LEAFY SALADS

$6.35

CHOPPED AVOCADO, MANGO & CHERRY TOMATO
with red peppers on a bed of baby greens mix.
NNI GFI DFI

CAESAR SALAD
crispy romaine hearts tossed with our homemade croutons, topped with parmigiano-reggiano and our creamy caesar dressing NNI V

ORGANIC BABY KALE CAESAR SALAD
kale with our homemade croutons, topped with parmigiano-reggiano and our creamy caesar dressing NNI V

CHEF´S SALAD
mixed greens topped with hard-boiled eggs, avocado, carrots, cucumbers, tomatoes, red onions & croutons, served with italian dressing
NNI V

SUMMER SALAD
arugula, pumpkin seed, cherry tomatoes, parmesan cheese with lemon oil vinagrette NNI GFI V

GARDEN SALAD
cucumbers, tomatoes, peppers, carrots, pea sprouts, sunflower seeds on a bed of mixed greens, with italian dressing
NNI GFI DFI

MEDITERRANEAN ARUGULA SALAD
roma tomatoes, kalamata olives, cucumber, red onions, parsley and roasted chickpeas with honey roasted garlic dressing NNI GFI DFI V

GREEK SALAD
crunchy lettuce, tomatoes, cucumbers, kalamata olives, red onions, and feta cheese, with classic greek dressing
NNI GFI V

PECAN, GOAT CHEESE & SPINACH SALAD
candied pecans, cranberries and goat cheese, served with maple balsamic dressing.
GFI V





POMEGRANATE & QUINOA SALAD
baby kale, pomegranate, diced cucumbers, and cherry tomatoes with maple balsamic dressing
NNI GFI DFI

ROASTED CHICKPEA
with baby kale salad, honey and roasted garlic dressing NNI GFI DFI

STRAWBERRY & CANDIED PECAN
with spinach and maple balsamic dressing
GFI DFI

SPRING SALAD
watermelon radish, edamame, beets, mango, cherry tomatoes, toasted sesame seed in spring mix with miso dressing NNI GFI DFI

SUBSTANTIAL SALADS

$6.35

WHEAT BERRY & ARUGULA SALAD
charred corn, cherry tomatoes and sesame seed dressing NNI DFI

ORZO PASTA SALAD
orzo pasta tossed with baby spinach, sundried tomatoes, freshly-squeezed lemon juice and olive oil NNI V

LENTIL TABBOULEH
bulgur, parsley, cucumber, tomato, red onions, lemon juice, olive oil NNI DFI

PESTO PASTA SALAD
pasta salad with feta cheese, sundried tomatoes, edamame and artichokes with a touch of pesto in a sesame seed vinaigrette NNI V

SWEET POTATO CHIPOTLE SALAD
yukon gold and sweet potatoes, green onions, vegan chipotle aioli

QUINOA SALAD
white and red quinoa mixed with cucumber, tomatoes, red onions, chopped parsley and lemon zest with a splash of olive oil NNI GFI DFI V