

# salads

salad inspirations like  
no other... by [foodleigh.com](http://foodleigh.com)



**Caprese** – fresh tomatoes, fresh mozzarella, basil, olive oil, balsamic glaze

**Chopped** – finely chopped romaine, hard boiled egg, cucumber, tomato, peas, toasted pecans, grapes, shredded cheddar with choice of homemade dressings (*buttermilk ranch, balsamic vinaigrette, thousand island, bleu cheese, Italian, apple cider vinaigrette, lemon poppy vinaigrette, Caesar*)

**Mediterranean** – baby spinach, roasted red peppers, kalamata olives, cucumber, tomato, red onion, garbanzo beans and feta

**Quinoa salad** with dried apricots, cherries, toasted pecans, celery and apple cider vinaigrette

**Orzo spinach salad** with cherry tomatoes, fresh basil, lemon zest and feta

**Cucumber** – original creamy dressing with red onions and dill or greek with cherry tomatoes, black olives, feta and balsamic vinaigrette

**Farro salad** with arugula, provolone, cherry tomatoes, pine nuts and balsamic vinaigrette

**Broccoli** – original with bacon, cheddar, red onion and creamy Dijon dressing or *sweet and light* with celery, sunflower seeds, grapes, golden raisins and toasted pecans with greek yogurt dressing

**Potato** – traditional German with onions, vinegar and parsley (with or without bacon); *Pennsylvania dutch style* with hard boiled eggs, celery and creamy mayo/mustard dressing; *red skin* with red onion, celery, hard boiled egg, and tarragon mayo; *fingerling* with olive oil, white balsamic and fresh herbs

**Sweet potato** – warm spicy sweet potato with bacon, apple jelly, pecans and lime juice or creamy sweet potato with toasted pecans, grapes, apples, dried cranberries, celery and sweet cinnamon dressing

**Black bean, corn and tomato salad** with tangy lime vinaigrette

**Wild rice salad** with celery, grapes, slivered almonds, edamame and arugula in a cider vinaigrette

**Barley salad** with roasted mushrooms and asparagus with a lemon Dijon dressing

**Cole slaw** – traditional creamy or Asian with sliced almonds, sunflower seeds, crunchy ramen noodles, carrots and green onions

**Pasta** – Italian with fresh veggies, olives, salami and creamy Italian vinaigrette; *BLT* with creamy mayo dressing; *roasted vegetable* with pesto dressing, *chef pasta salad* with ham, turkey, swiss, hard boiled egg, tomatoes, cucumber, red onion, carrots, baby spinach and ranch; *cold sesame peanut noodles* with carrots and green onions; *macaroni salad*; *summer veggie pasta* with Italian vinaigrette; *Caesar tortellini salad*

**Egg salad** – traditional or curried

**Chicken salad** – traditional; *waldorf* with grapes, apples, toasted walnuts, golden raisins, celery and creamy cinnamon dressing; *greek* with garbanzo beans, fresh basil, cherry tomatoes, cucumbers, red onion, black olives, feta, roasted peppers, artichoke hearts and balsamic vinaigrette; *Vidalia chicken salad* with fresh veggies; *asian chicken salad* with mandarin oranges, chow mein noodles, green onions, sliced almonds, celery, and dried cranberries with a sesame ginger vinaigrette; *ginger peanut chicken* with cucumbers, bell peppers, cilantro and lime juice with spicy peanut dressing

**Crab salad or shrimp and crab salad** with fresh dill creamy dressing, red onions and celery

**Cobb** – romaine, chicken breast, bacon, avocado, crumbled bleu cheese, hard boiled egg, cherry tomatoes and cucumber with choice of homemade dressings

**Berries and nuts spring mix salad** with strawberries, blueberries, toasted walnuts, red onion and crumbled bleu cheese with a raspberry walnut vinaigrette

**Caesar** with romaine, homemade croutons, hard boiled egg, parmesan and homemade dressing

**Crunchy romaine salad** with asian pears, honey toasted cashews, grapes, red onion, smoked gouda and a raspberry walnut vinaigrette

**Baby spinach salad** with candied walnuts, edamame, feta, grapes, cucumber, and hard boiled egg with balsamic vinaigrette

**Garbanzo bean and lentil salad** with red onion, bell pepper, cucumber, fresh basil and sundried tomato vinaigrette

**Arugula salad** with roasted beets, chevre, toasted pecans, quinoa and lemon poppy vinaigrette

**Three bean salad** – green beans, kidney beans and garbanzo beans with red onion, roasted peppers and honey balsamic vinaigrette

foodleigh.com knows salads

“Vegetables are  
a must on a diet.  
I suggest carrot cake,  
zucchini bread and  
pumpkin pie.”  
Jim Davis, Actor  
(1909-1981)



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the salads [foodleigh.com](http://foodleigh.com) has to offer.

610-763-3596 | [eat@foodleigh.com](mailto:eat@foodleigh.com)