

V Vegan DF *Nut allergy awareness

