

HOMEMADE SALAD PLATTERS

balanced... delicious... fast...

OPTION #1 - choose any 3 salads - \$7.99

OPTION #2 - choose any 2 salads + 1 protein - \$8.99*

OPTION #3 - any salad available by the pound

SALADS

asian sesame ginger farfalle	harvest quinoa	quinoa tabouleh
shaved brussels sprouts	herb roasted potatoes	roasted brussels sprouts
chick pea, black bean & corn	israeli	roasted vegetables
coleslaw	kale & cauliflower	spicy beets
edamame & corn	macaroni	thai cucumber
greek	orecchiette pasta	turkish eggplant

PROTEINS

cajun chicken	herb chicken	beef meatball
chicken cutlet	teriyaki chicken	turkey meatball
chicken salad	mexican tuna	*chipotle salmon - 11.99
cranberry chicken salad	premium tuna salad	*lemon butter salmon -11.99
egg salad	healthy tuna (no mayo)	

FAVORITE COMBOS

the Mediterranean - greek, orecchiette pasta & quinoa tabouleh
the Vegan - israeli, kale & cauliflower, chick pea, black bean & corn
the Harvest - cranberry chicken, harvest quinoa & roasted vegetables
the Far East - asian sesame ginger farfalle, edamame & corn & thai cucumber
the Spicy - mexican tuna, spicy beet & turkish eggplant

only a few suggestions... with so many delicious possibilities!

HOMEMADE SOUPS

small....\$2.49 medium....\$3.99 large....\$4.99 quart....\$7.99

with your choice of oyster crackers or french bread

EVERYDAY FAVORITES

chicken vegetable
matzah ball
tomato basil
vegetarian split pea

please see our website for

**Soups
of the Day**

SALAD BAR\$6.99

STEP 1 - CHOOSE YOUR GREENS

★ iceberg ★ mixed greens ★ romaine ★ spinach

STEP 2 - CHOOSE TOPPINGS

4 included - each additional \$.50

almond slices	cheddar cheese	fresh mozzarella	mushrooms
artichoke hearts	chick peas	golden raisins	quinoa
baby corn	corn	grated parmesan	red onions
bacon	croutons	green peas	red peppers
beets	craisins	green peppers	shaved parmesan
black beans	cucumbers	jalapenos	sunflower seeds
bleu cheese	edamame	kalamata olives	tortilla strips
broccoli	egg	kidney beans	tomatoes
carrot	feta cheese	mandarin orange slices	turkey bacon
celery			walnut halves

ADD A PROTEIN \$2.00

buffalo chicken cutlet	cranberry chicken salad	egg salad
buffalo chicken	deluxe ham	herb chicken
cajun chicken	healthy tuna (no mayo)	Ovengold Turkey®
chicken cutlet	mexican tuna	teriyaki chicken
chicken salad	tuna salad	salmon ... add \$5.00

STEP 3 - CHOSE YOUR DRESSING

please specify on the salad or on the side
additional dressings on the side \$.50 each

asian sesame ginger	honey mustard	ranch
balsamic vinaigrette	italian (fat free)	raspberry vinaigrette (fat free)
bleu cheese	lemon vinaigrette	roasted garlic red wine vinaigrette
caesar	oil & vinegar	russian
chipotle ranch		southern cilantro lime vinaigrette (low fat)

STEP 4 - ENJOY!!!

HOT ENTREES

FALAFEL PLATTER - falafel balls w/your choice of israeli or greek salads, cilantro hummus & a pita. 10.99

WING PLATTER - half dozen wings, boardwalk fries & cole slaw or mac salad 10.99

please see our website for

HOT ENTREE SPECIALS

FAVORITE SALADS

AIRMONT EATS COBB - romaine & iceberg, cheddar, corn, egg, red onion, tomato, turkey bacon & ranch dressing - add chicken cutlet or herb chicken 9.99

CHEF - romaine & mixed greens, ham, turkey, american cheese, cucumber, tomato, carrot, egg & russian dressing. 10.99

CHICKEN CAESAR - romaine, herb chicken, grated & shaved parmesan, croutons & caesar dressing 8.99

FALAFEL - romaine, cucumber, tomato, chick peas, carrots, falafel balls & lemon vinaigrette 8.99

GARDEN - mixed greens, cucumber, tomato, carrot, croutons & balsamic vinaigrette 6.99

GREEK - romaine, cucumber, tomato, kalamata olives, red onions, feta cheese & lemon vinaigrette 7.49

MEXICAN CHICKEN CAESAR - romaine, cajun chicken, jalapenos, grated and shaved parmesan, croutons & caesar dressing 8.99

MEXICAN TUNA - romaine, cucumber, tomato, red peppers, tortilla strips, mexican tuna & lemon vinaigrette 8.99

ORIENTAL EXPRESS - spinach, herb chicken, almonds, craisins, mandarin oranges & asian sesame ginger dressing. 8.99

SALMON - mixed greens, lemon butter or chipotle salmon, cucumber, tomato, carrots, red onions & lemon vinaigrette 11.99

SOUTHWESTERN COBB - romaine & iceberg, cajun chicken, corn, tomato, black beans, red peppers, tortilla strips & southern cilantro lime vinaigrette. . . 9.49

TACO - romaine & iceberg, herb chicken, corn, black beans, jalapeno, cheddar, red onion, tortilla strips & chipotle ranch 9.99

FRESH JUICES MADE DAILY ... \$4.99

EVERYDAY FAVORITES

100% JUICE

- SWEET TART - watermelon, pineapple, lime
- GREEN JUICE - kale, cucumber, celery, apple, lemon & ginger
- ROOT DOWN - beet, carrot, celery
- ALMOND DELIGHT - toasted almond milk & vanilla - High in Protein!