

SEAQUA'S GOURMET SALADS

Balsamic Chicken Salad

Penne Pasta, Julienne Strips of Chicken, Fresh Mozzarella, Grape Tomatoes, Red Onions, Sundried Tomatoes and Balsamic Vinaigrette
\$9.99 lb.

Broccoli Salad

Broccoli Florets, Golden Raisins, Bacon Bits, Red Onions, Sunflower Seeds and a Sweetly Seasoned Dressing
\$9.99 lb.

Broccoli Pasta Salad

Pasta Shells, Broccoli Florets, Red Peppers and a Light Garlic and Oil Dressing
\$8.99 lb.

Cajon Dijon Pasta Salad

Penne Pasta, Blackened Chicken, Bacon, Plum Tomatoes, Red Onions and Cajun Dijon Mustard Dressing
\$9.99 lb.

Cucumber Salad

Sliced Cucumbers & Red Onions in Sweet Vinaigrette
\$7.99 lb.

Cucumber & Feta Salad

Sliced Cucumbers, Feta Cheese, Plum Tomatoes, Red Peppers, Red Onions and Black Olives in a Light Vinaigrette
\$8.99 lb.

Greek Bowtie Pasta Salad

Bowtie Pasta, Baby Spinach, Black Olives, Cherry Tomatoes, Feta Cheese and Greek Dressing
\$9.99 lb.

Pasta Supreme

Tri-Colored Fusilli Pasta, Bell Peppers, Red Onions, Green & Black Olives, Parmesan Cheese and Italian Dressing
\$8.99 lb.

Quinoa Salad

Quinoa, Edamame, Snow Peas, Broccoli, Scallions and Sweet Citrus Dressing
\$9.99 lb.

Spinach Bowtie Pasta Salad

Bowtie Pasta, Baby Spinach, Sweet Red Peppers, Red Onions Parmesan Cheese and a Light Garlic & Oil Dressing
\$9.99 lb.

String Bean Salad

String Beans, Grape Tomatoes, Cucumbers, Red Onions with Virgin Olive Oil and Fresh Lemon Dressing
\$9.99 lb.

Thai Chicken Noodle Salad

Thai Noodles, Julienne Strips of Chicken, Shredded Carrots, Scallions, Sweet Red Peppers and Thai Sesame Peanut Sauce
\$9.99 lb.

Tomato Mozzarella Salad

Plum Tomatoes, Fresh Bocconcini Mozzarella, Red Onions and Garlic-Basil Vinaigrette
\$9.99 lb.

Tortellini Pasta Salad

Cheese Tortellini, Chunks of Provolone, Sundried Tomatoes, Fresh Basil and Garlic & Oil Dressing
\$9.99 lb.

SEAQUA'S FRESH FROM THE GARDEN TOSSED SALADS

Apple Gorgonzola Salad

Mixed Greens, Grilled Chicken,
Sliced Apples, Craisins, Glazed
Walnuts, Gorgonzola Cheese
and Raspberry Vinaigrette
Sm. \$34.95 / Med. \$49.95 / Lg. \$69.95

Classic Caesar Salad

Crisp Romaine Lettuce, Homemade
Croutons, Shaved Parmesan Cheese
and Caesar Dressing
Sm. \$23.95 / Med. \$31.95 / Lg. \$52.95

Chicken Cutlet Supreme Salad

Mesclun Greens, Breaded Chicken Cutlet,
Sundried Tomatoes, Fresh Mozzarella
and Balsamic Vinaigrette
Sm. \$34.95 / Med. \$49.95 / Lg. \$69.95

Garden Salad

Mixed Greens, Carrots, Cucumbers,
Tomatoes, Bell Peppers, Red Onions,
Choice of Dressing
Sm. \$23.95 / Med. \$31.95 / Lg. \$52.95

Greek Salad

Mixed Greens, Cucumbers, Peppers, Red
Onions, Kalamata Olives, Pepperoncinis,
Feta Cheese and Greek Dressing
Sm. \$24.95 / Med. \$39.95 / Lg. \$59.99

Hawaiian Salad

Mixed Greens, Mandarin Oranges,
Red Onions, Hearts of Palm, Baby Corn,
Grape Tomatoes, Cucumbers and Citrus
Vinaigrette
Sm. \$34.95 / Med. \$49.95 / Lg. \$69.95

Italian Tossed Salad

Mixed Greens, Salami, Pepperoni, Provolone,
Sweet Peppers, Tomatoes, Black & Green
Olives, Parmesan Cheese and Italian Dressing
Sm. \$24.95 / Med. \$39.95 / Lg. \$59.99

Signature Spring Salad

Mixed Greens, Grape Tomatoes, Red & Yellow
Peppers, Cucumbers, Red Onions, Craisins,
Walnuts and Raspberry Vinaigrette
Sm. \$24.95 / Med. \$39.95 / Lg. \$59.99

Seaqua Salad

Mixed Greens, Grilled Chicken,
Grape Tomatoes, Craisins, Glazed Walnuts,
Avocado, Feta Cheese and Raspberry
Vinaigrette
Sm. \$34.95 / Med. \$49.95 / Lg. \$69.95

Tuscany Salad

Mixed Greens, Grilled Chicken, Roasted
Peppers, Avocado, Fresh Mozzarella and
Balsamic Vinaigrette
Sm. \$34.95 / Med. \$49.95 / Lg. \$69.95

Serves

Small ~ 6 – 10 / Medium ~ 12 – 20 / Large ~ 25 – 30

Add Grilled Chicken

Small ~ \$7.95 / Medium ~ 10.50 / Large ~ \$13.95