

## SALADS:

**Salads are served in a large bowl. \*Prices are per person.\***

*\*Let us know if Gluten-free dressings are required\**

**-INDIVIDUAL “Meal” Salads are \$10.50. Add meat to your “Meal” Salad for \$2.00.**

**Coleslaw Salad** \*Vegetarian/ Gluten-Free\* **\$4.25**

A crisp mixture of carrots, cabbage, red pepper, and green onion tossed in our creamy dressing.

**Caesar Salad** **\$4.25**

Tossed with our homemade garlic croutons, mozzarella and parmesan cheese. *(bacon bits at request)*

**Add sliced chicken breast to your salad for an additional \$1.50 per person.**

**Cucumber Dill Pasta Salad** \*Vegetarian\* **\$4.25**

Bowtie Pasta and diced veggies are tossed in a light cucumber dill dressing.

**Garden Salad** \*Vegetarian\* **\$4.25**

Mixed greens with lots of veggies, and topped with grated cheese, purple onion, and sliced egg.

Assorted dressings are served on the side.

**Add sliced chicken breast to your salad for an additional \$1.50 per person.**

**House Salad** \*Gluten-free/ Vegetarian\* **\$4.25**

Mixed greens, cherry tomatoes, cucumber, celery, purple cabbage, and rings of purple onion.

Our vinaigrette dressing, and garlic croutons are served on the side.

**Marinated Vegetables** \*Vegetarian\* **\$4.25**

A crunchy and colourful blend of veggies marinated in a roasted red pepper dressing.

**Mexican Bean Salad** \*Gluten-free/ Vegetarian\* **\$4.25**

A mixed bean, vegetable, and chick pea medley with a red wine vinegar dressing.

**Potato Salad** \*Gluten-Free\* **\$4.25**

The perfect combination of dill, finely chopped carrots, celery, and green onion mixed with diced potatoes makes this a perfect addition to your sandwich or burger.

**Quinoa Salad** \*Gluten-Free\* **\$4.25**

The quinoa is mixed with cherry tomatoes, cucumber, chick peas, black beans, bell peppers, spinach, a hint of onion, and a nice light dressing.

**Tuna Pasta Salad** **\$4.25**

A creamy mixture of pasta shells, tuna, peas, carrots, celery, and a hint of onion.

**Greek Pasta Salad, or Greek Salad on a bed of Romaine** **\$4.25**

Pasta or romaine lettuce mixed with black olives, feta cheese, tomatoes, cucumbers, broccoli florets, and diced onion are tossed in our spicy, oregano dressing.

**Greek Salad** \*Gluten-free/ Vegetarian\* **\$4.75**

Black olives, feta cheese, tomatoes, cucumbers, broccoli florets, and diced onion are tossed in a spicy oregano dressing.

**Layered Salad** \*Gluten-free/ Vegetarian\* **\$4.75**

Iceberg lettuce, celery, red pepper, peas, rings of purple onion, hard-boiled egg, and cheddar cheese. Option to add bacon bits. Served with a creamy dressing on the side.

### SALADS (continued):

<b>Thai Mango Salad</b> *Gluten-free/ Vegetarian*	<b>\$4.75</b>
Mixed greens with pickled carrots, red pepper, celery, noodles, mango, and toasted sesame seeds. Dressings are served on the side.	
<b>Broccoli Salad</b> *Gluten-free/ Vegetarian*	<b>\$4.75</b>
Broccoli, feta, dried cranberries, sliced almonds, diced onion, and sunflower seeds are tossed in a light yogurt dressing.	
<b>Greek Salad</b> *Gluten-free/ Vegetarian*	<b>\$4.75</b>
Black olives, feta cheese, tomatoes, cucumbers, broccoli florets, and diced onion are tossed in a spicy oregano dressing.	
<b>Spinach Salad</b> *Gluten-free/ Vegetarian*	<b>\$4.75</b>
Diced tomatoes, cucumbers, and purple onion are mixed with spinach leaves, sliced almonds, and feta cheese, and topped with hard-boiled eggs. Spicy Italian and poppyseed dressings are served on the side.	
<b>Tomato and Cucumber Salad</b> *Vegetarian*	<b>\$4.75</b>
Cherry tomatoes, cucumber, green pepper, coloured peppers, chickpeas and a hint of onion are tossed in a roasted red pepper dressing with parmesan.	
<b>Spring Salad</b> *Gluten-free*	<b>\$5.25</b>
Spring-mix salad greens, mandarin oranges, strawberries, dried cranberries, diced chicken, feta cheese, and sliced almonds mixed together. Raspberry vinaigrette & poppy seed dressing are served on the side.	
<b>Cobb Salad</b> *Gluten-free*	<b>\$5.50</b>
Spring-mix salad greens, tomato, crisp bacon, chicken breast, hard-boiled eggs, avocado, corn, black beans, onion, diced chicken, and feta cheese. Assorted dressings are served on the side.	