

# SALAD & WRAP MENU

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## CHICKEN CAESAR

8.75

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 +1.20

## CLASSIC TUNA

8.75

romaine lettuce, cherry tomato, green olives, boiled egg, haricots verts, red onion, capers, anchovy, tuna  
*dressing: extra vergine olive oil*

## ORDINARY GREEK (V)

8.75

arugola mix, cucumber, green olives, red onion, red pepper, courgette, feta  
*dressing: extra vergine olive oil & balsamic vinegar*

## ASIAN CHICKEN

8.75

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 +1.20

## SWEET CAPRESE (V)

9.75

arugola mix, a lot of cherry tomato, seeds, pesto, avocado, mozzarella  
*dressing: extra vergine olive oil*

## URBAN BEEF

9.75

romaine lettuce, red cabbage, cucumber, cherry tomato, red onion, red pepper, jalapenos, grilled steak  
*dressing: truffle dressing*

## DETOX DELICIOUS (V)

8.75

spinach, red cabbage, white cabbage, beetroot, cucumber, carrot, broccoli, goat cheese  
*dressing: lime vinaigrette*

## IRON ENERGY (VG)

8.75

spinach, white cabbage, broccoli, quinoa, dried cranberries, raisins, walnuts, grapes  
*dressing: raspberry vinaigrette*  
add some goat cheese or blue cheese +1.20

## OMG OMEGA

9.75

arugola mix, red cabbage, cherry tomato, beetroot, red onion, seeds, smoked salmon  
*dressing: balsamic vinaigrette*

## “CREATE YOUR OWN”

VA. 7.75

create your own favorite salad or wrap