



## SALADS

### Light & Fresh

Small	Large
\$20.00	\$32.00

#### Heart Lover

Spring mix lettuce, tomatoes, red onions, carrots, cucumbers and almonds

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#### “Chic to be Greek”

Romaine lettuce, feta cheese, red onions, black olives, tomatoes, pepperoncini peppers and croutons

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#### “Hail Caesar”

Romaine lettuce, parmesan cheese and croutons in caesar Dressing

ADD Chicken 2.50  Salmon 3.50  Shrimp 3.50

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### Light & Satisfying

Small	Large
\$22.00	\$35.00

#### The Tuna “Chop”

Iceberg, red onion, tomato, flaky tuna salad

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#### Chopped Turkey Club

Iceberg lettuce, tender turkey breast, tomatoes, bacon bits and red onion

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#### Baja Salad

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

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#### The Chopped Ten Veggie

Iceberg lettuce, green bell peppers, red onions, mushrooms, broccoli, artichoke hearts, cucumber, chickpeas, tomatoes, carrots and croutons

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### Hearty Gourmet Creations

Small	Large
\$27.00	\$45.00

#### Chinese Chopstick

Spring mix lettuce, grilled teriyaki chicken, mandarin oranges, chow mein noodles and Asian sesame dressing

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#### Steak & Blue

Romaine lettuce, red onions, green bell peppers, crumbled blue cheese and grilled steak

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#### Santa Fe Chicken

Romaine lettuce, ham, bacon, cheddar cheese, hard boiled egg, tomatoes, red onions, carrots, roasted peppers and croutons

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#### Wild Alaskan Salmon

Spinach, wild Alaskan salmon, tomatoes, carrots, red onions, sunflower seeds, feta cheese and balsamic vinaigrette

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#### Canadian Cobb

Romaine lettuce, ham, bacon, cheddar cheese, hard boiled egg, tomatoes, red onions, carrots, roasted peppers and croutons

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## DESSERTS

### Cookie Platter

\$12.00

Selection of 12 assorted cookies

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### Fruit Kebob Platter

Small	Large
\$15.00	\$25.00

Selection of seasonal fruit  
small-12 Kebobs large-20 Kebobs

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## ASSORTED WRAP PLATTERS

small (6 wraps) serves 6-8 guests      large (8 wraps) serves 8-10 guests

Light & Fresh  Wraps available heated      Small \$50.00      Large \$70.00

Create Your Own Wrap, choose up to 4 “throw ins”, protein is extra.

<b>Spicy Buffalo Chicken Caesar</b> 	_____	_____
Buffalo chicken, hard boiled egg, tomatoes, bacon bits, parmesan cheese, romaine lettuce, hot sauce, croutons and caesar dressing		
<b>Steak &amp; Cheddar Wrap</b> 	_____	_____
Grilled steak on romaine lettuce topped with red onions, green bell peppers, mushrooms, cheddar cheese and sweet onion dressing		
<b>Tuna Salad</b>	_____	_____
Tuna salad with romaine lettuce, red onion, cucumbers and Asian sesame dressing		
<b>Cucumber Dill Chicken Salad</b> 	_____	_____
Chicken salad, tomatoes, carrots, cucumbers, romaine lettuce and cucumber dill dressing		
<b>Turkey BLT</b> 	_____	_____
Turkey, red onions, tomatoes, bacon bits, cheddar cheese, romaine lettuce and honey herb & dijon dressing		
<b>Grilled Chicken Fajitas</b> 	_____	_____
Grilled chicken, tomatoes, red onions, green bell peppers, cheddar cheese, romaine lettuce, hot sauce, croutons and creamy ranch dressing		
<b>Baja Salad Burrito</b> 	_____	_____
Romaine lettuce, with tomatoes, corn, black olives, cheddar cheese, warm chili and ranch dressing		
<b>Roasted Vegetable Wrap</b> 	_____	_____
Romaine lettuce, roasted red peppers, sundried tomatoes, portobello mushrooms, artichoke hearts, grilled zucchini, asparagus, feta cheese, drizzled with olive oil and balsamic vinegar		

## LUNCH BOX

Call for pricing (minimum of 6 guests)

### Pick A Wrap Or A 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, iced tea, soda or juice

<b>Panini</b>	Small \$45.00	Large \$60.00
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small platter (6 paninis)      large platter (8 paninis)

### Turkey Pesto

Multi Grain Bun, Pesto, Mozzarella Cheese, Turkey, Mayonnaise, Spinach

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### Tomato Basil

Multi Grain Bun, Pesto, Mozzarella Cheese, Tomato, Fresh Basil

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### The Italian

Multi Grain Bun, Mozzarella Cheese, Salami, Black Olives, Mayonnaise, Spinach

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### The Big Ham

Multi Grain Bun, Mozzarella Cheese, Black Forest Ham, Red Onion, Roasted Red Peppers, Black Olives, Mayonnaise, Spinach

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## SALAD BAR STYLE

### FULL CHEF SERVICE

Full salad chef service available to prepare and serve your salad creations at an additional cost. (Minimum of 15 guests)  SALAD CHEF

### SALAD BAR

14.95 PER PERSON (Min of 8 guests)

### CREATE YOUR OWN

- 5.99 JR. CREATION Choose up to 4 “throw ins”, protein is extra.
  - 7.99 FULL CREATION Unlimited “throw ins”, protein is extra.
- If choosing “Create Your Own”, please fill out this form for each salad.

#### STEP 1

CHOOSE 2 OR 3 FRESH LETTUCE MIXES™ (SALAD BAR ONLY)

- ICEBERG  SPRING MIX  ROMAINE  SPINACH

#### STEP 2

CHOOSE UP TO 8 OF YOUR FAVORITE ‘THROW-INS’ (Call for seasonal throw-ins)

- |                                             |                                               |
|---------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> ARTICHOKE HEARTS   | <input type="checkbox"/> HARD BOILED EGG      |
| <input type="checkbox"/> ASPARAGUS          | <input type="checkbox"/> HONEY ROASTED PECANS |
| <input type="checkbox"/> AVOCADO            | <input type="checkbox"/> MANDARIN ORANGES     |
| <input type="checkbox"/> BACON BITS         | <input type="checkbox"/> MUSHROOMS            |
| <input type="checkbox"/> BLACK OLIVES       | <input type="checkbox"/> PECANS               |
| <input type="checkbox"/> BROCCOLI           | <input type="checkbox"/> PEPPERONCINI PEPPERS |
| <input type="checkbox"/> CARAMALIZED ONIONS | <input type="checkbox"/> PORTOBELLO MUSHROOMS |
| <input type="checkbox"/> CARROTS            | <input type="checkbox"/> RAISINS              |
| <input type="checkbox"/> CELERY             | <input type="checkbox"/> RED ONION            |
| <input type="checkbox"/> CHICKPEAS          | <input type="checkbox"/> ROASTED RED PEPPERS  |
| <input type="checkbox"/> CHOW MEIN NOODLES  | <input type="checkbox"/> SLICED ALMONDS       |
| <input type="checkbox"/> CORN               | <input type="checkbox"/> SUNDRIED TOMATOES    |
| <input type="checkbox"/> CROUTONS           | <input type="checkbox"/> SUNFLOWER SEEDS      |
| <input type="checkbox"/> CUCUMBERS          | <input type="checkbox"/> TOMATOES             |
| <input type="checkbox"/> DRIED CRANBERRIES  | <input type="checkbox"/> TORTILLA CHIPS       |
| <input type="checkbox"/> GREEN BELL PEPPERS | <input type="checkbox"/> WALNUTS              |
| <input type="checkbox"/> GREEN ONION        | <input type="checkbox"/> ZUCCHINI             |

#### STEP 3

CHOOSE UP TO 2 CHEESES (SALAD BAR ONLY)

- |                                          |                                           |                                      |
|------------------------------------------|-------------------------------------------|--------------------------------------|
| <input type="checkbox"/> BLUE CHEESE     | <input type="checkbox"/> FETA CHEESE      | <input type="checkbox"/> GOAT CHEESE |
| <input type="checkbox"/> PARMESAN CHEESE | <input type="checkbox"/> CANADIAN CHEDDER |                                      |

#### STEP 4

MAKE IT A HARDY SALAD WITH A PROTEIN!  
ADD UP TO 2 MEATS (SALAD BAR ONLY)

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|-------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> TUNA SALAD       | <input type="checkbox"/> GRILLED CHICKEN       |
| <input type="checkbox"/> BLACK FOREST HAM | <input type="checkbox"/> SPICY BUFFALO CHICKEN |
| <input type="checkbox"/> TOFU             | <input type="checkbox"/> TERIYAKI CHICKEN      |
| <input type="checkbox"/> CHICKEN SALAD    | <input type="checkbox"/> WILD ALASKAN SALMON   |
| <input type="checkbox"/> ROASTED TURKEY   | <input type="checkbox"/> FRESH COOKED SHRIMP   |
| <input type="checkbox"/> GRILLED STEAK    |                                                |

#### STEP 5

DRESS UP YOUR SALAD!

- |                                                 |                                                        |
|-------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> ASIAN SESAME           | <input type="checkbox"/> PEAR & BLUE CHEESE            |
| <input type="checkbox"/> BALSAMIC VINAIGRETTE   | <input type="checkbox"/> POPPY SEED LIGHT              |
| <input type="checkbox"/> BALSAMIC VINEGAR       | <input type="checkbox"/> PARMESAN CAESAR VINAIGRETTE   |
| <input type="checkbox"/> BLUE CHEESE            | <input type="checkbox"/> RANCH                         |
| <input type="checkbox"/> CAESAR                 | <input type="checkbox"/> RASPBERRY VINAIGRETTE         |
| <input type="checkbox"/> CUCUMBER DILL          | <input type="checkbox"/> SPRING HERB ITALIAN           |
| <input type="checkbox"/> EXTRA VIRGIN OLIVE OIL | <input type="checkbox"/> SUNDRIED TOMATO & BLACK OLIVE |
| <input type="checkbox"/> HONEY HERB & DIJON     | <input type="checkbox"/> SWEET ONION                   |
| <input type="checkbox"/> MEDITERRANEAN GREEK    | <input type="checkbox"/> RED WINE VINEGAR              |



## At Salad Creations™ We're All About Fresh

Everything is made to order with the highest quality ingredients. Fresh veggies, cheeses and protein... Over 40 ingredients to choose from.

With 24 hours notice, Salad Creations will create an experience for you that you won't soon forget. Have us cater your next event!

### Soup

Ask us about our delicious daily soups \_\_\_\_\_

### Beverages

Ask us about beverages available \_\_\_\_\_

## Contact Information

Company Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Delivery Time: \_\_\_\_\_

Address: \_\_\_\_\_

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Major Intersection: \_\_\_\_\_



Have us plan your next catered event. Phone or fax us to place an order.  
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EMAIL: teenaban@saladcreations.ca WEBSITE: www.saladcreations.ca

