Fit To Eat Salads

Small (serves 10-12) $ 39.99 | Medium (Serves 15-20) $ 59.99 | Large (Serves 25-30) $ 79.99.
A La Carte 4.95 per portion. Prices are subject to change.

LEAFY SALADS

Beet and Arugula * ♈
beets, arugula, pepitas, pomegranate dressing (option to add goat cheese*)

Caesar Salad
romaine, croutons, parmesan, bacon, yogurt-garlic dressing
** gluten free croutons available on request*

California Caesar *
classic caesar, slivered almonds, avocado, mandarin oranges, creamy citrus dressing
** gluten free croutons available on request*

Citrus Fennel Salad * ♈
romaine, oranges, shaved fennel, pepitas, lemon-mint dressing

Greek Salad
romaine, bell peppers, red onion, tomatoes, cucumber, feta, olives, lemon-oregano vinaigrette

House Salad ♈
romaine, red and white cabbage, carrot ribbons, cucumbers, grape tomatoes, balsamic dressing

Kale and Apple *♈
kale, romaine, red and white cabbage, apples, dried cranberries, pepitas, grated carrots, maple-cider vinaigrette

Spinach Mandarin ♈
spinach, romaine, mandarin oranges, toasted almonds, shredded cabbage, tropical vinaigrette

Spinach Strawberry *
spinach, romaine, carrots, cabbage, strawberries, dried cranberries, pepitas, goat cheese, berry vinaigrette

NOTES:
♈ = Vegan
** = a $0.50 surcharge per portion*
*** = a $1 surcharge per portion*
**** = a $1.50 surcharge per portion*

VEGETABLE SALADS

Arugula and Mushrooms *
arugula, sliced mushrooms, parmesan, sunflower seeds, lemon vinaigrette

Asian Slaw
red and white cabbage, carrots, edamame, sesame, Japanese dressing

Coleslaw (creamy or vinaigrette♈)
red and white cabbage, carrots, green onions, vinaigrette or creamy dressing

Corn and Cucumber ♈
corn, cucumber, carrots, peppers, celery, green onions, cider vinaigrette

Green Bean ♈
green beans, carrots, grape tomatoes, bell peppers, parsley, red wine vinaigrette

Grilled Vegetable Towers** ♈
sliced grilled peppers, eggplant, zucchini and red onions, balsamic, (goat cheese*)

Pommery Potato
new potatoes, celery, green onions, bell peppers, pommery mustard dressing

Raw Beet and Carrot ♈
matchsticks of raw beets and carrots, sunflower seeds, pepitas, parsley, pomegranate dressing

Roasted Root Vegetable * ♈
carrots, sweet potatoes, turnips, butternut squash, parsnips, beets, maple-balsamic glaze, rosemary

Sweet Potato ♈
sweet potatoes, bell peppers, celery, green onions, maple-cider dressing

Tomato and Cucumber ♈
tomatoes, cucumbers, olive oil, shaved red onions, oregano, red wine vinaigrette

Tomato Caprese ***
sliced tomatoes, bocconcini cheese, basil pesto dressing, balsamic glaze

GRAIN, PASTA, LEGUME SALADS

Carrot Chickpea Raisin ♈
chickpeas, carrots, raisins, parsley, maple cider dressing

Bowtie Pasta Primavera
seasonal crisp vegetables, black olives, sundried tomatoes, creamy basil pesto dressing (contains pine nuts)
**Gluten Free penne pasta is available upon request*

Lemon Orzo Asparagus * ♈
orzo pasta, asparagus, grape tomatoes, lemon dressing

Lentil Edamame ♈
lentils, corn, red cabbage, edamame, cucumber, cilantro, carrots, buttermilk dressing
**vegan ranch dressing optional.*

Mediterranean Orzo
bell peppers, carrots, celery, cucumber, feta, olives, Greek dressing

Mixed Bean Salad ♈
six bean medley, green onions, bell peppers, carrots, herbs, lemon, olive oil

Quinoa Tabouleh *♈
tomatoes, onions, cucumbers, parsley, lemon, olive oil

Santa Fe Rice Salad ♈
rice, black beans, corn, bell peppers, cumin-lime vinaigrette

Sundried Tomato Feta Quinoa *
quinoa, sundried tomatoes, celery, parsley, olive oil

Thai Noodle ♈
rice vermicelli, julienne of vegetables, sesame seed, soy-rice wine vinaigrette

White Bean and Cherry Tomato ♈
cherry tomatoes, white beans, red onions, parsley, olive oil, red wine vinegar

2 Cushman Road, Unit 5, St. Catharines, ON L2M6S8 | info@fittoeat.com | fittoeat.com | 905.397.0931