

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
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Bowl Size	Small \$14.50	Large \$15.50
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How We Chop	Chopped	Lite Chopped	Not Chopped
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Unlimited Topping

Bacon Bits	Celery	Grated Cheese	Portobello Mushroom	Sliced Almonds
Bagel Chips	Cheddar Cheese	Green Olives	Red & White Quinoa	Sundried Tomatoes
Beets	Chickpeas	Green Peppers	Red Cabbage	Sunflower Seeds
Black Beans	Chinese Noodles	Hard-Boiled Egg	Red Onion	Sweet Potato
Black Olives	Crispy Tortillas	Hot Peppers	Red Peppers	Tomatoes
Blue Cheese	CROUTONS	Kalamata Olives	Roasted Corn	Walnut Pieces
Broccoli	Cucumbers	Mandarin Oranges	Roasted Red Pepper	Warm Jasmine Rice
Brussel Sprouts	Dried Cranberries	Mozzarella	Scallions	
Carrots	Feta Cheese	Pickled Onions	Sesame Seeds	

Salad Dressing

Balsamic Vinaigrette
Blue Cheese Dressing
Russian Dressing
Ranch Dressing

On The Side Mixed In

Greek Dressing
Honey Mustard
Italian Dressing
Chipotle Lime Vinaigrette

Extra Dressing \$.99 Each

Lemon Vinaigrette
Caesar Dressing
Sesame Ginger

Fat-Free Dressing

Balsamic Vinegar	Olive Oil	Fresh Squeezed Lemon Juice **NEW**
Balsamic Vinaigrette	Red Vinegar	
Raspberry Vinaigrette	Red Vinegar & Olive Oil Mix	

Top It Off for Only \$1.99+

Avocado	Artichoke Hearts	Goat Cheese
Tzatziki **NEW**		

Top It Off for Only \$3.49+

Guacamole **NEW**	Cold Grilled Chicken	BBQ Chipotle Chicken
Falafel (2 Pieces) **NEW**	Warm Grilled Chicken	Shrimp Skewer \$4.99 **NEW**
Teriyaki Chicken	Breaded Chicken Cutlet	Baked Salmon \$5.99

Included With Your Salad: Choice of:	Bagel	Flagel	Pita	Bagel Chips
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Salad To Stay

Salad To Go

Order Is Specially Prepared For: _____