

CUSTOM CRAFTED SALADS \$7.50

- Step 1. Select your lettuce mix
- Step 2. Select any 3 ingredients*
(*some items additional as noted)
- Step 3. Select a dressing

(*extra ingredient \$0.50 except as noted)
(*extra dressing \$0.25)

LETTUCES

- Mixed Greens
- Baby Romaine
- Country Mix (Red Oak and Green Leaf)
- Asian Mix (Napa Cabbage, Cilantro, Radicchio)
- Mediterranean Mix (Arugula, Radicchio, Red Leaf)

PROTEINS

- Olive Oil Poached Italian Tuna (+ \$3.25)
- Seared Albacore (+ \$3.25)
- Grilled Shrimp (+ \$3.25)
- Ancho Chili Chicken Salad (+ \$2.50)
- Poached chicken (white meat) (+ \$2.50)
- Grilled chicken (dark meat) (+ \$2.50)
- Roasted Turkey (+ \$2.50)
- Grilled Tri-Tip (+ \$3.25)
- Nueske Bacon (+ \$2.50)
- Tofu (+ \$2.00)

CHEESE

- Blue Cheese (add \$0.75)
- Parmigiano Reggiano (add \$0.75)
- Feta Cheese
- Goat Cheese (add \$0.75)
- Manchego (add \$0.75)
- Cheddar Cheese

NUTS AND DRIED FRUITS

- Apples
- Dried Cranberries
- Golden Raisins
- Toasted Pine Nuts
- Candied Pecans
- Sliced Almonds
- Sunflower Seeds
- Pumpkin Seeds
- Olives, Nicoise

VEGETABLES

- Asparagus, Lightly Steamed
- Avocado (+ \$0.75)
- Beets, Marinated
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Edamame
- Green Beans, Lightly Steamed
- Mixed Mushrooms, Sauteed
- Roasted Tomatoes
- Cherry Tomatoes
- Shaved Red Onion
- Sugar Snap Peas
- Roasted Potatoes
- Grilled Vegetables

OTHERS

- Garbanzo Beans
- Crispy Noodles
- Hard Boiled Egg
- Hard Boiled Egg White

DRESSINGS

- White Balsamic Vinaigrette
- Banyuls Vinaigrette
- Blue Cheese
- Buttermilk Ranch
- Caesar
- Green Goddess
- Lemon Vinaigrette
- Miso Ginger Dressing
- Orange-Sesame Dressing

- Apple Cider Vinegar
- or Extra Virgin Olive Oil

***Chef Emilio's Suggestions on How to Create a Great Salad**

Choose a lettuce mix . . .
Add in 1 protein, 2 vegetables, 1 nut or dried fruit and finish with 1 cheese.
Toss with a dressing that you like and just like that you have created a great meal.

MARKET SOUPS (prepared on premises using only the freshest ingredients)

Organic Miso with Tofu, Wakame and Scallions

Vegetarian Soup of the Day

Cup \$3.75
Cup of Soup with Side Green Salad \$5.75

WRAPS

(packaged in our display case)

Ancho Chili Chicken Salad with Carrots, Red Onions and Celery \$7.95

Baby Arugula, Tomato and Mozzarella with Fresh Basil \$6.95

Grilled TriTip with Baby Arugula, Avocado and Tomato \$8.95

PANINI GRILLED SANDWICHES

(no modifications please)

Chicken Panini with Roasted Red Peppers, Olive Tapenade, Gruyere Cheese \$7.95

Roasted Turkey and Brie Panini with Oven Roasted Tomatoes, Basil Aioli \$7.95

Grilled Black Forest Ham and Provolone with Cipollini Mayonnaise \$7.50

Grilled Vegetable Panini with Fontina Cheese, Sundried Tomato Pesto \$7.25

CONTEMPORARY CLASSICS

(prepared salads in our display case)

Mandarin Chicken Salad

Orange Segments, Almonds, Orange-Sesame Dressing \$8.50

Cobb Salad

Grilled TriTip, Blue Cheese, Bacon, Tomatoes, Chopped Egg, Mixed Greens, Herb Vinaigrette \$9.95

Chicken Caesar Salad

Romaine, Radicchio, Parmesan Croutons Caesar Dressing \$9.50

Seared Albacore Nicoise

Mixed Greens, Albacore Tuna, Nicoise Olives, Cucumbers, Tomatoes, Hard Boiled Egg, Steamed Potatoes, Balsamic Vinaigrette \$9.95

Grilled Vegetable Salad

Goat Cheese, Miso Dressing \$8.95

Broccoli, Cashew and Golden Raisin Salad \$3.95

3 Grain Salad with Pecans, Dried Fruit and Sherry Vinaigrette \$3.95

Mixed Green Salad \$3.50

Fresh Fruit Salad \$3.95

BEVERAGES

ITO EN Teas' Teas™ \$2.25
Pellegrino Aranciata™ \$1.25
IZZE Gourmet Sodas \$2.50
Naked Juices™ \$2.99-\$3.50
Canned Sodas \$1.50
Bottled Waters \$1.50

Intelligentsia Direct Trade™ Coffee \$1.75/\$2.50
Gourmet Teas \$2.00
Espresso \$2.00
Cappuccino, Latte \$2.75
Mocha Cappuccino \$3.25
Iced Mocha Latte \$3.50
Extra Shot \$0.60
Hot Chocolate \$2.75
Soy Milk \$0.50

PREPARED MEALS to TAKE HOME

Spinach and Three Cheese Stuffed Chicken Breast with Roasted Vegetables \$9.95

Mom's Meatloaf with Garlic Mashed Potatoes, Green Beans and Porcini Mushroom Sauce \$9.50

Old-Fashioned Macaroni and Cheese \$7.95

Chicken Enchiladas with Tomatillo Sauce and Organic Red Beans and Rice \$8.95

Bento Box of Salads MP



Fresh Food For People On the Go

8522 National Boulevard, Suite 100
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Monday-Friday 8am-7pm
Saturday 8am-3pm
Breakfast 8am-11am
Lunch 11am-close

***We use biodegradable/recyclable containers in an effort to promote an environmentally friendly future.**

SNACKS and SWEET TREATS

Kettle™ Chips \$1.50
Oversized Cookies \$1.75-\$2.95
Brownies \$1.95-\$2.95
Carrot Cake \$4.95
Key Lime Pie \$4.95
Cupcake of the Moment \$2.50
Rochelle's Butterscotch Pudding \$3.95
Old-Fashioned Chocolate Pudding \$3.95

MORNING MENU (8am-11am)

Homemade Granola with Wildflower Honey \$5.95
Add Greek Yogurt + \$1.00

Selection of Organic Yogurts \$1.75

Fresh Fruit Salad \$3.95

Fresh Baked Muffins and Breads \$2.00-\$3.75

Italian Omelette \$5.95
Tomatoes, Buffalo Mozzarella and Basil

Egg White Omelette \$5.95
Asparagus, Green Onions, Tomato Salsa

Spanish Frittata \$6.50
Caramelized Onions, Roasted Peppers, Potatoes, Fresh Herbs

Panini \$5.95
Black Forest Ham, Egg, Tomato, Gruyere Cheese

"Inside Out" Breakfast Wrap \$5.95
Egg Wrapped Tortilla with Hash Browns, Nueske Bacon and Cheddar Cheese

*With Any Egg Dish-
Add Fresh Fruit \$1.50