

## SIMPLE SALADS

Nadia's Garden- Mixed greens, onion, tomato, cucumber, and cheddar cheese.

Vast Veggie- Mixed greens, onion, tomato, carrots, broc-cauli mix, cheddar cheese.

Plain Jane- Mixed greens, red onion, tomato, cucumber, apples, boiled egg, and raisins.

Plain John- Mixed greens, red onion, tomato, cucumber, carrots, boiled egg, and raisins.

## GOURMET SALADS

Garden Gourmet- Spring mix and spinach bed, red onion, bell pepper, cucumber, tomato, eggs, edamame, fresh peas, sunflower seeds, craisins, cracked black pepper and freshly grated Vermont white cheddar cheese

The Freshie- Zucchini, carrots, English cucumbers, squash, apples and walnuts, sweet baby snap peas, Vermont white cheese, and almond slivers on a bed of fresh baby spinach and arugula

On The Edge- Fresh mixed greens, fresh peas, avocado, water chestnuts, carrots, fresh-cut corn kernels, almond slivers, scallions, banana pepper, gorgonzola cheese, sprig of basil and mint, served w/ lime wedges

Nothing Leafy- A leafless salad blend including zucchini, carrots, apples, grapes, cherries and cherry tomatoes, edamame, red onion, cucumber, sweet corn kernels, garbanzo beans and ,onion sprouts served with lemon and lime wedge

## FRUIT FRENZY

Tutti Fruitty- A delicious fruit fling of the melon family; comprised of sweet honeydew, watermelon, and cantaloupe, accompanied by strawberries, tossed in a lemon lime spritz with cilantro

Island Oasis- Caribbean cuts to perfection involving fresh pineapple, strawberries, carambola (star fruit), papaya, mango, apple dices, and cherries, tossed with fresh spearmint and SBOOS own cranberry-tangerine splash

Chunky Slices- Three times apples (Honeycrisp, Braeburn, and Granny Smith), accompanied by raisins, raisins, sweet red grapes, fresh cut peach slices, finely crushed walnuts, and finely shaved carrots tossed in SBOOS own ginger fizz

Mandarin Melee- A host of citrus (not to mention a rush of vitamin C) including mandarin, tangerine, and tangelo orange slices, fresh cut pineapple and strawberries, pink grapefruit, accented with a rough lime salsa, gently sprinkled with a light vanilla sugar, and fresh mint

## AH, AH, ENTREE SALADS

Loads-A-Bacon- On a bed of mixed fashioned greens will humbly lie steak tomatoes, red onions, avocado, black olives, and the perfect mound of delicious cooked-to-order turkey bacon for your enjoyment, accompanied by freshly grated white cheddar, parmesan, and Monterey jack cheeses.

Triple Choice Chicken- Your choice of delicately fried, grilled, or specially sauteed chicken breast on a bed of mixed and baby spinach greens, with finely diced Spanish onion, apple, mixed bell peppers, fresh cut broccoli, mixed nuts, hiding under a triple six cheese combination!!

Prime Time- A masculine salad made for the hungry. Prime Sirloin steak (2 skewers w/potatoes), tomatoes, sauteed onions, black olive accents, and bleu cheese crumbles with a wedge each of lime, lemon, and avocado

Seafood Slinger- Served on a bed of baby spinach, arugula and mint accents, tossed in a smoked oil lies illustrious cuts of crab meat, alternating with jumbo shrimp on 2 skewers, delicately seasoned and sauteed, with diced tomatoes and cilantro, accented with a slice each of pineapple, mango, lemon and lime, served with a delicate lemon butter sauce. Add a Prime Time skewer for the Surf 'n' Turf option!

Classic Nicoise Tuna Salad- A classic. Delicious tuna, haricots verts, feta cheese, Kalamata olives, tomatoes, and julienne style carrots, yellow peppers, and chopped hard boiled eggs.

Mediterranean Lamb- A special touch to the Far East. Rested on a bed of wild mixed greens are fresh cut tomatoes, hard boiled eggs, finely chopped red onions, capers, black olives, and sweet red grapes are 2 skewers of succulent ground lamb gently brushed with a delicate yogurt sauce and seared to perfection with feta cheese and cilantro. Served with tzatziki, pita, and lemon.

More available! Asian, South American, and Thai!