

# 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*).

**Quinoa & Hummus Salad** – mixed baby greens, Miss Spoon's Quinoa (*quinoa, feta cheese, celery, dried cranberries, scallions, parsley, olive oil, rice wine vinegar, garlic salt, pepper*), Hummus (*garbanzo beans, olive oil, lemon juice, tahini, parsley, scallions, garlic, cumin, salt, black pepper*), carrot, cucumber, cherry tomato, kalamata olives *red wine vinaigrette: olive oil, canola oil, red wine vinegar, fresh thyme, dijon mustard, shallot, salt, white pepper*

**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.

**Almond Tarragon Chicken Salad** - chicken, celery, green onion, fresh tarragon, almonds, mayo (*egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, Dijon mustard, kosher salt, white pepper*), kosher salt, black 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

**Miss Spoon's Quinoa** - quinoa, feta cheese, celery, dried cranberries, scallions, parsley, olive oil, rice wine vinegar, garlic salt, pepper

**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*

**Roasted Beets & Belgian Endive** - Beets, belgian endive, red onion, red wine vinaigrette: olive oil, canola oil, red wine vinegar, fresh thyme, dijon mustard, shallot, salt, white pepper

**Sesame Rice Noodle Salad** - rice noodles, toasted sesame seeds, snow peas, scallions, napa cabbage, carrot, mung bean sprouts, cilantro, salt, pepper, tofu (*marinated in wheat free tamari, sriracha, maple syrup, orange juice, olive oil*), sesame dressing (*canola oil, sesame oil, lemon juice, wheat free tamari sauce, garlic, dry mustard, sugar*)