

**Vegan Walnut**

Lettuce, Kale, Chickpeas, Red Cabbage,  
Avocado, Quinoa, Walnuts, Lemon  
Vegan Caesar Dressing  
**14** family size 40

**Radio Flyer**

Lettuce, Flaked Tuna, Edamame, Egg, Olives,  
Tomatoes, Pita Chips, Red Wine Vinaigrette  
**15** family size 42

**Tofu Convert**

Lettuce, Marinated Tofu, Brown Rice, Edamame,  
Red Pepper, Broccoli, Radish, Fried Noodles  
Creamy Sesame Dressing  
**15** family size 42

**Falafel**

Lettuce, Falafel, Red Cabbage, Pickled Turnip,  
Carrots, Cucumbers, Red Onion  
*Lemon Tahini Dressing*  
**14** family size 39

**Highwire Girl**

Lettuce, Chickpeas, Tomatoes, Cucumbers, Feta,  
Olives, Red Onion, Hearts of Palm  
Oregano Garlic Vinaigrette  
**14** family size 40

**Monkland**

Lettuce, Kale, Red Cabbage, Egg, Chickpeas, Broccoli,  
Cucumber, Sunflower Seeds, Red Onion  
Balsamic Vinaigrette  
**13** family size 39



**5600 Monkland / Montreal / (514) 482 8542**



**La Frisette**

Lettuce, Kale, Red Cabbage, Roasted Sweet Potato,  
Dried Cranberries, Quinoa, Pumpkin Seeds, Broccoli  
Honey Dijon Vinaigrette  
**13** family size 36

**Walnut Chicken**

Lettuce, Kale, Chicken, Walnuts, Quinoa, Parmesan  
Caesar Dressing  
**16** family size 45

**Sud-Ouest**

Lettuce, Sweet Potato, Black Beans, Corn, Avocado, Pita Chips  
Cilantro Lime Vinaigrette  
**13** family size 39

**Pink Goat**

Lettuce, Kale, Red Beets, Goat Cheese, Walnuts, Red Onion  
Honey Dijon Vinaigrette  
**14** family size 40

**Farmhouse**

Lettuce, Chicken, Egg, Avocado, Carrots, Corn, Pita Chips  
Creamy Herb Dressing  
**16** family size 47

**Morpho Bleu**

Kale, Red Cabbage, Blueberries, Almonds, Quinoa, Feta  
Balsamic Vinaigrette  
**14** family size 40

**Classic Caesar**

Lettuce, Kale, Parmesan, Pita Chips, Caesar Dressing  
**10** family size 28

**Green Salad**

Lettuce, Kale, Red Cabbage, Sunflower Seeds, Cucumber  
Honey Dijon Vinaigrette  
**10** family size 28



**Chicken Caesar Wrap 10**

Chicken, Parmesan, Lettuce, Caesar dressing

**Tuna Salad Wrap 10**

Tuna Salad, Red Cabbage, Red Onion, Lettuce  
Mayonnaise

**Falafel Wrap 10**

Falafel, Carrots, Red Cabbage, Pickled Turnip, Kale  
Lemon Tahini Dressing

**Sweet Potato Wrap 10**

Sweet Potato, Black Beans, Avocado, Lettuce  
Creamy Cilantro Sauce

*Add a small green or caesar salad \$6*

# Create Your Own

## Salad Bowl

**Lettuce**  
**Kale +1**

### Vegetables

Red Onion	0.5
Kale	1
Red Cabbage	1
Broccoli	1
Carrots	1
Cherry Tomatoes	1
Corn	1
Cucumber	1
Hearts of Palm	1
Kalamata Olives	1
Pickled Turnip	1
Radish	1
Spinach	1
Red Pepper	1.5
Sweet Potato	1.5
Avocado	2
Roasted Red Beets	2

### Cheeses

Parmesan	2
Feta	2
Cheddar	2
Goat Cheese	2.5

### Beans

Black Beans	1.5
Chickpeas	1.5
Edamame	1.5

### Proteins

Hard Boiled Egg	1
Marinated Tofu	3.5
Flaked Tuna	4
Roasted Chicken	4.5

Choice of Base \$6



### Grains and Crunch

Brown Rice	1
Quinoa	1.5
Baked Falafel	3.5
Chow Mein Noodles	1
Baked Pita Chips	1

### Nuts, Seeds, Etc

Sunflower Seeds	0.5
Dried Cranberries	0.5
Blueberries	1
Pumpkin Seeds	1
Almond Slices	2
Walnuts	2

## Grain Bowl

**Quinoa**  
**Brown Rice**

### 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  
Olive Oil and Lemon