



[www.saladspa.com](http://www.saladspa.com)

416-48-salad

416-48-72523

Fax: 416-487-8811

90 Eglinton Ave. E  
Toronto, ON. M4P 2Y3

For your convenience you may call or fax your order for pickup.  
Allow 15 minutes for preparation.



Nutritious, Delicious and Fast.™

# salads & wraps



## Spa Salads

- Small \$5.99
- Large \$6.99

## Choose your:

- 1 ▶ Lettuce base
- 2 ▶ Throw-ins
- 3 ▶ Protein / Gourmet Selection\*
- 4 ▶ Dressings

- \* Add \$1.99 for each Protein
- \* Add .50¢ for each Gourmet Selection

Our Salad Chef will Toss or Chop your salad to your specifications.

## Wraps/Sandwiches

\$4.99

- Whole Wheat
- Sundried Tomato
- Spinach

Nutritious, Delicious and Fast.

### Greenery

Salad | Wrap

- Romaine Lettuce
- Iceberg Lettuce
- Spinach
- Spring Mix
- Mix & Match

### Gourmet Selections .50¢

- Sun Dried Tomatoes
- Avocado
- Asparagus
- Chopped Egg
- Pine Nuts
- Bocconcini
- Feta
- Fruit

### Proteins \$1.99

Salad | Wrap

- Turkey Breast
- Grilled Chicken
- Roast Beef
- Tuna Salad
- Flaked Tuna
- Shrimp
- Crab
- Ham
- Tofu

Bread .35¢  
Extra Dressings .50¢

- Dressings on the side

### Throw-ins

### Veggies

Salad | Wrap

- Alfalfa Sprouts
- Artichoke Hearts
- Red Cabbage
- Green Onion
- Black Olives
- Red Pepper

### Crunchies Etc...

- Sunflower Seeds
- Crispy Noodles
- Mandarin Orange
- Croutons
- Almonds

Salad | Wrap

- Broccoli
- Tomato
- Carrot
- Celery
- Radish
- Beets
- Corn

- Walnuts
- Raisins
- Dried Cranberries
- Bacon Bits
- Couscous

### Spa Signature™ Dressings\*

Salad | Wrap

- Asian Miso
- Spicy Peanut
- French
- Greek
- Ranch
- Caesar
- Honey Mustard
- Dijon Vinaigrette
- Thousand Island
- Creamy Italian
- Balsamic-Basil Vinaigrette
- Raspberry-Poppy Seed

\* All our dressings are home made daily with no trans-fats or preservatives.

Salad | Wrap

- Chick Peas
- Mushroom
- Cauliflower
- Cucumber
- Red Onion
- Hot Peppers

### Cheese

- Cheddar
- Mozzarella
- Parmesan
- Swiss

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# SOUPS

## Soups

Small  
\$3.99

Large  
\$4.99

### Choose your:

- 1 ▶ Broth:  
▶ Tomato/Dill  
▶ Coriander (Cilantro)

2 ▶ Throw-ins

3 ▶ Protein\* / Gourmet Selection\*

\* Add \$1.99 for Protein

\* Add .50¢ for each Gourmet Selection

Seasonal soup of the day \$3.39

### Throw-ins

- Rice
- Dill
- Carrots
- Lentil
- Coriander
- Celery
- Rice Noodles
- Green Onions
- Broccoli
- Barley

### Protein \*

- Turkey Breast
- Grilled Chicken
- Roast Beef
- Shrimp
- Crab
- Ham
- Tofu



# smoothies yogurt fruit salads

## Fruit Salads / Yogurt

Small  
\$2.99

Large  
\$3.99

### Choose your:

- 1 ▶ Fruit / Yogurt  
2 ▶ Throw-ins

- Fat-Free Vanilla Yogurt
- Fat-Free Strawberry Yogurt
- Low-Fat Cottage Cheese
- Homemade Granola

### Fruit Options

- Watermelon
- Cantaloupe
- Honeydew
- Pineapple
- Kiwi
- Mango
- Grapes
- Raisins
- Coconut
- Almonds
- Walnuts
- Strawberry
- Mandarin Orange
- Orange
- Dried Cranberries
- Chocolate Shavings
- Sunflower Seeds
- Pecans

## Spa-licious™ Fruit Blends

- ▶ Spa-Berry™
- ▶ Berry-Good for You™
- ▶ All About Mango™
- ▶ Punch of Pineapple™
- ▶ Java Julep™

### Choose your:

- 1 ▶ Base (Dairy / Non-dairy)  
2 ▶ Your fruit blend  
3 ▶ Throw-ins

Additional fruit add .50¢  
Additional throw-ins add .50¢

Non-dairy  
\$3.79

Dairy  
\$4.19

### Base:

- ▶ Low Fat Milk
- ▶ Soy Milk
- ▶ Water