

CREATE YOUR OWN SALAD \$16.95 per lb

YOUR SALAD: KALE - MESCLUN - ROMAINE - BABY SPINACH

meat & birds

bacon
parisian ham
hanger steak
chicken breast grilled
chicken curry
chicken roasted
duck roasted
turkey breast

fish

salmon grilled
salmon cured
tuna grilled
shrimp grilled

starch

lentil
potato sweet
potato roasted
black or white beans
wild rice

cheese & eggs

american
brie
cheddar
feta
goat
mozzarella
grated parmesan
saga blue
Swiss
cage free egg salad
cage free hard eggs

more stuff

quinoa
anchovies
apple golden
orange wedges
jalapeño pepper
olives Kalamata
cornichons
chickpeas
dried cranberries
sun dried tomato

veggies

alfalfa sprouts
avocado
broccoli
button mushrooms
caramelized onions
carrot shredded
corn (in season)
cucumber
heart of palm
red beets
red onions ring
grilled vegetables
string beans
tomatoes

tops

garlic crouton
parmesan crostini
tortilla chips

seeds & nuts

pumpkin
sunflower
roasted almonds
roasted peanuts
spicy walnuts

simple dressing

Pierre's vinaigrette
balsamic vinaigrette
fat free yogurt
fresh lemon juice
honey mustard
Pierre's olive oil
balsamic vinegar

creamy dressing

caesar
moroccan spice
pesto dressing
russian
tartar