

Salads \$4 per person, as a side dish,

Year Round Green Salad, The lettuce and veg may change a bit with the seasons. We're always trying to source close to home.

Dressings:

Fresh Herb and Roasted Garlic, the lightest on the list

Buttermilk Ranch, low Fat but Creamy

Light Caesar, lower fat version, not as thick, easier to toss

Sundried Tomato and Balsamic Vinaigrette, light, sweet&sour

Citrus and Tarragon, light Creamy, a little sweet

Sesame, lime and ginger vinaigrette, sweet and sour

Caesar, using a MFF recipe, bacon, shaved Asiago cheese, croutons

Potato Salad, mildly dressed with Chef-made dressing, tossed with finely chopped green onion and celery. Hard boiled egg on request.

Mediterranean Potato salad, a healthier option, using an olive oil dressing, bell peppers, roasted garlic and onion, a splash of lemon.

Mixed Hearty Green Slaw, using savoy cabbage, kale, grated carrot and turnip, green onion, and a citrus-herb dressing.

Post Paleo Salad, red quinoa, millet, buckwheat groats, ( all gluten-free) grated vegetables, with an apple cider honey and herb dressing mixed through.

Pasta Salad, tri color pasta, julienne veg and sundried tomatoes, tossed with balsamic dressing, Asiago cheese on top.