

**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.*

*K = KETO | GF = Gluten Free | DF = Dairy Free | ♈ = Vegan | VT = Vegetarian*

 *\* = a $0.50 surcharge per portion | \*\* = a $1 surcharge per portion*

**LEAFY SALADS**

**Beet and Arugula** \* ♈ GF DF VT

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 VT

romaine, oranges, shaved fennel, pepitas, lemon-mint dressing

**Curried Carrot Raisin Slaw** GF VT

matchstick carrots, raisins, green onions, mayonnaise, yogurt, vinegar, curry powder, honey

**Fatoush Salad** \* ♈ DF VT

Romaine, cucumbers, tomatoes, bell peppers, green onions, mint, garlic, radish, pita crisps, lemon-sumac dressing

**Greek Salad** GF K VT

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

*option: make it Vegan*

**Kale and Apple** \*♈ GF DF VT

kale, purple cabbage, white cabbage, apples, dried cranberries, sunflower seeds, carrots, maple-cider vinaigrette

**Spinach Mandarin** ♈ GF DF VT

spinach, romaine, mandarin oranges, toasted almonds, cabbage, carrots, tropical vinaigrette

**Spinach Strawberry \*** GF VT

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

**Young Greens Salad** ♈ GF DF VT

romaine, purple cabbage, carrot ribbons, cucumbers, red onion, grape tomatoes, balsamic

**VEGETABLE|FRUIT SALADS**

**Arugula and Mushrooms \*** GF K VT

arugula, sliced mushrooms, parmesan, sunflower seeds, lemon vinaigrette

**Asian Slaw** ♈DF VT

Purple cabbage, white cabbage, carrots, green onions, edamame, sesame seeds, sesame-soy vinaigrette

*\* Gluten free salad except for Soy sauce*

**Beetroot Salad** ♈GF VT

diced beets, parsley, mint, pepitas, pomegranate vinaigrette

**Broccoli Bacon Cheddar Ranch** GF  K

Broccoli, bacon, cheddar, ranch dressing

**Brussel Sprout Caesar**  GFK

Shaved Brussel Sprouts, parmesan petals, lemon, olive oil, bacon

**Cantaloupe and Baby Bocconcini \*\* GF** VT

Cantaloupe melon balls, baby bocconcini, mint, lemon juice

**Coleslaw** (creamy or vinaigrette♈ ) GF DF VT

red and white cabbage, matchstick carrots, green onions, vinaigrette or creamy dressing

**Creamy Dill Cucumber** GF VT

cucumbers, shaved red onions, yogurt dill dressing

**Cucumber Radish** ♈ GF DF K VT

cucumber, radish, red onion, green onion, dill-lemon dressing (olive oil, lemon, dill, red wine vinegar)

**Green Bean Salad and Hearts of Palm** GF K VT

green beans, heart of palm, kalamata olives, grilled red peppers, feta, lemon-oregano dressing

**Grilled Vegetable Towers**\*\* ♈ GF DF K VT

sliced grilled peppers, eggplant, zucchini and red onions, balsamic glaze

*option: ADD goat cheese\**

**Italian Mushroom Salad** ♈ GF DF K VT

Marinated button mushrooms, olive oil, red wine vinegar, garlic, green onions, bell peppers

**Tricolored Tomato Caprese \*\***GF

sliced tomatoes, cucumbers, bocconcini cheese, basil pesto dressing, balsamic glaze

**STARCH AND ROOT VEGETABLE**

**Butternut Squash and Cranberry** ♈ **GF** DF VT

Roasted butternut squash, dried cranberries, green onions, sunflower seeds, purple cabbage, maple cider vinaigrette

**Classic Potato Salad** GF VT

Potatoes, celery, green onions, sour cream, mayonnaise, Dijon mustard, pickles

*option: ADD bacon\**

**Corn and Cucumber** ♈ GF DF VT

corn, cucumber, carrots, peppers, celery, green onions, cider vinaigrette

**Pommery Potato** ♈ GF DF VT

new potatoes, celery, green onions, bell peppers, pommery mustard dressing (mayonnaise, white wine). *option: make it Vegan using vegan mayo (on request\*)*

**Raw Beet and Carrot** ♈ GF DF VT

matchsticks of raw beets and carrots, sunflower seeds, pepitas, parsley, pomegranate dressing

**Roasted Root Vegetable** \* ♈ GF DF VT

carrots, sweet potatoes, butternut squash, parsnips, beets, maple-balsamic glaze, rosemary

**LEGUME SALADS**

**Greek Chickpea** GF VT

Chickpeas, bell peppers, celery, carrots, red onion, olives, feta, Greek dressing

**Lentil Edamame** ♈ GF VT

lentils, corn, red cabbage, edamame, celery, carrots, ranch dressing (*\*vegan ranch on request.)*

**Mixed Bean Salad** ♈ GF DF VT

six bean medley, green onions, bell peppers, carrots, herbs, lemon, olive oil

**GRAIN AND PASTA SALADS**

**Barley Fruit N’ Nut** DF VT

Barley, dried apricots, dried cranberries, green onions, pecans, honey mustard dressing

**Bruschetta Pasta Salad \*\*** ♈ DF VT

Orecchiette pasta, tomatoes, basil, olive oil, garlic

*Option: Add bocconcini (now vegetarian)\**

**Bowtie Pasta Primavera** VT

Carrots, bell peppers, celery, black olives, sundried tomatoes, creamy basil pesto dressing

*\*Gluten Free pasta is available upon request* GF

**Lemon Orzo Asparagus** **\*** ♈ DF VT

Orzo, asparagus, grape tomatoes, yellow peppers, lemon dressing

**Mediterranean Orzo** VT

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

**Quinoa Tabouleh** \*♈ GF DF VT

quinoa, tomatoes, red onions, cucumbers, parsley, lemon, olive oil

**Santa Fe Rice Salad** ♈ GF DF VT

rice, black beans, corn, edamame, green onion, bell peppers, cumin-lime vinaigrette

**Sundried Tomato Feta Quinoa** \* GF VT

quinoa, sundried tomatoes, celery, parsley, olive oil, feta

**Sweet Peas and Orzo**  VT

Orzo, sweet peas, nut free basil pesto, sundried tomatoes, olive oil

**Thai Noodle** ♈ DF VT

rice vermicelli, julienne of carrots, sap peas, green onion, purple cabbage, sesame seed, soy-rice wine vinaigrette

*\* Gluten free salad except for Soy sauce*