

SALADS

La Frisette Spring Mix, Kale, Red Cabbage, Sweet Potato, Dried Cranberries, Quinoa, Pumpkin Seeds, Broccoli, Honey Dijon Vinaigrette

Monkland Spring Mix, Kale, Red Cabbage, Egg, Chickpeas, Broccoli, Cucumber, Sunflower Seeds, Red Onion, Honey Dijon Vinaigrette

Marcil Spring Mix, Red Cabbage, Brown Rice, Carrots, Broccoli, Radish, Fried Noodles, Creamy Sesame Dressing

Oxford Spring Mix, Tomatoes, Cucumber, Egg, Parmesan, Red Onion, Pita Chips, Balsamic Vinaigrette

Harvard Spring Mix, Cucumber, Edamame, Egg, Olives, Tomatoes, Pita Chips, Red Wine Vinaigrette

Sud-Ouest Spring Mix, Sweet Potato, Black Beans, Corn, Avocado, Pita Chips, Cilantro Lime Vinaigrette

Highwire Girl Spring Mix, Chickpeas, Tomatoes, Cucumbers, Feta, Olives, Red Onion, Oregano Garlic Vinaigrette

Hummus Bowl Spring Mix, Red Cabbage, Pickled Turnip, Quinoa, Cucumber, Hummus, Oregano Garlic Dressing. *Choice of **Chicken or Falafel***

Morpho Bleu Kale, Red Cabbage, Blueberries, Almonds, Quinoa, Feta, Balsamic Vinaigrette

Pink Goat Spring Mix, Kale, Red Beets, Goat Cheese, Walnuts, Red Onion, Honey Dijon Vinaigrette

Farmhouse Spring Mix, Egg, Avocado, Carrots, Corn, Pita Chips, Creamy Herb Dressing

Classic Caesar Spring Mix, Kale, Parmesan, Pita Chips, Lemon, Caesar Dressing

Walnut Caesar Spring Mix, Kale, Walnuts, Quinoa, Parmesan, Lemon

Vegan Caesar Spring Mix, Kale, Chickpeas, Red Cabbage, Avocado, Quinoa, Walnuts, Lemon & Vegan Caesar Dressing

Pasta Salad Arugula, Marinated Farfalle, Parmesan, Walnuts, Oregano Garlic Caesar Dressing

WRAPS

With Classic Caesar or House Side Salad (*spring mix, kale, red cabbage, cucumber, sunflower seeds*)

Chicken Caesar Wrap Spring Mix, Chicken, Parmesan, Caesar Dressing

Tuna Salad Wrap Spring Mix, Tuna, Red Cabbage, Mayonnaise

Falafel Wrap Hummus, Falafel, Kale, Red Cabbage, Carrots, Pickled Turnip (*vegan*)

Sweet Potato Wrap Spring Mix, Sweet Potato, Black Beans, Avocado, Creamy Cilantro Dressing (*vegan*)