

# LIGHT AND HEALTHY

Try one of our seasonal, 10 oz salads created by our dietetic interns:



## Primavera Curry, \$4.50

Assorted mesclun, romaine, and spinach leaves, pea pods, green peas, roasted cauliflower, sun dried tomatoes, yellow peppers, ricotta



## Asian Quinoa, \$4.50

Assorted spinach and mesclun greens, carrots, asparagus, edamame, red peppers, corn, and quinoa and fat-free spicy lime vinaigrette for 298 calories!



## Black-Eyed Pea, \$4.50

Spinach, roasted butternut squash, red peppers, black-eyed peas, green onions, feta cheese and a fat-free pumpkin vinaigrette that contains 236 calories!

## Asparagus, \$4.50

Mix of romaine and mesclun lettuce, avocado, roasted asparagus, garbanzo beans, red onions, tomatoes, roasted potatoes and a fat-free tomato balsamic dressing with only 135 calories!



# ALL UNDER 300 CALORIES!