

Create Your Own Salad

10 Items for \$10
(each additional item \$1, some items supplemental)

Please inquire about our daily soup & salad specials



Lettuces

- romaine
- organic mesclun
- baby leaf spinach

Fruits

- blueberries
- blackberries
- strawberries
- granny smith apples
- orange segments



Vegetables

- | | |
|--|---|
| <input type="checkbox"/> grape tomatoes | <input type="checkbox"/> sun dried tomatoes |
| <input type="checkbox"/> red onion | <input type="checkbox"/> fresh avocado |
| <input type="checkbox"/> cucumber | <input type="checkbox"/> grilled asparagus |
| <input type="checkbox"/> grilled portobello | <input type="checkbox"/> fire roasted corn |
| <input type="checkbox"/> kalamata olives | <input type="checkbox"/> fresh green beans |
| <input type="checkbox"/> roasted red peppers | |



Cheeses

- fresh mozzarella
- parmigiano reggiano
- crumbled bleu
- greek feta
- goat cheese

Proteins

- hard boiled cage-free egg
- chick peas
- applewood bacon
- roasted all-natural chicken breast (\$2)
- blackened fresh tuna salad (\$4)
- pan seared salmon (\$7)



Crunch

- house-made herb croutons
- Virginia peanuts
- organic soy nuts
- pinenuts

House-made dressings

- balsamic vinaigrette
- cucumber dill
- roasted garlic creamy vinaigrette
- gorgonzola
- strawberry vinaigrette
- pesto vinaigrette
- honey mustard

No Brainer Salads \$12

- cobb
- mediterranean
- chef

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