



Nutritious,
Delicious
and Fast.™

SALAD SPA® Catering Menu



PASTA SALADS

Tri-colour pasta salad: \$15.99 (Serves 5 as a side salad)

Tossed with black olives, red onion, red pepper, tomato, feta cheese and sundried tomato served with our Creamy Italian or Greek Dressing.

Whole Wheat pasta salad: \$15.99 (Serves 5 as a side salad)

Tossed with broccoli, tomato, green onion, pin nuts, parmesan cheese, mozzarella cheese and a tangy pesto sauce.

DESSERTS

Cookies

Assorted 2 ounce freshly baked cookies

Muffins

Baked daily

All Natural and Protein Bars

For the health nut.

Gourmet Pretzels

A variety of decadent toppings

Assorted brownies & squares

Nanaimo bars, assorted brownies & squares

To Order:

Salad Spa
90 Eglinton Ave. East

E-mail:

info@saladspa.com

Tel:

(416) 487-2523

Fax:

(416) 487-8811

* Please be advised: All orders require 24 hr. prior notice.

** All prices subject to change without notice.

PLATTERS:

Small (6-10)

Medium (10-14)

Large (14-18)

Fruit:

Assorted seasonal fruit. Add fat-free yogurt & home made granola (\$1.50 / person)

\$32.95

\$44.95

\$64.95

Vegetable:

Assorted vegetables with ranch or honey mustard dip

\$29.95

\$39.95

\$54.95

Mini Sandwiches:

Assorted deli meats, tuna and egg on pumpernickle, sourdough, whole wheat and french bread

\$44.95

\$64.95

\$79.95

Cheese & Crackers:

Assorted gourmet cheese with a variety of crackers and fruit

\$44.95

\$64.95

\$79.95

SALADS: All our dressings are homemade daily with the highest quality ingredients. We do not use any preservatives or trans fats.

Vegetable Medley: \$29.95

(Serves 3-4 people or 6-8 as side salad)
Assortment of Romaine, Spinach & Spring Mix, tomato, cucumber, carrot, radish, corn, broccoli, cauliflower, red pepper, red cabbage, mushroom, chick peas, mozzarella & cheddar. Suggested Dressing: Balsamic-basil vinaigrette. Add protein: \$ 2.50 / person

Greek: \$29.95

(Serves 3-4 people or 6-8 as side salad)
Romaine & Iceberg Lettuce, tomato, cucumber, red pepper, red cabbage, red onion, black olives, feta cheese. Suggested Dressing: Greek. Add protein: \$ 2.50 / person



Caesar: \$29.95 (Serves 3-4 people or 6-8 as side salad)

Romaine & Iceberg lettuce, parmesan, bacon bits (soy based), homemade croutons, diced grilled chicken. Suggested Dressing: Caesar. Chicken can be replaced with shrimp or tofu at no extra charge. Add protein: \$ 2.50 / person

Asian: \$29.95 (Serves 3-4 people or 6-8 as side salad)

Romaine, Spinach, & Spring mix, carrots, broccoli, cauliflower, cucumber, celery, red pepper, green onion, mandarin oranges, almonds, sunflower seeds, crispy noodles. Suggested Dressing: Asian Miso & Spicy Peanut (Both dressings included). Add protein: \$ 2.50 / person

Deli Salad: \$39.95 (Serves 3-4 people or 6-8 as side salad)

Romaine & Spring Mix, carrot, cucumber, tomato, red pepper, radish, red onion, black olives, broccoli, corn, cheddar cheese, crumbled egg, avocado, turkey, ham & grilled chicken. Suggested dressing: Ranch or Honey Mustard Add protein: \$ 2.50 / person

The Executive: \$39.95 (Serves 3-4 people or 6-8 as side salad)

Romaine, Spinach & Spring Mix, cucumber, tomato, red pepper, broccoli, cauliflower, carrot, red cabbage, artichoke hearts, beets, chickpeas, dried cranberries, sunflower seeds, asparagus, avocado & boconchini Suggested Dressing: Raspberry Poppyseed or Balsamic-Basil vinaigrette. Add protein: \$ 2.50 / person

Nicoise: \$34.95 (Serves 3-4 people or 6-8 as side salad)

Romaine & Spring Mix, albacore tuna, black olives, red onion, red pepper, tomato, mushroom, asparagus & sundried tomato. Suggested Dressing: Dijon Vinaigrette or Balsamic-basil vinaigrette. Add protein: \$ 2.50 / person

Custom Salad: Please call for pricing.

WRAPS — Mega 12" A Great Meal!

Caesar: \$8 / Person

Romaine & Iceberg lettuce, parmesan, bacon bits (soy based), homemade croutons, diced grilled chicken. Suggested Dressing: Caesar. Chicken can be replaced with shrimp or tofu at no extra charge.

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Greek: \$7.50 / person

Romaine & Iceberg lettuce, tomato, cucumber, red pepper, red cabbage, red onion, black olives, feta cheese. Suggested dressing: Greek. Add protein: \$ 2.50 / person

Veggie: \$7 / person

Assortment of Romaine, Spinach & Spring Mix, tomato, cucumber, carrot, radish, corn, broccoli, cauliflower, red pepper, red cabbage, mushroom, chick peas, & mozzarella. Suggested dressing: Balsamic-basil vinaigrette. Add protein: \$ 2.50 / person

Tuna: \$8.50 / person

Romaine & Spring Mix, albacore tuna, black olives, red onion, red pepper, tomato, mushroom, asparagus. Suggested dressing: Dijon Vinaigrette or Balsamic-basil vinaigrette. Extra protein: \$ 2.50 / person

Turkey or Ham: \$8 / person

Iceberg lettuce, tomato, cucumber, carrot, red onion, red pepper, hot bell peppers, pickles, beets, mozzarella cheese, turkey or ham. Suggested Dressing: Honey mustard or Ranch. Extra protein: \$ 2.50 / person

Seafood: \$8.50 / person

Romaine, cucumber, tomato, red pepper, carrot, celery, avocado, Shrimp & crab. Suggested Dressing: Raspberry Poppyseed or Balsamic-basil vinaigrette. Extra protein: \$ 2.50 / person

Vegan: \$8.50 / person

Romaine, Spinach & Spring Mix, cucumber, tomato, red pepper, broccoli, cauliflower, carrot, red cabbage, artichoke hearts, beets, chickpeas, dried cranberries, sunflower seeds, asparagus, avocado. Suggested Dressing: Suggested dressing: Raspberry Poppyseed or Balsamic- basil vinaigrette.

Deli: \$8.50 / person

Romaine & Spring Mix, carrot, cucumber, tomato, red pepper, radish, red onion, broccoli, corn, cheddar cheese, crumbled egg, avocado, turkey, ham. Suggested Dressing: Ranch or Honey Mustard. Extra protein: \$ 2.50 / person

Custom Wrap: Please call for pricing.