

Salads

Composed Salads:

Bistro Salad – mixed baby greens, romaine, goat cheese, dried cranberries, cherry tomatoes, carrot, scallions, spiced nuts (almonds, pecans, butter, kosher salt, sugar, cinnamon, cumin, coriander, cayenne, garlic powder, corn syrup, water), orange balsamic vinaigrette (olive oil, orange juice, parsley, red wine vinegar, balsamic vinegar, sugar, garlic, red onion, red bell pepper, cayenne, salt, pepper).

Caesar Salad – romaine lettuce, shaved parmesan, house made croutons (English toaster bread, butter, olive oil, garlic, salt, paprika, parsley), Caesar dressing (olive oil, egg yolks, mayo, water, lemon juice, capers, garlic, salt, pepper, dry mustard, anchovies). Available with marinated chicken breast (canola oil, sesame oil, wheat free tamari, garlic, dry mustard, sugar).

Garden Salad – romaine, spring mix, carrot, red beets, mushrooms, cherry tomatoes, cucumber, sunflower sprouts, sunflower seeds, bell peppers, red wine vinaigrette (olive oil, canola oil, red wine vinegar, salt).

Salmon Nicoise – grilled salmon (olive oil, salt, pepper), romaine, spring mix, green beans, grape cherry tomatoes, hard boiled egg, red potato, Nicoise olives, radicchio, red onions, capers, oregano, parsley, Dijon red wine vinaigrette (Dijon mustard, olive oil, canola oil, red wine vinegar, salt).

Sesame Chicken Salad - romaine lettuce, napa cabbage, spinach, oranges, toasted almonds, cucumber, scallions, radish, cilantro, saifun noodles (mung bean starch, potato starch, water), marinated chicken breast (canola oil, lemon juice, sesame oil, wheat free tamari, garlic, dry mustard, sugar), poppyseed dressing (canola oil, apple cider vinegar, sugar, yellow onion, poppyseeds, salt, dry mustard).

Seasonal Salads:

Grilled Chicken Capellini - capellini pasta, grilled marinated chicken breast (gluten free tamari (*water, soybeans, salt, sugar*), lemon juice, canola oil, sesame oil, sugar, garlic, dry mustard, salt, pepper), cherry tomatoes, mozzarella, fresh basil, scallions, parsley. Dressing: olive oil, canola oil, red wine vinegar, tomato puree, garlic, red pepper flakes, sugar, salt, pepper.

Albacore Tuna Salad - albacore tuna, mayo (egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, Dijon mustard, salt, white pepper), red onion, cornichon, parsley, salt, pepper

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Almond Tarragon Chicken Salad - Chicken, Mayo (egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, Dijon mustard, kosher salt, white pepper), Celery, Green Onions, Almonds, Fresh Tarragon, Kosher Salt, Black Pepper

Christie's Coleslaw - Cabbage, Carrots, Cilantro, Scallions (onion), Peanuts (on side), Dressing: Mayo (Egg Yolks, Whole Eggs, Canola Oil, Olive Oil, White Wine Vinegar, Dijon Mustard, Salt, White Pepper), White wine vinegar, Sugar, Fresh ginger, Salt, Pepper

Crunchy Broccoli & Pecan Salad - Broccoli, Fuji Apple, Gruyere, Pecans, Lemon Juice. Dressing: Mayo, Cider Vinegar, Sugar, Yellow Onion, Poppy seeds, Dried Mustard, Kosher Salt, Pepper

Fiesta Salad - Celery, Cherry Tomatoes, Cilantro, Black Olives, Garbanzo Beans, Garlic, Red Onion, Scallions, Lemon Juice, Kosher Salt, black pepper, Olive Oil, Canola Oil, Red Wine Vinegar

Ginger Beet with Spinach Salad - beets, baby spinach, sliced, red onion, candied ginger. Dressing: rice wine vinegar, olive oil, wheat free tamari, peeled fresh ginger, kosher salt, pepper.

Kale & Quinoa Power Salad - Quinoa, Spiced Garbanzo Beans (olive oil, turmeric, chili powder, salt), Kale, Broccoli, Carrots, Pickled Red Onion, Tamari Roasted Almonds, Parsley. Dressing: olive oil, lemon juice, rice wine vinegar, garlic salt, garlic, turmeric, salt, pepper)

Old Fashioned Potato Salad - red potatoes, hard boiled eggs, black olives, celery, dill pickle, parsley scallions, yellow onion. Dressing: Mayo (Egg Yolks, Whole Eggs, Canola Oil, Olive Oil, White Wine Vinegar, Dijon Mustard, Salt, White Pepper), sour cream, whole grain mustard, white wine vinegar, kosher salt, pepper.