

## Signature Salads

**Quinoa Chicken Salad**...grilled chicken \*antibiotic free, marinated kale, quinoa, red grapes, feta cheese, walnuts, tossed in Honey Chia seed vinaigrette 10.99

**Roasted Turkey Spinach Salad**...oven roasted turkey breast, spinach, strawberries, red onion, feta cheese, pecans, apple, tossed in Fuji apple dressing 10.99

**Blue Tenderloin Salad**...hand cut tenderloin tips, romaine, bacon, blue cheese, red onion, tossed in Blue cheese dressing 11.99

**Salad Co. Chopped Salad**...grilled chicken or roasted turkey breast, house blend greens, cucumber, cherry tomato, carrots, egg, quinoa, broccoli, sliced mushroom, tossed in Ranch dressing 10.99

**Grand Traverse Cherry Salad**...romaine, Traverse City dried cherries, roasted corn, radish, blue cheese, tossed in Cherry Balsamic vinaigrette 8.99

**Ultimate Kale Salad**...detox blend of marinated kale, chopped red cabbage, carrots, cauliflower, broccoli, radish, celery, sunflower seeds, tossed in vegan avocado dressing 8.99

**Spinach Black Bean Salad**...high protein – spinach, black beans, edamame, roasted sweet potato, buckwheat grain, sunflower seeds, tossed in Balsamic vinaigrette 8.99

## Signature Sandwiches

**Turkey Club**...oven roasted turkey breast, bacon, tomato, romaine, lemon basil mayo on rustic baguette 8.99

**Tenderloin Panini**...tenderloin tips, blue cheese, red onion, mushroom, spinach, balsamic dressing on rustic baguette 10.50

**Cherry Chicken Salad**..house made cherry chicken salad, spinach, on rustic baguette 8.50 *\*chicken salad on greens 8.50*

**Vegetable Wrap**...roasted red pepper hummus, mushrooms, rainbow carrots, spinach, roasted sweet potatoes, vegan avocado dressing 7.99

**Loaded B.L.T.**...bacon, romaine, tomato, red onion, cheddar cheese, chipotle aioli, on rustic baguette 8.50

**Salad Co. Turkey Wrap**...oven roasted turkey breast, sliced cucumber, cheddar cheese, romaine, tomato, lemon basil mayo 8.99

**Grilled Chicken**..grilled chicken breast \*antibiotic free – sliced gouda, argula, fig jam on rustic baguette 9.50

## Daily Soup Bowl

12 oz...5.25