

## **Salads**

**Mixed Garden Salad** – assorted lettuces, cucumber, radish, carrot, tomatoes and bean sprouts

**Baby Mesclun Greens** – a selection of baby lettuces

**Caesar Salad** – served with homemade Caesar dressing, croutons, and parmesan cheese

**Grilled Chicken Caesar** – with grilled marinated chicken breast

**Watercress Caesar Salad** – with shaved parmesan cheese

**Vegetable Salad** – assorted steamed vegetables with a champagne roasted red pepper vinaigrette dressing

**Spinach Salad** – leaf spinach with mushrooms and tomatoes, assorted dressings on the side

**Endive, Watercress and Radicchio Salad** – with crumbled bleu cheese

**Persian Carrot Salad** – grated carrots with raisins and almonds

**Asian Baby Greens** – shiitaki mushrooms, sesame and soy vinaigrette

**Greek Salad** – spinach, romaine, mushroom, black olives, red onion and feta cheese

**Cole Slaw** – shredded cabbage, carrots and onions

**Pepper Slaw** – with green peppers and caraway seeds

**Miami Slaw** – jicama and cilantro in a citrus herb dressing

**Tropical Slaw** – tropical fruits in an orange jalapeno dressing

**New Potato and Green Bean Salad** – in a sweet balsamic vinaigrette dressing

**Carrot and Green Lentil Salad** – Lemon, thyme and vinaigrette

**Panzella Salad** – romaine, red onion, tomato, garlic, basil, parmesan, lemon, bread and olive oil

**Israeli Salad** – diced bell peppers, tomato, cucumber and chopped onion with lemon vinaigrette

**Three Bean Salad** – white, black and green beans, red peppers, red onions and garlic

**Sicilian Salad** – fresh mozzarella, sundried tomatoes, tomatoes and peppers over romaine lettuce with a balsamic vinaigrette dressing

**Two-Bean Salad** – cannelloni and green beans with a sherry vinaigrette dressing

**Potato, Beet and Pea Salad** – with scallions and cilantro

**Mexican Bean Salad** – kidney beans, bell peppers, green onions, sweet corn, scallions and fresh cilantro

**Chicken Salad** – poached marinated chicken with celery, walnuts and red onions in a light herb dressing

**Salad Nicoise** – tuna, egg, tomato, black olives, string beans, red potato, red pepper, red onion, basil and a mustard vinaigrette

**Mediterranean Salad** – artichoke hearts, roasted red peppers, hearts of palm, black olives and fresh herbs

**Grilled Shrimp Salad** – with garlic, croutons, roasted tomato, basil and romaine lettuce

**Grilled Portabello Mushrooms** – with asparagus, red onions, extra virgin olive oil, fresh herbs and parmesan shavings

**Watercress, Jicama and Tomato Salad** – with scallions and sherry wine vinaigrette

**Sesame Salad** – baby mesclun greens, red peppers, apples and sesame seeds with a sesame-dijon vinaigrette dressing on the side

**Waldorf Salad** – apples, celery, walnuts and raisins with a zesty lemon-mayonnaise dressing

**Goat Cheese Salad** – assorted greens, goat cheese and pine nuts with assorted dressings on the side

**Oriental Vegetable Salad** – broccoli, carrots, baby corn, bean sprouts, bamboo shoots, mushrooms, watercress and scallions with a mustard dill vinaigrette dressing

**Beet and Black-Eyed Pea Salad** – with walnuts and feta cheese  
Curried Chicken or Shrimp Salad

**Pear, Walnut and Bleu Cheese Salad** – with cranberry vinaigrette on the side  
Roasted Asparagus and Mushroom Fricassee – with a zesty lemon dressing

*In most cases substitutions can be made.*