

## Signature Salads

### Vegan Walnut

Lettuce, Kale, Chickpeas, Red Cabbage,  
Avocado, Quinoa, Walnuts, Lemon  
Vegan Caesar Dressing  
**14** family size 35

### Radio Flyer

Lettuce, Flaked Tuna, Edamame, Egg, Olives,  
Tomatoes, Pita Chips, Red Wine Vinaigrette  
**14** family size 37

### Tofu Convert

Lettuce, Radish, Marinaded Tofu, Edamame,  
Red Pepper, Broccoli, Brown Rice, Fried Noodles  
Creamy Sesame Dressing  
**14** family size 35

### Falafel

Lettuce, Falafel, Red Cabbage, Pickled Turnip,  
Carrots, Cucumbers, Red Onion  
Lemon Tahini Dressing  
**13** family size 35

### Highwire Girl

Lettuce, Chickpeas, Tomatoes, Cucumbers, Feta,  
Olives, Red Onion, Hearts of Palm  
Oregano Garlic Vinaigrette  
**13** family size 35

### Monkland *New!*

Lettuce, Kale, Red Cabbage, Egg, Chickpeas, Broccoli,  
Cucumber, Sunflower Seeds, Red Onion  
Balsamic Vinaigrette  
**12** family size 32

# Frisette

COMPTOIR À SALADE

5600 Monkland / Montreal / (514) 482 8542

### La Frisette

Lettuce, Kale, Red Cabbage, Roasted Sweet Potato,  
Dried Cranberries, Quinoa, Pumpkin Seeds, Broccoli  
Honey Dijon Vinaigrette **12**  
(small size 8 / family size 32)

### Walnut Chicken

Lettuce, Kale, Chicken, Walnuts, Quinoa, Parmesan  
Caesar Dressing  
**15** family size 42

### Sud-Ouest

Lettuce, Sweet Potato, Black Beans, Corn, Avocado, Pita Chips  
Cilantro Lime Vinaigrette  
**13** family size 35

### Pink Goat

Lettuce, Kale, Red Beets, Goat Cheese, Walnuts, Red Onion  
Honey Dijon Vinaigrette  
**14** family size 35

### Farmhouse

Lettuce, Chicken, Egg, Avocado, Carrots, Corn, Pita Chips  
Creamy Herb Dressing  
**15** family size 40



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www.frisette.ca

## Smaller Bowls & Wraps

### Small (ish) Green Salad 8

Lettuce, Kale, Red Cabbage,  
Sunflower Seeds, Cucumber  
Honey Dijon Vinaigrette

### Small (ish) Caesar Salad 8

Lettuce, Kale, Parmesan, Pita Chips  
Caesar Dressing

### Bobbie's Snack Bowl 12

Brown Rice, Broccoli, Carrots, Tofu,  
Chow Mein Noodles, Kale, Red Cabbage  
Creamy Sesame Dressing & Sriracha

### Soba Noodle Salade 12

Soba noodles, sliced almonds, broccoli,  
carrots, radish, red pepper  
Ginger Sesame Vinaigrette

### Chicken Caesar Wrap 8

roasted chicken, parmesan, lettuce

### Tuna Wrap 8

tuna salad, red cabbage, red onion, lettuce

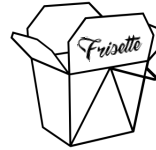
### Falafel Wrap 8

falafel, carrots, kale, red cabbage, pickled turnip

**small soup + 4 / small salad + 6**

# Build Your Own

Choose Your Base



## Salad Bowl

<b>Lettuce</b> <i>(seasonal selection)</i>	<b>6</b>
<b>Spinach</b>	<b>6</b>
<b>Lettuce &amp; Kale</b>	<b>6.50</b>
<b>All Kale</b>	<b>7</b>

## Grain Bowl

<b>Quinoa</b>	<b>4</b>
<b>Organic Brown Rice</b>	<b>4</b>
<b>Quinoa and Brown Rice</b>	<b>5</b>
<b>Soba Noodles</b>	<b>5</b>

### Vegetables

Red Cabbage	0.50
Red Onion	0.50
Broccoli	1
Carrots	1
Cherry Tomatoes	1
Corn	1
Cucumber	1
Hearts of Palm	1
Kalamata Olives	1
Pickled Turnip	1
Radish	1
Red Pepper	1.50
Roasted Sweet Potato	1.50
Avocado	2
Roasted Red Beets	2

### Cheeses

Feta	2
Parmesan	2
Goat Cheese	2.50

### Beans

Black Beans	1
Chickpeas	1
Edamame	1.50

### Proteins

Hard Boiled Egg	1
Marinated Tofu	3.50
Flaked Tuna	3.50
Roasted Chicken	4

### Grains and Crunch

Red Quinoa	2
Organic Brown Rice	1.50
Baked Falafel	3
Chow Mein Noodles	1
Baked Pita Chips	1

### Nuts, Seeds, Etc

Sunflower Seeds	0.50
Dried Cranberries	0.50
Pumpkin Seeds	1
Almond Slices	2
Walnuts	2

### Dressings and Vinaigrettes

*(included with Salads and Grain Bowls)*

- Caesar Dressing
- Creamy Herb
- Creamy Sesame Dressing
- Honey Dijon Vinaigrette
- Ginger Sesame Vinaigrette



- Vegan Caesar Dressing
- Lemon Tahini Dressing
- Cilantro Lime Vinaigrette
- Oregano and Garlic Vinaigrette
- Red Wine Vinaigrette
- Balsamic Vinaigrette

Olive Oil and Balsamic Vinegar