

SALADS



all are gluten-free without dressing
 minimums of 6 apply

CAESAR SALAD with croutons & parmesan cheese, dressed upon delivery (bacon bits add on .50)	3.70
CALIFORNIA VITA VIM mixed greens, vegetables, nuts & raisins, with a citrus vinaigrette on the side	5.00
TRI-COLOR ROTINI WITH BLACK FOREST HAM combined with cheddar & vegetable-infused pasta, dressed in creamy cucumber	3.70
TRI-COLOR ROTINI WITH BROCCOLI FLORETS combined with cheddar & vegetable-infused pasta, dressed in creamy cucumber	3.70
TOSSED GARDEN SALAD mixed greens, red cabbage, green onions & assorted vegetables, with dressings on the side	3.65
CLASSIC SPINACH with sliced mushrooms, eggs, red onions & bacon bits, with a golden italian dressing on the side	4.50
TRADITIONAL SLAW tangy cabbage & carrots	3.25
APPLE SLAW a sweet twist on an old favorite with apples & raisins	3.50
ORIENTAL SLAW shredded cabbage, mixed nuts & chow mein, with a sesame soya dressing	3.70
GARDEN GREEK peppers, cucumbers, romaine lettuce, tomatoes & onions, with feta cheese, kalamata olives & oregano, dressed in a red wine vinaigrette	4.50
MANDARIN NUT baby spinach & romaine lettuce, tossed with grapes, honey-roasted almonds & mandarins, with a raspberry vinaigrette on the side	4.50
SUNDRIED VEGETABLE MEDLEY seasonal vegetables marinated in a sun-dried tomato vinaigrette	4.50
MEXICAN CHIPOTLE mixed greens with corn, black beans, crispy tortilla chips & shredded cheddar, with a chipotle ranch dressing on the side (not gluten-friendly)	4.35
TRADITIONAL POTATO SALAD with eggs, green onions, celery, radish, mayo & mustard	4.25
THAI NOODLE & SHRIMP SALAD dressed	4.65
COLD QUINOA SALAD quinoa, green onions, grated carrots, celery, cherry tomatoes & diced peppers, dressed in a herb & orange vinaigrette	5.00
FRUIT SALAD cubed	3.95

SALAD BOWLS

single serving
served with focaccia & dressing on the side
minimums of 4 apply

CLASSIC SPINACH with sliced mushrooms, eggs, red onions & bacon bits, with a golden italian dressing on the side	6.75
CLASSIC SPINACH & CHICKEN with sliced mushrooms, eggs, red onions & bacon bits & grilled chicken, with a golden italian dressing	9.55
CHEF'S SALAD a medley of mixed greens, vegetables, eggs, ham, shredded cheddar, bacon & turkey, with a ranch dressing	9.55
CHICKEN CAESAR with croutons & parmesan cheese, topped with grilled chicken	9.55
GARDEN CHICKEN mixed greens, red cabbage, green onions & assorted vegetables. topped with grilled chicken	9.55
NEPTUNE VITA VIM a hearty blend of greens, nuts & raisins, topped with 3 jumbo poached prawns, with a tangy citrus vinaigrette	10.00
MEXICAN CHIPOTLE SALAD – BEEF OR CHICKEN mixed greens with corn, black beans, crispy tortilla chips & shredded cheddar, topped with beef or chicken, with a chipotle ranch dressing on the side (not gluten-friendly)	10.40
MEXICAN CHIPOTLE SALAD mixed greens with corn, black beans, crispy tortilla chips & shredded cheddar, with a chipotle ranch dressing on the side (not gluten-friendly)	6.95