

SALAD & WRAP MENU



CHICKEN CAESAR

7.95

romaine lettuce, cucumber, boiled egg, croutons, shaved parmesan, crispy bacon, smoked chicken breast

dressing: caesar dressing of low fat caesar dressing

smoked salmon instead of chicken +1

CLASSIC NICOISE

7.95

romaine lettuce, cherry tomato, green olives, boiled egg, haricots verts, red onion, capers, anchovy, tuna

dressing: extra vergine olive oil

ORDINARY GREEK (V)

7.95

arugola mix, cucumber, green olives, red onion, red pepper, courgette, feta

dressing: extra vergine olive oil & balsamic vinegar

ASIAN CHICKEN

7.95

arugola mix, white cabbage, cucumber, carrot, mushrooms, bean sprouts, jalapenos, smoked chicken breast

dressing: soy-sesame vinaigrette

grilled steak or smoked salmon instead of chicken +1

CAPRESE (V)

8.95

arugola mix, a lot of cherry tomato, seeds, pesto, avocado, mozzarella

dressing: extra vergine olive oil

URBAN BEEF

8.95

romaine lettuce, red cabbage, cucumber, cherry tomato, red onion, red pepper, jalapenos, grilled steak

dressing: truffle dressing

DETOX DELICIOUS (V)

7.95

spinach, red cabbage, white cabbage, beetroot, cucumber, carrot, broccoli, goat cheese

dressing: lime vinaigrette

IRON ENERGY (V)

7.95

spinach, white cabbage, broccoli, quinoa, dried cranberries, raisins, walnuts, grapes

dressing: raspberry vinaigrette

add some blue cheese +1

OMEGA-3

8.95

arugola mix, red cabbage, cherry tomato, beetroot, red onion, seeds, smoked salmon

dressing: balsamic vinaigrette

“CREATE YOUR OWN”

VA. 6.95

create your own favorite salad or wrap