

# salad bar style

14.95/per person  
Minimum 8 guests

## step 1

Pick up to 3 fresh lettuce mixes

Iceberg	Romaine
Spring Mix	Spinach

## step 2

Pick up to 8 throw-ins

Alfalfa Sprouts	Green Bell Peppers
Artichoke Hearts	Hard Boiled Egg
Asparagus	Black Olives
Avocado	Mandarin Oranges
Bacon Bits	Mushrooms
Broccoli	Pepperoncini Peppers
Caramelized Onions	Portobello
Carrots	Raisins
Celery	Red Onion
Chickpeas	Roasted Red Peppers
Chow mein Noodles	Sliced Almonds
Corn	Sundried Tomatoes
Croutons	Sunflower Seed
Cucumbers	Tomatoes
Dried Cranberries	Tortilla Chips
Egg Plant	Walnuts

Call for seasonal throw-ins

## step 3

Pick up to 2 cheeses

Blue Cheese	Canadian Cheddar
Feta Cheese	Parmesan Cheese

## step 4

Pick up to 2 meats

Lite Veggie Tuna Salad	Roasted Turkey
Chicken Salad	Tofu
Black Forest Ham	Grilled Steak
Spicy Buffalo Chicken	Grilled Chicken
Teriyaki Chicken	Wild Alaskan Salmon
Fresh Cooked Shrimp	

## step 5

Pick up to 4 salad dressings

Asian Sesame	Ranch
Blue Cheese	Raspberry Vinaigrette
Caesar	Spring Herb Italian
Cucumber Dill	Sundried Tomato & Black Olive
Honey Herb & Dijon	Sweet Onion
Mediterranean Greek	Extra Virgin Olive Oil
Modena Balsamic	Balsamic Vinegar
Pear & Blue Cheese	Red Wine Vinegar
Poppy Seed Light	Fresh Squeezed Lemon
Parmesan Caesar	
Vinaigrette	

Full salad chef service available to  
prepare and serve your salad creations  
at an additional cost.

Minimum 15 guests

Ask us about our delicious soups...

# lunch box

## Pick a Wrap or Salad

Your choice of any wrap, Jr Creation Featured salad, or Create Your Own Jr Creation Salad up to 4 toppings. Excluding Protein.

## Pick One

Jumbo Chocolate Chip Cookie, Chips or Fruit

## Choose Your Drink

Bottled Water, Ice Tea, Soda or Juice

Call for pricing  
Minimum 6 guests



## ingredients for success

franchise opportunities available

Please contact us at [bbot@saladcreations.net](mailto:bbot@saladcreations.net)

saladcreations  
fresh is fabulous

Let us plan your next catered event  
phone or fax us to place your catering order.

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saladcreations  
fresh is fabulous  
catering  
menu



# salads

## Light and Fresh small 20 large 32

**Heart Lover**  
Spring Mix lettuce, tomatoes, red onions, carrots, cucumbers and almonds

**“Hail to Caesar”**  
Romaine lettuce, parmesan cheese and croutons in Caesar dressing

**“Chic to be Greek”**  
Romaine lettuce, feta cheese, red onions, black olives, tomatoes, pepperoncini peppers and croutons

## Light and Satisfying small 22 large 35

**The Tuna “Chop”**  
Iceberg lettuce, tender flaky tuna salad, red onions and tomatoes

**Chopped Turkey Club**  
Iceberg lettuce, tender turkey breast, tomatoes, bacon bits and red onion

**Baja Salad**  
Iceberg and romaine lettuces, tomatoes, red onions, corn, black olives, cheddar cheese, fresh salsa and tortilla chips topped with warm chili

**The Chopped Ten Veggie**  
Iceberg lettuce, green bell peppers, red onions, mushrooms, broccoli, artichoke hearts, cucumber, chickpeas, tomatoes, carrots and croutons

## Hearty small 27 large 45

**Chinese Chopstick **MOST POPULAR!****  
Spring mix lettuce, grilled teriyaki chicken, mandarin oranges, chow mein noodles and Asian sesame dressing

**Steak & Blue**  
Romaine lettuce, red onions, green bell peppers, crumbled blue cheese and grilled steak

**Sante Fe Chicken**  
Iceberg lettuce, grilled chicken, cheddar cheese, tomatoes, corn, red onions, carrots, green bell peppers and sunflower seeds

**Wild Alaskan Salmon **TOP SELLER!****  
Spinach, wild Alaskan salmon, tomatoes, carrots, red onions, sunflower seeds, feta cheese and balsamic vinaigrette

**Canadian Cobb **GUEST FAVOURITE!****  
Romaine lettuce, ham, bacon, cheddar cheese, hard boiled egg, tomatoes, red onions, carrots, roasted red peppers and croutons

**cookie platter 12**  
selection of assorted cookies

**fruit kebob platters small 15 large 25**  
selection of seasonal fruit



# assorted wraps platters Small 50 (choose 6) Large 70 (choose 8)

**Spicy Buffalo Chicken Caesar **GUEST FAVOURITE!****  
Buffalo chicken, hard-boiled egg, tomatoes, bacon bits, parmesan cheese, romaine lettuce, hot sauce, croutons and Caesar dressing

**Steak & Cheddar Wrap**  
Grilled Steak on romaine lettuce topped with red onions, green bell peppers, mushrooms, cheddar cheese and Sweet Onion dressing

**Tuna Salad**  
Tuna salad with romaine lettuce, alfalfa sprouts, red onions and Asian Sesame dressing

**Cucumber Dill Chicken Salad**  
Chicken salad, tomatoes, carrots, cucumbers, romaine lettuce and Cucumber Dill dressing

**Turkey BLT**  
Turkey, red onions, tomatoes, bacon bits, cheddar cheese, romaine lettuce and Honey Herb and Dijon dressing

**Grilled Chicken Fajitas **TOP SELLER!****  
Grilled chicken, tomatoes, red onions, green bell peppers, cheddar cheese, romaine lettuce, hot sauce, croutons and Creamy Ranch dressing

**Baja Salad Burrito**  
Romaine lettuce with tomatoes, corn, black olives, cheddar cheese, warm chili and ranch dressing

**Roasted Vegetable Wrap **MOST POPULAR!****  
Romaine lettuce, roasted red peppers, sundried tomatoes, Portobello mushrooms, artichoke hearts, eggplant, asparagus, feta cheese, drizzled with olive oil and balsamic vinegar



## At Salad Creations™ we're all about fresh

Everything is made to order with the highest quality ingredients. Farm fresh veggies, cheeses, and sliced meats... Over 40 ingredients to choose from.

With 24 hours notice salad creations will create an experience for you that you won't soon forget. Let us cater for your next event.

**Fresh is fabulous is the greener choice**

**small** serves 6-8 guests **large** serves 10-12 guests



choice of beverages available