



# Salt Bay Café

# Lunch Menu

## Salads

**Chef Salad**-Fresh assorted greens, roasted chicken, sliced ham, Jack cheese, sliced apples, black olives, hard-boiled egg, shredded carrots, cucumbers, onions and tomatoes. 10

**Pecan Chicken Salad**- Fresh assorted greens, topped with shredded carrots, cucumbers, onions, tomatoes and sliced boneless chicken breast baked with our pecan crust. 9

**Tostada**-Choice of roasted chicken, fresh ground sirloin, or pork carnita with refried beans and Jack cheese melted in a crisp flour tortilla bowl and topped with fresh assorted greens, diced tomatoes, black olives, Jack cheese, house made salsa, sour cream and guacamole. 9

**Stuffed Avocado Salad**- Avocado filled with tuna salad or chicken salad over greens with carrots, cucumbers, onions and tomatoes. 10

**Caesar Salad**-Romaine lettuce tossed with croutons, parmesan cheese and Caesar dressing. 8  
Add fresh Salmon broiled in lemon, white wine and extra virgin olive oil. 4

**Cobb Salad**- Romaine hearts and mixed greens with diced tomato, cucumber, onion, apple, bacon, avocado, shredded carrots and roasted chicken finished with crumbled Blue cheese. 12

**Stuffed Baked Potato Salad**- Baked potato stuffed with roasted chicken, broccoli, diced tomatoes, melted Jack cheese and balsamic vinaigrette over a small garden salad. 8

**Apple & Chicken Salad**- Baby spinach and Romaine heart topped with fresh apple, roasted chicken, diced tomatoes, dried cranberries, chopped bacon and roasted walnuts, served with creamy apple cider vinaigrette. 10

**House Goat Cheese Salad**- Baby spinach topped with panko herb garlic encrusted fried Goat cheese, dried cranberries and dates dressed with balsamic vinaigrette. 10.25

**Additional Delicious Salads on our Extensive Vegetarian Menu!**

This food is or may be served raw or undercooked or may contain raw or undercooked foods.

Consumption of this food may increase the risk of food borne illness.

Please check with your physician if you have any questions about consuming raw or undercooked foods.