



Fit To Eat Salads

Small (serves 10-12) \$ 39.99 | Medium (Serves 15-20) \$ 59.99 | Large (Serves 25-30) \$ 79.99.

∩ = Vegan | GF = Gluten Free | DF = Dairy Free | VT = Vegetarian | Keto = Keto

A La Carte 4.95 per portion. * = a \$0.50 extra | ** = a \$1 extra | *** = a \$1.50 extra

LEAFY SALADS

Arugula and Mushroom GF Keto VT

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

Beet and Arugula ∩ GF DF VT

beets, arugula, carrots, pepitas, pomegranate dressing (option to add goat cheese* extra)

Caesar Salad Keto (no croutons)

romaine, croutons, parmesan, bacon, yogurt-garlic-caper dressing

Citrus Fennel Salad ∩ GF DF VT

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

Fatoush Salad * ∩ DF VT Keto (no pita)

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

Greek Salad GF Keto VT

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

Kale and Apple ∩ GF DF VT

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

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

Fit Greens ∩ GF DF VT Keto

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

VEGETABLE|FRUIT SALADS

Asian Slaw ∩ DF VT Keto

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

Broccoli Bacon Cheddar Ranch GF Keto

Broccoli, bacon, cheddar, ranch dressing

Brussel Sprout Caesar GF Keto

Shaved Brussel Sprouts, parmesan petals, lemon, olive oil, bacon (seasonal, additional \$ may apply)

Cantaloupe and Baby Bocconcini ** GF VT

melon balls, bocconcini, mint, lemon, pepitas

Cauliflower "Potato Salad" GF VT Keto

cauliflower, peppers, celery, green onions, sour cream, mayonnaise, Dijon mustard, pickles

Coleslaw (vinaigrette) ∩ VT GF DF Keto

red and white cabbage, carrots, green onions

Creamy Dill Cucumber GF VT Keto

cucumbers, red onions, yogurt dill dressing

Curried Carrot Raisin Slaw GF VT

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

Green Bean Hearts of Palm GF Keto VT

green beans, heart of palm, black olives, yellow peppers, roasted red peppers feta, lemon-oregano dressing

Grilled Vegetable Stack ∩ GF DF Keto VT

grilled peppers, eggplant, zucchini and red onions, balsamic glaze. (\$3.25 each. \$3.75 with goat cheese)

Tricolored Tomato Caprese ** GF Keto

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



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STARCH & ROOT VEG

Beetroot Salad ∩ GF VT

beets, parsley, mint, pepitas, pomegranate vinaigrette

Butternut Squash 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

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 on request.)

Mixed Bean Salad ∩ GF VT

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

White Bean and Cherry Tomato ∩ GF VT

cherry tomatoes, white beans, red onions, parsley, olive oil, red wine vinegar

GRAIN | PASTA SALADS

Bruschetta Pasta Salad ∩ VT DF

Short pasta, tomatoes, basil, olive oil, garlic

Bowtie Pasta Primavera VT

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

Lemon Orzo Asparagus * ∩ DF VT

Orzo, asparagus, tomatoes, peppers, lemon dressing

Mediterranean Orzo VT

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

Santa Fe Rice Salad ∩ DF VT GF

rice, black beans, corn, bell peppers, cumin-lime vinaigrette

Sundried Tomato Feta Quinoa GF DF VT

quinoa, sundried tomatoes, celery, parsley, oil

Quinoa Tabouleh ∩ GF DF VT

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

Thai Noodle ∩ DF VT

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