

"FIELD of GREENS"

"Served with Slices of Toasted Multi-Grain Baguette n' Butter"

<p><u>FIESTA SALAD</u> \$8.85 Salsalito Turkey, Arugula, Kale, Black Beans, Corn, Celery, Bell Peppers, Cherry Tomato, Crushed Tortillas Chips, Crunchy Onions Tossed in Mango Lime Vinaigrette Dressing</p>	<p><u>MISO GINGER BEEF SALAD</u> \$8.95 Roast Beef, Mixed Greens, Arugula, Bell Peppers, Shredded Carrots, Cherry Tomatoes, Crunchy Noodles, Almonds, Alfalfa Sprouts Tossed in Carrot Ginger Miso Dressing</p>
<p><u>CRUNCHY THAI TUNA SALAD</u> \$8.75 Tuna Salad, Crisp Bacon, Napa Cabbage, Baby Spinach, Shredded Carrots, Almonds, Sweet Bell Peppers, Crushed Peanuts, Crunchy Chinese Noodles Tossed in Thai Peanut Dressing</p>	<p><u>INSALATA GRECA</u> \$8.50 Mixed Greens, Feta Cheese, Olives, Cherry Tomatoes, Walnuts, Cucumber, Red Onions, Sun-Dried Tomatoes, Bell Peppers Tossed in Creamy Italian Dressing and Extra Virgin Olive Oil</p>
<p><u>COW'S END CHOPPED SALAD</u> \$8.95 Chicken, Salami, Romaine Lettuce, Napa Cabbage, Blue Cheese, Cherry Tomatoes, Red Onions, Chopped Celery, Cucumber, Garbanzo Beans, Avocado and Croutons Tossed in Blue Cheese Dressing & Extra Virgin Olive Oil</p>	<p><u>TUSCAN INSALATA</u> \$8.50 Buffalo Mozzarella, Mixed Greens, Romaine Lettuce, Baby Spinach, Black Olives, Cherry Tomatoes, Basil, Sun-Dried Tomato, Almonds Tossed in Balsamic Vinaigrette and Extra Virgin Olive Oil</p>
<p><u>ALL HAIL KALE</u> \$8.85 Kale, Napa Cabbage, Chicken, Bacon, Feta Cheese, Shredded Carrots, Black Olives, Almonds, Cherry Tomatoes, Tossed in Cilantro Dressing and Extra Virgin Olive Oil then Topped with Hummus</p>	<p><u>ZESTY PESTO CAESAR</u> \$8.50 Crisp Romaine Lettuce, Parmesan Cheese, Seasoned Croutons, Capers, Sun-Dried Tomatoes, Almonds and Black Olives Tossed in Creamy Pesto-Caesar Dressing and Extra Virgin Olive Oil</p>
<p><u>CHICKEN ARUGULA SALAD</u> \$8.85 Arugula, Baby Spinach, Napa Cabbage, Chicken Breast, Shredded Carrots, Cherry Tomatoes, Bell Peppers and Almonds Topped with Seasoned Croutons and Crunchy Onions Tossed in Mango Lime Vinaigrette Dressing</p>	<p><u>MUM'S GARDEN</u> \$8.50 Garden Patty, Mixed Greens, Romaine, Sweet Red Onions, Bell Peppers, Shredded Carrots, Seasoned Croutons, Mushrooms, Feta Cheese, Cucumber, Black Olives, Alfalfa Sprouts, Tossed in Parmesan Peppercorn Ranch Dressing</p>
<p>• Avocado + \$1.95 • Cheese(2 slices) + \$1.75 • Meat(2 oz.) + \$2.25</p>	