




















**SALADS**

	<b>Individual Price</b>	<b>Catering Tray</b>		<b>Individual Price</b>	<b>Catering Tray</b>
<b>THE GO-TO</b>  	\$13.49	\$54.99	<b>THE UNSALAD</b>	\$16.49	\$67.99
<i>Lemon dijon dressing</i> Shredded kale, quinoa, dried cranberries, celery, tamari almonds, chopped broccoli, feta cheese			<i>Vegan cashew caesar dressing</i> Romaine lettuce, shredded carrot, mushrooms, crispy onions, granny smith apple, sharp white cheddar, bacon, seasoned roasted chicken, pita chips		
<b>KALE CAESAR</b> 	\$12.99	\$52.99	<b>THE DARLING</b> 	\$13.99	\$56.99
<i>Vegan cashew caesar dressing</i> Shredded kale, romaine lettuce, baked pita chips, coconut bacon, shredded parmesan			<i>Lemon dijon dressing</i> Romaine lettuce, mixed greens, shredded carrot, corn, chopped broccoli, avocado, pita chips, shredded parmesan, tamari almonds		
<b>HEARTY B</b>  	\$13.49	\$54.99	<b>SWEET ROOT</b> 	\$13.99	\$56.99
<i>Creamy tamari dressing</i> Mixed greens, arugula, kale, quinoa, cherry tomatoes, red pepper, avocado, shredded carrot, toasted walnuts, toasted sesame seeds, feta cheese, shredded parmesan			<i>Chipotle balsamic dressing</i> Romaine lettuce, mixed greens, roasted sweet potato, dried cranberries, maple bourbon pecans, feta cheese, crispy onions, granny smith apple		
<b>THE RAINBOW</b> 	\$12.49	\$49.99	<b>COCONUT CHOP BOWL</b>  	\$14.49	\$59.99
<i>Classic balsamic dressing</i> Romaine lettuce, spinach, dried cranberries, fusilli pasta, feta cheese, chickpeas, avocado, toasted sunflower seeds, shredded carrot, pickled beets			<i>Cashew coconut thai dressing</i> Arugula, shredded red cabbage, shredded carrot, cucumber, sriracha cashews, chopped broccoli, crispy tamari tofu, toasted sesame seeds, soba noodles, cilantro, mint		
<b>SESAME SNAP</b>  	\$11.99	\$48.99	<b>PEANUT CRUNCH BOWL</b>   	\$14.49	\$59.99
<i>Asian sesame dressing</i> Romaine lettuce, mixed greens, cherry tomatoes, avocado, red pepper, mandarin oranges, shredded carrot, edamame, crunchy noodles, toasted sesame seeds			<i>Thai peanut dressing</i> Romaine lettuce, shredded red cabbage, chopped snow peas, shredded carrot, cilantro, mint, green onion, roasted peanuts, crispy tamari tofu, quinoa, edamame		
<b>LA MIXTA</b>  	\$13.99	\$56.99	<b>THE BRIGHT EYE</b>  	\$13.99	\$56.99
<i>Jalapeno cilantro dressing</i> Romaine lettuce, mixed greens, corn, black beans, avocado, cherry tomatoes, red pepper, tortilla chips, sharp white cheddar, chili roasted pumpkin seeds			<i>Carrot ginger dressing</i> Romaine lettuce, shredded red cabbage, shredded kale, farro, cucumber, crispy tamari tofu, edamame, chopped snow peas, avocado, toasted sesame seeds, green onion, tamari almonds		

All of our dressings are homemade, vegan & gluten-free.

 vegetarian  vegan  gluten-free  dairy-free

**DRINKS & SNACKS**

La Croix sparkling water ( <i>Grapefruit, Peach Pear, Cran-Raspberry</i> )	\$1.99 ea
Flow boxed water ( <i>Plain, Cucumber Mint, Watermelon Lime</i> )	\$1.99 ea
San Pellegrino ( <i>Aranciata Rossa</i> )	\$1.99 ea
RX Bars ( <i>Chocolate Sea Salt, Banana Chocolate Walnut, Peanut Butter</i> )	\$3.49 ea
Lure Gourmet Caramels	\$10.99 /6
Midday Squares Bars ( <i>Almond Crunch, Fudge Yah, Busta Peanut</i> )	\$3.99 ea
Neal Brothers Himalayan Sea Salt Potato Chips	\$1.99 ea
Stacey's Baked Pita Chips	\$1.99 ea

*The chocolate chip cookie*

Single Cookie	\$2.74
1/2 Dozen	\$15.99
1 Dozen	\$31.99

Order: 506 214 2500 | [info@marcissalads.ca](mailto:info@marcissalads.ca)