



## Salads

### \_\_\_ The Chetola House Salad

Fresh mixed greens topped with tomatoes, walnuts, artichoke hearts, carrots and pickled onions.

Choice of:  Grilled Chicken  Grilled Tempeh

### \_\_\_ The Club Salad

Mixed greens topped with turkey, ham, eggs, bacon, tomatoes and sliced cheddar cheese.

### \_\_\_ The Fruit Salad Plate

Fresh seasonal fruits and choice of:

Greek Yogurt  Cottage Cheese  Chicken Salad

### \_\_\_ The Greek Salad

Fresh greens topped with tomatoes, red onions, feta cheese, kalamata olives and pepperoncini. Served with housemade vinaigrette.

### Choice of Housemade Dressing

Balsamic Vinaigrette  Ranch  Blue Cheese  Raspberry Vinaigrette

Please no substitutions.

## Wraps

\_\_\_  Chicken Salad or  Tomato Vinaigrette Tuna Salad

Fresh local greens wrapped in a sundried tomato tortilla wrap.

\_\_\_ Grilled Tempeh Wrap

Grilled tempeh with mixed greens and tomatoes tossed with miso dressing and folded into a sundried tomato wrap.

\_\_\_ Grilled Chicken Wrap

Lightly seasoned and grilled chicken breast tossed with mixed greens, tomatoes and miso dressing in a sundried tomato wrap.

\_\_\_ The Greek Wrap

A mixed Greek "salad" of lettuce, tomatoes, red onion, feta cheese, kalamata olives and pepperoncini tossed with a vinaigrette in a sundried tomato tortilla wrap.

## Sandwich

\_\_\_ Turkey and Ham Club

Honey cured ham, smoked turkey, cheddar cheese, lettuce, tomato and bacon.

Choice of:  Whole Wheat  White

Please no substitutions.