

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).

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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

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

Caprese Salad - dry farmed & heirloom tomatoes, fresh mozzarella, fresh basil, olive oil, extra virgin olive oil, white balsamic, balsamic, garlic, salt, pepper.

Creamy Lemon Kale - kale, shaved parmesan, parmesan crisps, dressing (olive oil, dijon mustard, lemon juice, worcestershire sauce, mayonnaise (Egg Yolks, Whole Eggs, Canola Oil, Olive Oil, White Wine Vinegar, Dijon Mustard, Salt, White Pepper), parmesan cheese, kosher salt, black pepper.

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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.

Summer Panzanella - Capitola sourdough (*levain (organic unbleached white flour, organic whole wheat flour, water), water, organic unbleached wheat flour/organic whole wheat flour, Organic Rye Flour, sea salt*), artichoke hearts (*artichoke quarters, water, sunflower oil, distilled cane vinegar, salt, olive oil, garlic, spices, ascorbic acid*), roasted red bell pepper, heirloom tomatoes, garbanzo beans, celery, red onion, scallions, olive oil, red wine vinegar, canola oil, garlic, paprika, fresh parsley, salt, pepper.

Tahini Slaw - cabbage, scallion, dill, currents, pistachios, dressing (Greek yogurt, lemon juice, tahini, honey, salt, pepper).