

## Salads

### Simple Greens

Mix of dark leafy greens with cucumber, red onion, tomatoes & sunflowers seeds

### Tossed Salad

Head & Romaine lettuce with cucumber, grated carrot, tomato wedges red onion, peppers & sunflowers seeds

### Mandarin Spinach Salad

Spinach with colored peppers, red onion craisins, pecans and mandarins

### California Mix

Spinach, Kale & Arugula with colored peppers, red onion, cucumber, blueberries & toasted almonds

### Caesar Salad

with Bacon & Parmesan

### Strawberry and Feta Salad

Spinach with colored peppers, red onion craisins, pecans & cucumbers topped with strawberry slices & feta

### Greek Salad

Also available with red quinoa

### Roasted Vegetable Salad

Italian grilled vegetables tossed in a curried mayonnaise dressing

### Carrot, Apple and Raisin Salad

mixed with a light French dressing

### Broccoli Apple Salad

Broccoli & Apples with Red Onions craisins & Sun Flowers seeds tossed in a creamy apple vinegar dressing

### Blue Cheese and Pear on Spinach

Spinach with colored peppers, red onion walnuts & raisins topped with pear & bleu cheese



### Dressing Ideas

*Tangy Ginger Lime Vinaigrette*

*Raspberry Vinaigrette Dressing*

*Lemon Rosemary Dressing*

*Olive Oil & Red Wine Vinegar*

*Ginger Orange Yogurt*

*Honey Dijon Dressing*

*Ranch*

*Mandarin Sesame Dressing*

*Creamy Cucumber*

*Balsamic Reduction*

*Mediterranean Dressing*

*Mango Glaze*

*Roasted Red Pepper Dressing*

*Maple Walnut Dressing*

*Fresh Herb and Oil Dressing*

*Creamy Curry Dressing*

*Cajun Spiced Dressing*

*Watermelon Mint Vinaigrette*

*Peanut Lime Dressing*

*Creamy Bleu Cheese*



### Salad Nicoise

tomatoes, tuna, hard-boiled eggs & olives served on a bed of green leaf lettuce

### Celery root and Apple Salad

mixed in a sweet vinegar Dijon dressing

### Waldorf Salad

mixed in a sweetened vinegar Dijon dressing fresh apples, celery & walnuts, dressed in mayo & served on Boston leaf lettuce

### Tomato Bocconcini & Basil Salad

with a Balsamic Glaze

### Roasted Mexican Corn Salad

with fresh cilantro, black beans & tomatoes in a Sriracha olive oil dressing

### Five Bean Salad

with a red wine Dijon vinaigrette

### Green Bean & Almond Salad

Tossed in French Dressing

### Bowtie Pasta Salad

with ricotta cheese, tomatoes peppers & fresh parsley tossed in a creamy apple vinegar dressing

### Penne & Crab Salad

with rosemary chardonnay dressing

### Baby Red Potato and Bacon Salad

Marinated in a red wine reduction & tossed with a balsamic cream dressing

### German Potato Salad

Traditional hearty potato salad

### Thai Noodle and Shrimp

in a sweet chilli dressing

### Watermelon and Cucumber Salad

with feta & a sesame orange dressing

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