**CUSTOMIZE YOUR OWN SALAD**

**STEP 1: CHOOSE YOUR SALAD BASE**

- Romaine
- Mesculin Mix
- Iceberg
- Spinach
- Arugula

**STEP 2: CHOOSE 3 FREE INGREDIENTS**

Each Additional 0.50¢

- Fresh Beets
- Jalepenos
- Broccoli
- Carrots
- Celery
- Corn
- Green Peppers
- Cucumber
- Red Onion
- Tomato
- Mushrooms
- Crunch
- Candied Pecans
- Walnuts
- Slivered Almonds... Add 0.75¢

**STEP 3: CUSTOMIZE YOUR SALAD**

**PREMIUM OPTIONS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken</td>
<td>2.99</td>
</tr>
<tr>
<td>Cajun Grilled Chicken</td>
<td>3.49</td>
</tr>
<tr>
<td>Turkey Burger</td>
<td>4.99</td>
</tr>
<tr>
<td>Grilled Shrimp (5)</td>
<td>3.49</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>2.99</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>2.99</td>
</tr>
<tr>
<td>Other Dried Cranberries</td>
<td>0.49</td>
</tr>
</tbody>
</table>

**VEGGIES**

- Roasted Peppers
- Artichokes
- Avocado ($1.35)
- Greek Olives
- Sun-dried Tomatoes
- Bruschetta
- Chick Peas
- Homemade Croutons
- Bruschetta ($1.00)

**ADD 0.49¢**

**CHEESES**

- Provolone
- Swiss
- Sharp Cheddar
- Pepper Jack
- Mozzarella

**ADD 0.99¢**

**SPECIALTY CHEESES**

- Crumbled Feta
- Goat Cheese
- Fresh Mozzarella
- Gorgonzola
- Shaved Parmigiana

**STEP 4: CHOOSE A DRESSING**

**Classic**

- Balsamic Vinaigrette
- Creamy Balsamic
- Honey Lemon Vinaigrette
- Red Wine Vinaigrette
- Roasted Pepperette

- Creamy Caesar
- Creamy Bleu Cheese
- Buttermilk Ranch
- Creamy Russian
- Mandarin Ginger

**Lite**

- Honey Mustard
- Extra Virgin Olive Oil
- Thai Peanut

- Golden Italian
- Red Wine Vinegar
- Balsamic Vinegar

**OUR POPULAR P-LICIOUS SALADS**

- **NEW! THE CERTILMAN** $10.95
  Grilled Shrimp, romaine, arugula, avocado, and strawberries with crumbled feta- mandarin ginger on side.

- **THE HIBACHI** $8.99
  Grilled Hibachi chicken, tomatoes, scallions, red cabbage, mixed greens with romaine lettuce with our raspberry vinaigrette.

- **ITALIAN GRILLED CHICKEN** $8.99
  Grilled chicken, fresh mozzarella cheese, tomatoes, olives, roasted peppers, romaine lettuce, with our creamy balsamic.

- **APPLE WALNUT** $8.99
  Grilled chicken, sliced apples, dried cranberries, goat cheese, walnuts with mixed greens and our raspberry vinaigrette.

- **MR. LONG** $10.95
  Asian grilled chicken, goat cheese, baby corn, carrots and romaine lettuce.

- **MARY’S TUNA MISH** $10.95
  Dry tuna, arugula, romaine, tomatoes, olives, artichokes, roasted peppers, provolone cheese with our balsamic vinaigrette. All chopped.

**THE HEALTHY WRAP** $9.95
Honey turkey, coleslaw, carrots, cucumbers, thai peanut dressing served in a lettuce wrap.

**TASTY IDEAS!**

- **Burrata & Kiddin Me** $12.95
  Breaded eggplant, burrata, prosciutto, arugula, balsamic glaze, famous red sauce on a semolina hero

- **ITALIAN CHICKEN MELT** $8.99
  Grilled chicken with roasted peppers, fresh mozzarella with a creamy pesto with a balsamic glaze. Served on a panini with side of pasta salad.

- **EYE OPENER** $8.99
  Egg whites, sliced avocado, turkey bacon, pepper jack cheese on a toasted croissant.