

Ideal Salads

Caribbean Salad: Mandarin Oranges, Coconut, Sun Dried Cranberries, Pineapple & Slivered Almonds on a bed of Crisp Mixed Greens with Poppy Seed Dressing (chicken additional) -**Gluten Free-Vegetarian**

Shrimp Salad: Scrumptious Gulf Shrimp nestled on a bed of Crisp Mixed Greens with Cucumbers, Baby Tomatoes, Lemons, & Cocktail Sauce Served with Ranch Dressing.

Strawberry Delight: Fresh Strawberries, Walnuts & Feta Cheese on a bed of Crisp Mixed Greens served with our special Strawberry Dressing (chicken additional)-**Vegetarian**

Southwest Salad: Corn Chips, Chopped Olives, Shredded Cheese, Diced Tomatoes & Grilled Chicken on a bed of Crisp Mixed Greens served with our delicious Tex Mex Dressing

Grilled Chicken Salad: Grilled Chicken, Shredded Cheese, Cucumbers & Baby Tomatoes on a bed of Crisp Mixed Greens served with Ranch Dressing

Garden Salad: Portabella Mushrooms, Black Olives, Chick Peas, Cucumbers, Baby Tomatoes, Broccoli & Carrots nestled on a bed of Crisp Mixed Greens served with a Vinaigrette Dressing -**Gluten Free-Vegan**

Grilled Chicken Caesar: Grilled Chicken, Croutons & Parmesan Cheese on a bed of Crisp Romaine Lettuce served with Caesar Dressing

Fruit Platter: Sweet Watermelon, Grapes, Strawberries, Cantaloupe, Pineapple, Blackberries, Honey Dew(when in season) with your choice of Cottage cheese or Yogurt

Salmon Salad: On a Bed of Fresh Mixed Garden Greens with Citrus Grilled Salmon, Sliced Cucumbers & Tomatoes with a Vinaigrette Dressing

Spinach Salad: Fresh Green Spinach with Strawberries, Mandarin Oranges, Feta Cheese & Walnuts with Mango or Balsamic Vinaigrette-**Gluten Free**

Hawaiian Salad: Fresh Strawberries, Pineapple, Coconut & Almonds on a Bed of Fresh Mixed Greens served with a Mango Dressing-**Gluten Free-Vegan**

Chef Salad: Fresh Greens, Smoked Turkey, Black Forest Ham, Cheddar Cheese, Swiss Cheese, Hard Boiled Eggs, Shredded Cheese, Cucumbers & Tomatoes with Ranch Dressing

Cobb Salad: Fresh Greens, Crisp Bacon, Tomatoes, Avocado, Chicken Breast, Hard Boiled Eggs & Sprinkle of Blue Cheese(Optional) with Blue Cheese Dressing

Berry Goat Salad: Fresh Green Spinach with Raspberries, Blueberries, Sliced Almonds, and Crumbled Goat Cheese with a Raspberry Vinaigrette (**Seasonal**)

A Cookie or Brownie can be Added to All Salads

Individual Pasta Bowls

All Pasta Bowls are in a Plastic Container to Stay hot and Come with a Breadstick.

Choices:

Grilled Chicken Alfredo

Veggie

Angus Beef Penne

Individual Soup Bowls

All Soup Bowls are in a Plastic Container to Stay hot and Come with Crackers.

Choices: All Homemade

Broccoli & Cheddar

Chicken & Noodle

Chili (With or Without Meat)

Creamy Potato

Hearty Vegetable

Chicken & Rice

Tomato

Mexican Tortilla

Sausage & Lintel

New England Clam Chowder