



---

## 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.

### 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**

### Broccoli Cauliflower Salad

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

### Black Bean and Corn Salad

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

### 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**

### Spinach & Strawberry Salad

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

### Tropical Quinoa Salad

Fragrant quinoa with pineapple salsa, mixed greens, and a coconut cilantro lime dressing. **V Vegan GF**



## SALADS

### 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**

### 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**

### Baby Potato Salad with Dill

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

### 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**

### 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**

### 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**

### 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**

*\*Nut allergy awareness*

