



## Salad options - Plated or buffet meals

- 1. Roasted root vegetable salad with parmesan cheese & balsamic dressing
- 2. Strawberry asparagus salad with goat cheese, baby spinach, honey Dijon dressing
- 3. **Sundried tomato pasta salad** with baby spinach, vegetables, basil, olive oil
- 4. <u>Caesar salad</u> with crisp romaine hearts, fresh parmesan, house croutons, fresh garlic, lemon zest, caper berries, crisp fresh bacon
- 5. <u>Asian noodle salad</u> with cashews, Bok choy, sprouts, sugar snap peas, julienne peppers and carrots tossed in house Asian sauce
- 6. **Greek salad** with feta cheese & fresh basil
- 7. **Chefs garden salad** with fresh vegetables, hot house tomatoes
- 8. <u>Crisp iceberg salad</u> with blue cheese, tomatoes & red onions
- <u>Baby arugula salad</u> with poached pears, candied pecans, cherry tomatoes and Asiago cheese
- 10. <u>Island salad</u> with grilled pineapple, mangos, grilled onions, fresh thyme, avocado, cucumber, Jerk Chicken bites, fried plantains, olive oil
- 11. <u>House coleslaw</u> with Creamy or oil based
- 12. **Potato salad** with Yukon gold potatoes, chives,
- 13. <u>Watermelon & baby watercress salad</u> with feta cheese, red onions, olive oil, sea salt, cracked pepper
- 14. <u>Sweet potato & roasted beet salad</u> with caramelized parsnips, mixed greens, local maple syrup, pumpkins seeds

Other salad options available upon request