



SOUP & SALAD

Appetizers

- Bowl of Soup** (with crackers)\$4.75
- Mozzarella Sticks** (10 pieces)
Served with marinara\$8.95
- Garlic Bread Sticks**
Served with marinara\$5.45
- Nachos**
Topped with black beans, cheddar,
pickled jalapeños, guacamole, salsa
& sour cream\$9.95
- Grilled Portobello Mushroom Stack**
Topped with red onion, eggplant, spinach, tomato,
mozzarella, Parmesan, Caesar sauce \$8.95
- Hummus Platter**
Served with pita points.....\$5.95
- French Fries Medium**.....\$2.50
- French Fries Large**.....\$4.50
- Sweet Potato Fries**.....\$6.50

Salad Bar

Choice of Dressings: Caesar, Mandarin, Citrus Sesame, Greek, Nicoise, Poppy Seed, Balsamic Vinaigrette, Mediterranean Herbed Balsamic.

Extra Dressing.....80¢ each
(Please specify if dressing is tossed or on the side)

- Base Salad of Romaine, Spinach or Mesclun Greens**
Includes Three Toppings from Group A
Medium \$7.50 Large\$9.50

ADD ADDITIONAL TOPPING:

- GROUP A**75¢ each
Cucumber, baby corn, boiled eggs, carrots, corn,
chickpeas, sunflower seeds, raisins, croutons,
green beans, Mandarin oranges, mushrooms,
pepperoncinis, olives, peppers, sun-dried tomatoes,
cherry tomatoes, red onion, roasted sweet potato
(seasonal), roasted beets (seasonal)
- GROUP B**\$1.50 each
Avocado, almonds, cashews, candied nuts (seasonal)
- GROUP C**\$2.50 each
Tuna (flaked), tuna salad, feta, shredded mozzarella
& shredded cheddar, parmesan, baked rosemary
salmon (flaked)

Salad Entrees

Prices Reflect Medium Size. For Large Size add \$1.50

- Traditional Greek**
Lettuce, red onion, peppers, cucumber, olives,
tomatoes & Feta cheese.....\$8.95
- Caesar Salad**
Romaine lettuce, sun-dried tomatoes,
croutons & parmesan.....\$7.50
- Spinach Health Salad**
Spinach, baby corn, avocado, sunflower seeds,
raisins & poppy seed vinaigrette\$8.50
- Falafel Salad**
Four freshly made falafel on a bed of romaine,
cucumber, tomato, red onion, carrots with
citrus-sesame dressing\$8.95
- Nicoise Salad**
Tuna, egg, olives, tomatoes, green beans,
& Nicoise dressing.....\$8.95
- Garden Salad**
Mixed greens, tomato, cucumber, carrots and
peppers, and your choice of dressing..... \$7.35
Topped with tuna salad\$8.95
- Garden Vegetable Spinach & Feta Salad**
Spinach, red peppers, carrots, raisins,
cashews, feta with Mediterranean herbed
balsamic vinaigrette.....\$8.95
- South of the Border**
- Quesadillas**
With cheddar & feta.....\$5.95
With cheddar, feta, olives & pepperoncinis.\$6.95
With tomato, cheddar & tuna.....\$8.95
With tomato & mozzarella.....\$5.60
- Cheese Enchiladas**
Black beans & Spanish rice.....\$8.95
- Fish Burrito**
Blackened Tilapia in a tortilla with avocado,
black beans, with Spanish rice and salsa
on the side.....\$9.95
- Tostada Compuesta Salad**
Fried tortilla shell with refried beans, lettuce,
tomato, guacamole, black olives, sour cream
& salsa..... \$11.95