**Bagel Chalet of Commack Chopped Salad Bar Menu**

Phone (631)499-9820

Fax (631)499-0406

**Circle Choices Below**

**Lettuce Choice**

Iceberg

Mesclun Greens

Romaine

Baby Spinach

Arugula

**Bowl Size**

Small$14.50

Large $15.50

**How We Chop**

Chopped

Lite Chopped

Not Chopped

**Unlimited Topping**

Asparagus

Bacon Bits

Bagel Chips

Beets

Black Beans

Black Olives

Blue Cheese

Broccoli

Brussel Sprouts

Carrots

Celery

Cheddar Cheese

Chickpeas

Chinese Noodles

Corn

Croutons

Cucumbers

Dried Cranberries

Feta Cheese

Fresh Peppers

Grated Cheese

Green Olives

Hard-Boiled Egg

Hot Peppers

Kalamata Olives

Mandarin Oranges

Pickled Onions

Portobello Mushroom

Red & White Quinoa

Red Cabbage

Red Onion

Roasted Red Pepper

Scallions

Sesame Seeds

Sliced Almonds

Sundried Tomatoes

Sunflower Seeds

Sweet Potato

Tomatoes

Walnut Pieces

Warm Jasmine Rice

**Salad Dressing**

**On The Side Mixed In**

**Extra Dressing $.99 Each**

Balsamic Vinaigrette

Blue Cheese Dressing

Russian Dressing

Mango Pineapple Vinaigrette

Greek Dressing

Honey Mustard Dressing

Italian Dressing

Ranch Dressing Lemon Vinaigrette

Caesar Dressing

Sesame Ginger Dressing

Chipotle Lime Vinaigrette

Fresh Squeezed Lemon Juice

**Fat-Free Dressing**

Balsamic Vinegar

Balsamic Vinaigrette

Olive Oil

Raspberry Vinaigrette

Red Wine Vinegar

Red Vinegar & Olive Oil Mix

**Top It Off for Only $1.55**

Avocado

Artichoke Hearts

Goat Cheese

Hearts of Palm

Mango

**Top It Off for Only $3.25**

BBQ Chipotle Chicken

Teriyaki Chicken

Tuna Salad

Egg Salad

Cold Grilled Chicken

Warm Grilled Chicken

Chicken Salad

Sliced Turkey

Warm Baked Salmon **$4.99**

Breaded Chicken Cutlet

**Included With Your Salad: Choice of**

**Bagel**

**Bialy**

**Wrap**

**Pita**

**Bagel Chips**

**Salad To Stay Salad To Go**

**Order Is Specially Prepared For: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**