

Tossed
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YOUR AD HERE

MenuPages **PRIME** Advertising

for more info: www.menupages.com

Fashions

Small/Medium/Large

Tossed Signature Salad *Baby field greens, grilled chicken, goat cheese, toasted almonds, mango, jicama, cucumber, dried cherries (well dressed with: tossed sherry vinaigrette, "two virgins", dried cherry, dijon mustard vinaigrette)* 7.95 8.95 9.95

Chopped BBQ Chicken Salad *Crisp hearts of romaine, grilled chicken in homemade chipotle barbecue sauce, roasted corn, grape tomatoes, roasted sweet onions, jicama, cheddar cheese, homemade tortilla strips (well dressed with: maple cider, honey balsamic, citrus chipotle, buttermilk ranch, fresh apple)*..... 7.95 8.95 9.95

Spring Green Salad *Baby field greens, roasted asparagus*, fresh peas*, haricots verts*, toasted hazelnuts, frizzled leeks (well dressed with: "two virgins" dressing, dijon mustard vinaigrette, french)*..... 6.95 7.95 8.95

Summer Salad *Baby field greens, roasted corn, grape tomatoes, cucumber, golden raisins, strawberries, homemade plainain chips (well dressed with: strawberry balsamic vinaigrette, champagne rasberry)*..... 6.95 7.95 8.95

Autumn/Winter Salad *Rocket, roasted beets, cauliflower, broccoli, sweet potato, apples, crumbled blue cheese, walnuts (well dressed with: maple cider, fresh apple, honey balsamic, dried cherry, roasted red pepper)*..... 6.95 7.95 8.95

Pan-Asian Steak Salad *Baby field greens, grilled flank steak, roasted sweet onions, shiitake mushrooms, roasted peanuts, shaved coconut, homemade wonton crisps, sushi rice roll (well dressed with: japanese ginger, honey sesame)*..... 8.95 9.95 10.95

Tri-Color Salad *Rocket, endive, baby field greens, roasted peppers, fennel, ricotta, pine nuts, golden raisins, shaved asiago, croutons (well dressed with: balsamic, tossed, lemon pesto, black pepper corn asiago)*..... 6.95 7.95 8.95

Cayenne Shrimp Salad *Crisp hearts of romaine, cayenne-spiced shrimp, avocado, grape tomatoes, roasted sweet onions, black bean/corn salsa, homemade tortilla strips (well dressed with: citrus chipotle, "two virgins", tossed, buttermilk ranch, charred tomato)*..... 9.95 10.95 11.95

Lobster Salad *Baby field greens, chilled fresh lobster, mango, jicama, cucumber, toasted hazelnuts, frizzled leeks (well dressed with: champagne rasberry*, two virgins, tossed, fat free cucumber dill)* 12.95 13.95 14.95

Tossed Signature Tuna Salad *Baby field greens, tuna salad (mixed with sun-dried cherries, jicama, rocket & mayo), avocado, shredded carrots, cucumber (well dressed with: fat free cucumber dill, "two virgins", dried cherry, tossed, strawberry balsamic)*..... 7.95 8.95 9.95

Chopped Chinese Chicken Salad *Crisp iceberg, grilled chicken, carrots, toasted almonds, oranges, frizzled leeks, homemade wonton crisps (well dressed with: honey sesame, japanese ginger)* 6.95 7.95 8.95

Signature Fruit Salad *Cantaloupe, pineapple, kiwi, mango, fresh berries, shaved coconut, dried cherries (well dressed with: sweet minty lime)*..... sm 3.95 lg 7.95

* Denotes seasonal items

Old Fashions

Small/Medium/Large

Garden Salad *Baby field greens, grape tomatoes, cucumber, shredded carrots, golden raisins, sunflower seeds (well dressed with: anything)*..... 4.95 5.95 6.95

Spinach Salad *Baby spinach, shiitake mushrooms, roasted portobello, roasted sweet onions, smoked bacon, toasted hazelnuts, homemade croutons (well dressed with: black pepper corn asiago, balsamic, tossed, dijon mustard vinaigrette)*..... 6.95 7.95 8.95

Tossed Chef Salad *Romaine, smoked turkey, smoked bacon, cheddar, apples, toasted hazelnuts, hard-boiled egg (well dressed with: honey balsamic, thousand island, buttermilk ranch, roasted pepper tahini, lemon pesto, fat free cucumber dill, french)*..... 7.95 8.95 9.95

Caesar Salad *Crisp hearts of romaine, shaved asiago, homemade croutons (well dressed with: caesar, of course)*... 5.95 6.95 7.95

Caesar Salad w/ Chicken *Crisp hearts of romaine, shaved asiago, homemade croutons, grilled chicken (well dressed with: caesar, of course)*..... 6.95 7.95 8.95

Chopped Greek *Baby field greens, grape tomatoes, cucumber, kalamata olives, feta, fresh peppers, red onion (well dressed with: "two virgins", tossed, fat free cucumber dill, roasted pepper tahini, kalamata olive, french)*..... 6.95 7.95 8.95

Traditional Nicoise *Baby field greens, imported italian tuna in olive oil, nicoise olives, grape tomatoes, haricots verts*, steamed potatoes, red onion, capers, hard-boiled egg (well dressed with: dijon mustard vinaigrette, tossed, "two virgins", champagne rasberry, balsamic)*..... 7.95 8.95 9.95

Tossed Nicoise w/ Seared Fresh Tuna *Baby field greens, seared fresh tuna, nicoise olives, grape tomatoes, haricots verts*, steamed potatoes, red onion, capers, hard-boiled egg (well dressed with: dijon mustard vinaigrette, tossed, "two virgins", champagne rasberry, balsamic)*..... 12.95 13.95 14.95

Cobb Salad *Baby field greens, romaine, grilled chicken, grape tomatoes, avocado, smoked bacon, roasted sweet onions, crumbled blue cheese (well dressed with: blue cheese, tossed, balsamic, buttermilk ranch, french, dijon mustard vinaigrette)* 7.95 8.95 9.95

* Denotes seasonal items

Design Your Own Salad or Crepe

Small toss \$2.95; Medium toss \$3.95; Large toss \$4.95; Crepe toss \$3.95

The Lettuces

Choose any one or combination of lettuces

Baby Field Greens*
Crisp Hearts of Romaine.....
Rocket*
Spinach*
Iceberg
Endive

* Denotes seasonal items

The Toss-Ins

Choose any of the fresh homemade toss-ins from the palette below

50 Cent Toss-Ins *apples, roasted beets, carrots, cauliflower, celery, chick peas, roasted corn, shaved coconut, homemade croutons, cucumber, eggs, egg whites, roasted onions, red onions, fresh oranges, steamed new pot*..... ea .50

\$1 Toss-Ins *toasted almonds, roasted asparagus*, avocado, fresh seasonal berries*, smoked bacon, black bean/corn salsa, broccoli, cantaloupe, capers, cheddar, blue cheese, feta cheese, dried cherries, sauteed fen*.....ea 1.00

\$1.50 Toss-Ins *roasted portobello, goat cheese, shaved asiago, fresh mozzarella, grilled chicken*.....ea 1.50

\$1.95 Toss-Ins *barbecue chicken, blackened chicken, breaded chicken, buffalo chicken, pesto chicken, chicken salad w/tarragon, chicken salad w/grapes & toasted almonds, tuna salad w/jicama & dried cherries (mayo), t*.....ea 1.95

High Styles *italian tuna in olive oil* + 2.95
grilled flank steak..... + 3.95
mustard herb marinated salmon..... + 4.95
cayenne shrimp..... + 4.95
seared fresh tuna..... + 6.95
steamed lobster..... + 6.95

* Denotes seasonal items

The Extras

Priced toss-ins

Grilled Chicken.....+ 2.95
Blackened Chicken.....+ 2.95
Breaded Chicken.....+ 2.95
Pesto Chicken.....+ 2.95
'Buffalo' Chicken.....+ 2.95
Tarragon Chicken Salad.....+ 2.95
Tossed Tuna with jicama, sun-dried cherries, rocket & mayonnaise.....+ 2.95
Mediterranean Tuna with olives, peppers & vinaigrette.....+ 2.95
Italian Tuna In Olive Oil.....+ 2.95
Steamed Lobster.....+ 6.95
Rock Shrimp.....+ 4.95
Smoked Turkey.....+ 2.95
Grilled Flank Steak.....+ 3.95
Mustard Herb Salmon.....+ 4.95
Seared Fresh Tuna.....+ 6.95
Tofu.....+ 2.00

* Denotes seasonal items

The Dressings

Choose any of the homemade tossed dressings below. Extra dressing 50 cents

Tossed Sherry Vinaigrette
Balsamic Vinaigrette
Champagne Rasberry
Fat Free Honey Dijon
Buttermilk Ranch
Maple Cider Vinaigrette
Japanese Ginger
Dried Cherry
Citrus Chipotle
Blue Cheese
Honey Balsamic
Honey Sesame Dressing
Charred Tomato Vinaigrette
Kalamata Olive Dressing
Roasted Pepper Tahini
Strawberry Balsamic
Thousand Island
French Dressing
Dijon Mustard Vinaigrette
Fat Free Cucumber Dill
Black Pepper Corn Asiago
Roasted Red Pepper
Lemon Pesto Vinaigrette
Fresh Apple Vinaigrette
'Two Virgins' extra virgin olive oil & fresh squeezed lemon juice.....

Olive Oil & Balsamic Vinegar
Olive Oil & Red Wine Vinegar
Extra Virgin Olive Oil.....
Balsamic Vinegar.....
Red Wine Vinegar.....
Fresh Squeezed Lemon Juice.....

Sandwiches

Grilled Chicken *Rosemary ciabatta, grilled chicken breast, roasted peppers, tossed greens (well dressed with: balsamic vinaigrette, roasted red pepper, dijon mustard vinaigrette)*..... 6.95
Tarragon Chicken Salad *Thick pita, all white-meat chicken salad (mixed with chopped tarragon & mayonnaise), lettuce, tomato (well dressed with: dijon mustard vinaigrette, "two virgins", tossed, balsamic vinaigrette)*.... 6.95
Oven-Roasted Portobello *Baguette, balsamic marinated portobello, basil-infused ricotta, tossed greens (well dressed with: balsamic, charred tomato)*..... 7.95
Smoked Turkey Country white, smoked turkey breast, cheddar, tomato, avocado, tossed greens (well dressed with: honey dijon, french, thousand island)..... 7.95

Turkey Apple *Seven grain bread, smoked turkey, sliced apples, queso blanco (well dressed with: dried cherry, honey dijon)*..... 6.95

Black Forest Ham *Baguette, black forest ham, jarlsberg, baby field greens (well dressed with: honey dijon, dijon mustard vinaigrette)*..... 7.95

Caprese *Baguette, fresh mozzarella, tomato, basil (well dressed with: olive oil)*..... 8.95

Tossed Cheese Steak Sandwich *Baguette, grilled flank steak, roasted sweet onions, melted jarlsberg cheese (well dressed with: dijon mustard vinaigrette)*..... 7.95

Cayenne Shrimp *Thick pita, spiced cayenne-spiced shrimp, hickory-smoked bacon, cucumber, tossed greens (well dressed with: fat free cucumber dill)*..... 8.95

Tossed Tuna Sandwich *Thick pita, tuna salad (mixed with sun-dried cherries, jicama, chopped rocket & mayo)*..... 6.95

Mediterranean Tuna Sandwich *Thick pita, tuna salad with olives, peppers and tossed vinaigrette (well dressed with: tossed, dijon mustard vinaigrette, "two virgins")*..... 6.95

Nicoise Sandwich (Pan Bagnat) *Rosemary ciabatta, italian tuna in olive oil, bibb lettuce, tomato, red onion, sliced egg, nicoise olives, capers, red wine vinegar*..... 8.95

Seared Tuna Sandwich *Ciabatta, seared fresh tuna, avocado, cucumber, frizzled leeks (well dressed with: honey sesame, japanese ginger, dijon mustard vinaigrette)*..... 10.95

Smoked Salmon Sandwich *Seven grain bread, smoked salmon, goat cheese, cucumber, capers (well dressed with: kalamata olive, strawberry balsamic, dijon mustard vinaigrette)*..... 6.95

Hummus *Thick pita, hummus, roasted peppers, avocado, basil (well dressed with: balsamic, lemon pesto, roasted pepper tahini)*..... 5.95

Focaccia Melts

Warmd sandwiches topped with melted cheese served on rosemary focaccia

Smoked Turkey & Brie 6.95
Grilled Vegetables & Asiago 6.95
Black Forest Ham & Jarlsberg..... 6.95
Tuna Salad with New England Cheddar. 6.95
Italian Tuna in Olive Oil & Asiago 7.95
Bacon, Tomato & Blue Cheese 6.95
Pesto Chicken, Roasted Peppers & Asiago 6.95

Crepes

Tofu Tofu, carrots, sugar snap peas*, shiitake mushrooms, iceberg lettuce (well dressed with: japanese ginger, honey dijon, maple cider, honey sesame)..... 6.95

Blackened Chicken *Blackened chicken, avocado, black bean/corn salsa, tortilla strips, romaine hearts (well dressed with: citrus chipotle, maple cider, tossed, charred tomato)*..... 6.95

Chipotle BBQ Chicken *Homemade bbq chicken, cheddar, jicama, roasted corn, homemade tortilla strips, romaine hearts (well dressed with: buttermilk ranch, citrus chipotle, maple cider, tossed)*..... 6.95

Buffalo Chicken *Buffalo style chicken breast, celery, iceberg (well dressed with: blue cheese, buttermilk ranch, honey dijon)*.... 6.95

Chicken-Goat Cheese *Grilled chicken, smoked bacon, goat cheese, rocket (arugula) (well dressed with: mayonnaise, honey dijon, french, kalamata olive)*..... 6.95

Chicken-Portobello *Grilled chicken, roasted portobello, grilled sweet onions, spinach (well dressed with: balsamic, tossed, dijon mustard vinaigrette)*..... 6.95

Pesto Chicken *Pesto chicken, mozzarella, sun-dried tomatoes, baby field greens (well dressed with: lemon pesto, balsamic)*.... 6.95

Turkey-Cheddar *Smoked turkey, cheddar, avocado, toasted almonds, spinach (well dressed with: buttermilk ranch, honey dijon, maple cider, roasted pepper tahini)*..... 6.95

Turkey BLT *Smoked turkey, smoked bacon, romaine hearts, tomato (well dressed with: mayonnaise, honey dijon, thousand island)*..... 6.95

Flank Steak Caesar *Grilled flank steak, croutons, romaine hearts (well dressed with: caesar)*..... 6.95

Steak House *Grilled flank steak, tomatoes, grilled sweet onions, crumbled blue cheese, romaine hearts (well dressed with: blue cheese, tossed, balsamic, roasted red pepper)*..... 6.95

BLT *Smoked bacon, romaine hearts, tomato (well dressed with: mayonnaise, honey dijon, thousand island)*..... 6.95

Soups

Daily Soup #1sm 2.95 lg 3.95
Daily Soup #2sm 2.95 lg 3.95

Desserts

Tossed Crepes *butter/sugar*..... 2.95
maple syrup/cinnamon..... 3.95
maple/cinnamon/banana..... 4.95
honey/lemon..... 3.95
nutella..... 3.95
nutella/banana..... 4.95
honey/yogurt..... 4.95
honey/ricotta..... 4.95
ricotta/preserves..... 4.95
fresh fruit w/ honey & coconut..... 4.95
Monster Cookies *chocolate chip, oatmeal raisin, black & white*..... 1.75
Assorted Brownies *oreo, peanut butter cup, turtle, blonde, rocky road, fat free*..... 2.50
NYC's Best Cupcakes *chocolate, vanilla*... 3.00
Rice Crispy Treats *original, chocolate covered, fat free*..... 2.50
Assorted Poundcakes *lemon, banana, carrot*..... 1.75
Biscotti *chocolate, almond, cranberry-pistachio, almond*..... 1.25

Beverages

Create Your Own Tossed Smoothie..... 3.95
Fresh Squeezed Lemonade *Regular*..... 1.95
Blended w/ Fresh Fruit..... 2.25
Fresh Squeezed Orange Juice..... 3.95
Pesto Chicken, Roasted Peppers & Asiago 1.95
Fresh Brewed Iced Chai 3.25
Iced Brazilian Coffee 1.95
Iced Cappuccino 3.25
Vitamin Water *power C, stress B, defense, rescue, energy, revive, balance*..... 2.50
Bottled Iced Tea *lemon, diet lemon*..... 2.00
Boylan's Sodas *Root Beer, Birch, Diet Birch, Orange, Black Cherry, Ginger Ale, Cream, Diet Birch Beer, Grape, Seltzer*..... 2.00
Gus Natural Soda *Valencia Orange, Dry Meyer Lemon, Star Ruby Grapefruit, Ginger Ale*. 2.25
Odwalla *Fresh Juice Mango Tango, Strawberry Banana, C Monster Orange, C Monster Strawberry, Super Protein, Wellness w/ Echinacea*..... 2.95
Soda Coke, Diet Coke, Sprite, Diet Sprite... 1.50
Poland Spring Water sm .80 lg 1.25
Organic Coffeesgl 2.00 dbl 3.00
Macchiatosgl 2.50 dbl 3.50
Cappuccino hot 2.75 iced 3.25
Latte hot 2.75 iced 3.25
Chai hot 2.75 iced 3.25
Hot Chocolate hot 1.95 iced 2.45
Small Whole Leaf Tea *Darjeeling Black Tea, Ceylon Green Tea, Apple-Mango Tisane (herbal)*..... .80
Large Whole Leaf Tea *Darjeeling Black Tea, Ceylon Green Tea, Apple-Mango Tisane (herbal)*..... 1.25

