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 $3.95-$4.95 per portion. Prices are subject to change.
** = a $0.50 surcharge per portion | ** = a $1 surcharge per portion*

LEAFY SALADS

Apple Cranberry GF
arugula, apples, bacon, young greens, dried cranberries, candied pecans, raspberry vinaigrette

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

Caesar Salad
romaine, croutons, parmesan, bacon, yogurt-garlic-caper dressing ** GF crouton available*

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

Curried Carrot Raisin Slaw GF
matchstick carrots, curry powder, raisins, green onions, mayonnaise, yogurt, vinegar, honey

Fatoush Salad * ♈ DF
Romaine, cucumbers, tomatoes, bell peppers, green onions, mint, garlic, radish, pita crisps, lemon-sumac dressing

Greek Salad GF
romaine, bell peppers, red onion, tomatoes, cucumber, feta, olives, lemon-oregano vinaigrette. *option: make it Vegan*

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

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

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

Yonge Greens Salad ♈ GF DF
romaine, purple cabbage, carrot ribbons, cucumbers, red onion, sweet peppers, grape tomatoes, balsamic dressing

VEGETABLE|FRUIT SALADS

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

Asian Slaw GF DF
red and white cabbage, matchstick carrots, edamame, sesame, sesame-soya vinaigrette

Beetroot and Feta Salad GF
Roasted beets, feta cheese, parsley, mint, honey-lemon vinaigrette

Cantaloupe and Baby Bocconcini ** GF
Cantaloupe melon balls, baby bocconcini, shaved prosciutto, mint
Option: Make it Vegetarian and remove the prosciutto

Classic Potato Salad GF
Potatoes, celery, green onions, sour cream, mayonnaise, dijon mustard, pickles
*option: ADD bacon**

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

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

Creamy Tomato and Cucumber GF
tomatoes, cucumbers, shaved red onions, yogurt dill dressing

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

Grilled Vegetable Towers** ♈ GF DF
sliced grilled peppers, eggplant, zucchini and red onions, balsamic glaze
*option: ADD goat cheese**

Pommery Potato GF DF
new potatoes, celery, green onions, bell peppers, pommery mustard dressing (mayonnaise, white wine)
option: make it Vegan using vegan mayo

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

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

Spiral Salad♈ GF DF
Carrots, zucchini, parsnips, green onion, julienne of sweet peppers, sunflower seeds, maple vinaigrette

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

GRAIN, PASTA, LEGUME SALADS

Barley and Lentil ♈ DF
dried apricots, lentils, barley, dried cranberries, green onions, pecans, honey mustard dressing

Bruschetta Pasta Salad ** ♈ DF
Orecchiette pasta, tomatoes, basil, olive oil, garlic
*Option: Add bocconcini (now vegetarian)**

Greek Chickpea GF
Chickpeas, cucumber, bell peppers, celery, red onion, olives, feta, Greek dressing

Bowtie Pasta Primavera
seasonal crisp vegetables, black olives, sundried tomatoes, creamy basil pesto dressing
**Gluten Free pasta is available upon request* GF

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

Lentil Edamame ♈ GF
lentils, corn, red cabbage, edamame, cucumber, cilantro, carrots, ranch dressing
**vegan ranch dressing on request.*

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

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

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

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

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

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

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