

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

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

Curry Ginger Quinoa - quinoa, water, tomato, lemon juice, feta, spinach. *Dressing:* candied ginger, lemon juice, olive oil, curry powder, garlic, kosher salt, sugar, black pepper.

Roasted Beets & Belgian Endive - Beets, belgian endive, red onion, red wine vinaigrette (olive oil, canola oil, red wine vinegar, salt, white pepper)

Green Bean & Artichoke Salad - green beans, artichoke hearts, red onion, hazelnuts, basil. *Dressing* (olive oil, lemon juice, garlic, sugar, kosher salt, pepper)

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Grilled Polenta Salad - grilled polenta (polenta (cornmeal), garlic, olive oil, white wine, parmesan cheese, mascarpone cheese), cherry tomatoes, fresh mozzarella, kalamata olives, baby spinach, artichoke hearts, parmesan cheese, basil, parsley, scallions, salt, pepper.

Dressing: olive oil, red wine vinegar, garlic, salt.

Red Green & Gold Kale Salad - kale, roasted beets, roasted butternut squash, garbanzo beans, toasted pumpkin seeds, roasted tomatoes. *Dressing:* white balsamic, balsamic, olive oil, extra virgin olive oil, garlic, shallots, dried oregano, dried basil, kosher salt, pepper, lemon juice

Masala Chicken Salad - chicken, mayo (*egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, Dijon mustard, kosher salt, white pepper*), celery, scallions, masala spices, currants, almonds, kosher salt, black pepper.