salads

fruit salad

**house fruit salad** ............................................................... $9.95...
seasonal fruit topped with honey, shredded coconut, mixed nuts, seeds and dried fruit

we cater fruit salads for parties - $7.95 per lb.

salads

*issac's salad* ........................................................... $9.95
organic mixed greens, alfalfa sprouts, green olives, red and yellow sweet peppers, kelp, basil, red and green cabbage, white and red onion, lime, seasoning and organic olive oil [some olives may have pits]

with **bonita's salmon** ...........................................$28.95
with **grilled or poached salmon** ...................$28.95
with **blackened red snapper** ......................$26.95
with **fresh alaskan cod** ..............................$26.95
with **tilapia** ...................................................$17.95
[red sauce or lemon and garlic]

with **brooke's or perlman's tilapia** ...................$18.95
[sun-dried tomato and herb mustard sauce or capers, lime and garlic]

with **grilled chicken** ...................................... $17.95
[plain, rosemary or BBQ]

with **tuna salad or chicken salad** ...............$17.95
with **baked organic tofu** ..........................$13.95
[marinated in ginger and curry]

with **falafel** ..................................................$13.95

with **feta cheese and avocado** .....................$12.95

**mj's special salad** .................................................. $9.95
a blend of mixed greens and organic lettuce, chopped tomato, cucumber, carrot, red cabbage, avocado, chopped green olives, red and yellow sweet peppers, and feta cheese tossed with our special vegetarian dressing

with **bonita's salmon** ...........................................$28.95
with **grilled or poached salmon** ...................$28.95
with **blackened red snapper** ......................$26.95
with **fresh alaskan cod** ..............................$26.95
with **tilapia** ...................................................$17.95
[red sauce or lemon and garlic]

with **brooke's or perlman's tilapia** ...................$18.95
[sun-dried tomato and herb mustard sauce or capers, lime and garlic]

with **grilled chicken** ...................................... $17.95
[plain, rosemary or BBQ]

with **tuna salad or chicken salad** ...............$17.95
with **baked organic tofu** ..........................$13.95
[marinated in ginger and curry]

with **falafel** ..................................................$13.95

with **feta cheese and avocado** .....................$12.95

**israeli salad**
a blend of cucumber, tomato, onion and parsley

with **olive oil and lemon juice** ................. small $9.95
large $16.95

our chicken is 100% organic
salads

add $2.00 for organic kosher feta cheese, goat cheese or kosher chicken

adrienne’s smokin’ salmon salad .............. $17.95
organic mixed greens, tomato, cucumber, red and yellow sweet peppers, parsley, scallions, chopped atlantic smoked salmon tossed with organic balsamic vinegar and organic olive oil

green salad .......................................................... $8.95
organic lettuce, broccoli, cucumber, chick peas, alfalfa sprouts and avocado
  with grilled chicken ........................................... $16.95
  with chicken salad ........................................... $16.95
  with tuna salad ................................................ $13.95
  with 98% fat-free sliced smoked turkey breast .... $11.95
  with baked organic tofu [marinated in ginger and curry] ........ $11.95

greek salad .......................................................... $9.95
vine-ripe tomato, imported black and green olives, cucumber, lettuce, pepperoncini peppers, feta cheese [some olives may have pits]
  with grilled chicken ........................................... $17.95
  with chicken salad ........................................... $17.95
  with tuna salad ................................................ $14.95
  with 98% fat-free sliced smoked turkey breast .... $12.95
  with baked organic tofu [marinated in ginger and curry] ........ $12.95

goat cheese salad ................................................ $9.95
vine-ripe tomato, organic mixed greens, romaine lettuce, avocado, imported black olives and homemade seasoning [some olives may have pits]
  with grilled chicken ........................................... $17.95
  with chicken salad ........................................... $17.95
  with tuna salad ................................................ $14.95
  with 98% fat-free sliced smoked turkey breast .... $12.95
  with baked organic tofu [marinated in ginger and curry] ........ $12.95

house salad .......................................................... $8.95
organic mixed greens, lettuce, tomato, cucumber, carrots, sprouts, mushrooms, red and green cabbage and avocado
  with grilled chicken ........................................... $16.95
    [plain, rosemary or BBQ]
  with chicken salad ........................................... $16.95
  with tuna salad ................................................ $13.95
  with 98% fat-free sliced smoked turkey breast .... $11.95
  with falafel ..................................................... $12.95
  with hummus .................................................... $9.95
  with falafel and hummus .................................... $13.95
  with falafel and tabbouleh .................................. $13.95
  with falafel, hummus and tabbouleh ...................... $14.95
  with hummus and sun-dried tomatoes ..................... $12.95
  with babaganoush [eggplant salad] ...................... $10.95
  with baked organic tofu [marinated in ginger and curry] .... $11.95

mozzarella caprese salad ......................... $10.95
tomato, imported black and green olives, lettuce, basil, avocado, zahatar seasoning, organic olive oil and mozzarella cheese [some olives may have pits]

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