**GOURMET SALADS**

Served with flat bread and your choice of dressing. Blue cheese, Low fat Italian, Caesar, Honey Mustard, Ginger, Low Fat Raspberry Vinaigrette, Ranch, Japanese Sesame, Thousand Island or Balsamic vinegar & Olive oil.

1. FRENCH CHICKEN SALAD  7.65
   Mixed fresh greens topped with sliced grilled chicken, crumbled goat cheese, tomatoes, shaved carrots & cucumbers.

2. ROMAN BEEF SALAD  8.05
   Mixed fresh greens topped with marinated sliced grilled steak, tomatoes, red onions, olives & a touch of pesto. Add sliced grilled chicken breast ……………… $2.50

3. GARDEN SALAD  6.55
   Mixed fresh greens topped with tomatoes, cucumbers, black olives, shaved carrots, peppers, pineapples & cucumbers.

4. CAPIRESE SALAD  8.35
   A bed of romaine lettuce topped with sliced mozzarella balls, tomatoes, red onions, black olives & a touch of pesto.

5. CHEF SALAD  7.65
   Mixed fresh greens topped with sliced turkey breast, ham, salami, cheddar & Swiss cheese, tomatoes, red onions, cucumbers, black olives & boiled egg.

6. GRILLED CHICKEN SALAD  7.65
   Mixed fresh greens topped with slices of grilled chicken breast, tomatoes, cucumbers, red onions, black olives & walnuts.

7. CHICKEN CAESAR SALAD  7.65
   A bed of romaine lettuce topped with sliced chicken breast, flavored croutons, Parmesan cheese, crumbled bacon, diced tomatoes, red onions & served with the traditional dressing.

8. MEDITERRANEAN SALAD  7.65
   Mixed fresh greens topped with sliced grilled chicken, feta cheese, diced tomatoes, roasted peppers, black olives, peppers, tomatoes & pomegranate.

9. SOUTHERN CHICKEN SALAD  7.65
   Mixed fresh greens topped with slices of breaded chicken breast, tomatoes, diced tomatoes, orange sections, cucumbers & walnuts.

10. NICOLE SALAD  8.35
    A bed of romaine lettuce topped with chunks of Albacore tuna, tomatoes, green beans, black olives, red onions & boiled egg.

11. SPINACH SALAD  7.65
    A bed of fresh spinach leaves topped with sliced grilled chicken breast, red onions, tomatoes, mushrooms, bacon, croutons & boiled egg. Try with Honey Mustard dressing.

12. FLORIDA COBB SALAD  7.65
    A bed of romaine lettuce topped with sliced turkey breast, crumbled bacon, tomatoes, red onions, gorgonzola cheese, green beans, black olives & boiled egg.

13. TWO WAY SALAD  7.65
    A bed of mixed greens with a choice of tarragon or tuna chicken salad topped with tomatoes, red onions, cucumbers & black olives.

14. TRADITIONAL GREEK SALAD  6.90
    A bed of romaine topped with tomatoes, green peppers, red onions, feta cheese, cucumbers, black olives, peppers, pineapples & tomatoes, served with olive oil & balsamic vinegar.

**SALADS & MORE SALADS**

Served with crackers and your choice of dressing. Blue cheese, Low fat Italian, Caesar, Honey Mustard, Ginger, Low Fat Raspberry Vinaigrette, Ranch, Japanese Sesame, Thousand Island or Balsamic vinegar & Olive oil.

11. FIESTA SALAD  7.85
   Mixed fresh greens topped with sliced grilled chicken, nacho chips, pinto beans, cheese, black & Cheddar cheeses, diced tomatoes, black olives, red onions, jalapenos, sour cream & guacamole. Served with a side of Tropical salsa.

42. CAESAR SALAD “LA ROMANA”  7.85
   A bed of house & Caesar dressing topped with slices of breaded chicken breast, flavored croutons, Parmesan cheese, crumbled bacon, diced tomatoes, red onions & served with the traditional dressing.

43. “ATRIN’S” DIET SALAD  8.75
   A bed of romaine lettuce topped with sliced roasted turkey, ham, salami, roast beef, chicken breast, boiled egg, Proconce, Swiss, Cheddar & Mozarela cheeses. Try with Blue cheese dressing.

44. HAWAIIAN STYLE SALAD  7.85
   A bed of mixed greens topped with grilled chicken breast, pineapple chunks, tomatoes, cucumbers, red onions, shaved carrots, red seedless grapes & walnuts.

45. PASTA SALAD OVER SALAD  7.10
   Mixed fresh greens topped with two scoops of our Home made pasta salad, tomatoes, red onions, cucumbers, black olives, boiled egg, pepperoncini & a touch of pesto sauce.

46. GRILLED FISH SALAD  8.75
   Mixed fresh greens topped with grilled fish, tomatoes, cucumbers, red onions, black olives, chopped cilantro and a mix of Jack & Cheddar cheese. Try with House dressing.

47. STEAMED VEGETABLES “CHEF” SALAD  7.85
   Mixed fresh greens topped with steamed mixed vegetables, tomatoes, shredded carrots, orange sections, cucumbers & crumbled goat cheese. Try it with our Ginger dressing.

48. PORK-A-FELLA SALAD  7.65
   Mixed fresh greens topped with chunks of roasted pork, shredded carrots, tomatoes, pinto beans, peppers, black olives, pomegranate & oranges.

49. CARIBBEAN STEAK SALAD  8.05
   Mixed fresh greens topped with slices of grilled chicken, tomatoes, shredded carrots, orange sections, cucumbers, pineapple chunks, red seedless grapes & walnuts. Try it with our Ginger dressing.

**BREAKFAST & COFFEE**

Breakfast (served from 7:30 am to 10:30 am only) Break /fast delivery minimum $10.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Two Eggs</td>
<td>$3.60</td>
</tr>
<tr>
<td>#2 Two Eggs and American Cheese</td>
<td>$5.20</td>
</tr>
<tr>
<td>#3 Ham &amp; American Cheese</td>
<td>$5.95</td>
</tr>
<tr>
<td>#4 Two Eggs, Cheese, Bacon, Ham or Sausage</td>
<td>$6.45</td>
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</tbody>
</table>

**EGG SANDWICHES**

On Croissant, Cuban or French Bread, add $0.50

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>#1 Two Eggs any style</td>
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</tr>
<tr>
<td>#2 Two Eggs, any style, Bacon, Ham or Sausage</td>
<td>$4.50</td>
</tr>
<tr>
<td>#3 Two Eggs any style, Bacon, Ham or Sausage &amp; Two Buttermilk pancakes (no sides)</td>
<td>$5.20</td>
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**BREAKFAST PLATTERS**

With Home Fries or Hash Brown & Toast

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**PANCAKES AND FRENCH TOAST**

Butter, syrup, and home made fruit.

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<td>#3 Two Eggs any style, Bacon, Ham or Sausage &amp; Two Buttermilk pancakes (no sides)</td>
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**BREAKFAST BURRITO**

A soft tortilla filled with eggs, onions, peppers, special sauce, a mix of cheeses, tomatoes, and your choice of bacon, ham, sausage or mushroom.

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**CANNED SODAS**

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</tr>
<tr>
<td>#3 Ham &amp; American Cheese</td>
<td>$3.25</td>
</tr>
<tr>
<td>#4 Two Eggs, Cheese, Bacon, Ham or Sausage</td>
<td>$3.75</td>
</tr>
</tbody>
</table>

**ICE COLD BEVERAGES**

- **Canned Soft Drinks**
  - $1.00
  - $1.25
  - $1.50
  - $1.75
- **Bottled Water**
  - $2.00
- **Fruit Juices**
  - $2.00
- **Fountain Sodas**
  - $1.50
  - $1.75
- **Bottled Sodas**
  - $2.00

**CORPORATE CATERING & PLATTERS**

All major credit cards accepted

**FREE DELIVERY**

From 7:30 AM to 3:00 PM MINIMUM ORDER $10.00

**CALL (954) 828-9208**

**FAX (954) 828-9440**

**100 EAST BROWARD BLVD**

**WHERE YOU CAN PRINT MENUS, CHECK DAILY SPECIALS OR SIGN UP FOR A CANTINA**

**VISIT OUR WEBSITE**

www.thesaladbowl.com
50. TUNA OR CHICKEN MELT 7.55  
TUNA or CHICKEN MELT 7.55
s/ Swiss on white, wheat or Rye, lettuce and tomatoes on request
51. REUBEN 7.95  
CORNED BEEF w/ Swiss, sauerkraut, Russian, on grilled rye
Pickles on the side
52. RACHEL 7.95  
Pancetta or Swiss, Cola Slasa, Russian dressing, on grilled rye, pickle on the side
53. PASTRAMI ON RYE 7.95  
Hot Pastrami on Rye with spicy brown mustard. Pickle on the side

FIESTA FAVORITES
Served with nachos chips & a side of Tropical salad
33. BURRITO SUPREMO 7.00  
Grilled chicken with jack & cheddar cheese, grilled peppers & onions, yellow rice, cheddar cilantro, sour cream and special sauce.
34. BURRITO VEGETARIAN 6.65  
Grilled mushrooms, peppers & onions with jack & cheddar cheese, yellow rice, cheddar cilantro, chopped tomatoes, pinto beans, shredded red cabbage, sour cream and special sauce.
35. BURRITO MAXIMO 7.50  
Grilled chicken with jack & cheddar cheese, grilled peppers & onions, yellow rice, cilantro, chopped tomatoes, pinto beans, shredded red cabbage, sour cream and special sauce.
36. TWO TACOS MEAL 8.00  
Soft corn tortillas filled with grilled chicken, pinto beans, shredded lettuce, chopped tomatoes, jack & cheddar cheese, sour cream, guacamole and special sauce. Chicken or Steak. Fish add $1.00
37. TACOS PLATTER 7.50  
Two grilled chicken tacos served with yellow rice & pinto beans instead of nachos & salsa. Chicken or Steak. Fish add $1.00
38. MUCHO “MACHO” NACHOS 6.00  
Nachos chips topped with chili, pinto beans, shredded jack & cheddar cheese, guacamole, sour cream, chopped cilantro and served with a side of Tropical salsa. Add grilled chicken $2.50
39. FAJITA COMBO PLATTER 7.75  
Chicken slices with grilled onions & peppers, pinto beans, yellow rice, chopped tomatoes, lettuce, red cabbage, cilantro, guacamole, sour cream, shredded lettuce, chopped tomatoes, jack & cheddar cheese served on a side of Tropical salsa.
40. QUESADILLAS 7.75  
Soft flour tortillas grilled with Jack & Cheddar cheese, chopped chicken, cheddar cilantro, shredded lettuce, tomatoes and cilantro. Guacamole and sour cream on the side.

DELI SANDWICHES
Your choice of:
TURKEY, HAM, ROAST BEEF, CHICKEN SALAD, TUNA SALAD or BLT.
28. ALL AMERICAN BURGER 7.00  
A ground sirloin patty topped with melted American cheese, lettuce, tomato, pickles & red onions on a toasted bun
29. WESTERN BURGER 7.25  
A ground sirloin patty topped with bacon, lettuce & tomato on a toasted bun
30. SWISSY BURGER 7.25  
A ground sirloin patty with swiss cheese, sauerkraut & Russian dressing on a toasted rye bun
31. TURKEY BURGER 7.25  
A ground turkey patty topped with melted mozzarella cheese, grilled onions & peppers, lettuce & tomato on a toasted bun
32. VEGGIE BURGER 7.25  
A meatless patty, topped with Swiss cheese, lettuce, tomato, alfalfa sprouts, red onions, green peppers, and cucumber on a toasted bun.

DESSERTS
(Available)
Flan Caramel $2.00
Flan Coconut $2.00

FRUIT SALAD
8oz. $2.50
12oz. $3.50

All prices subject to change