



Salads

___The Chetola House Salad

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

Choice of: Grilled Chicken Grilled Tempeh Grilled Salmon

___Baby Spinach Salad

Baby spinach with mozzarella cheese, roasted red peppers, grape tomatoes, marinated onions and croutons.

Choice of: Grilled Chicken Grilled Tempeh Grilled Salmon

___The Fruit Salad Plate

Fresh seasonal fruits and choice of:

Greek Yogurt Cottage Cheese Grilled Chicken Grilled Shrimp

___The Greek Salad

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

Choice of Housemade Dressing

Balsamic Vinaigrette Ranch Blue Cheese Blueberry Pomegranate

Wraps

___ 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 house vinaigrette 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 Greek 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.