

# salads

## fruit salad

	small	large
<b>house fruit salad</b> .....	\$9.95	\$15.95
seasonal fruit topped with honey, shredded coconut, mixed nuts, seeds and dried fruit		

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

## salads

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

<b>issac's salad</b> .....	\$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]	

<b>with bonita's salmon</b> .....	\$28.95
<b>with grilled or poached salmon</b> .....	\$28.95
<b>with blackened red snapper</b> .....	\$26.95
<b>with fresh alaskan cod</b> .....	\$26.95
<b>with tilapia</b> .....	\$17.95

[red sauce or lemon and garlic]

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

<b>with grilled chicken</b> .....	\$17.95
[plain, rosemary or BBQ]	

<b>with tuna salad or chicken salad</b> .....	\$17.95
<b>with baked organic tofu</b> .....	\$13.95

[marinated in ginger and curry]

<b>with falafel</b> .....	\$13.95
<b>with feta cheese and avocado</b> .....	\$12.95

<b>mj's special salad</b> .....	\$9.95
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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

<b>with bonita's salmon</b> .....	\$28.95
<b>with grilled or poached salmon</b> .....	\$28.95
<b>with blackened red snapper</b> .....	\$26.95
<b>with fresh alaskan cod</b> .....	\$26.95
<b>with tilapia</b> .....	\$17.95

[red sauce or lemon and garlic]

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

<b>with grilled chicken</b> .....	\$17.95
[plain, rosemary or BBQ]	

<b>with tuna salad or chicken salad</b> .....	\$17.95
<b>with baked organic tofu</b> .....	\$13.95

[marinated in ginger and curry]

<b>with falafel</b> .....	\$13.95
<b>with feta cheese and avocado</b> .....	\$12.95

## israeli salad

a blend of cucumber, tomato, onion and parsley

<b>with olive oil and lemon juice</b> .....	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]

our chicken is 100% organic