

Paleo Diet - Menu Recommendations

Dressing Options: Fresh Salsa, Olive Oil, Balsamic Vinegar

Grilled Shrimp & Avocado Salad

Mixed greens, fresh avocado, toasted almonds, cherry tomatoes, citrus grilled shrimp, *choice of dressing option*. 6.79 / 9.59
(*Ask for: no goat cheese, no honey-wheat roll*)

Seared Ahi Salad

Mixed greens, seared ahi tuna, fresh avocado, mandarin oranges, napa cabbage, sesame seeds, *choice of dressing option*. 6.79 / 9.59
(*Ask for: no wonton strips, no honey-wheat roll*)

Chopped Steak Cobb Salad

Chopped lettuce, hickory smoked bacon (*optional), premium steak, avocado, cherry tomatoes, *choice of dressing option*. 6.79 / 9.59
(*Ask for: no gorgonzola cheese, no honey-wheat roll*)

Mandarin Chicken Salad

Chopped lettuce, grilled chicken, napa cabbage, snap peas, mandarin oranges, green onions, toasted almonds, sesame seeds, *choice of dressing option*. 6.49 / 9.29
(*Ask for: no wonton strips, no honey-wheat roll*)

Garden Harvest Salad

Mixed greens, fresh tomatoes, cucumbers, carrots, organic sprouts, *choice of dressing option*. 5.29 / 7.49
- with Chicken - 6.49 / 9.29 - with Shrimp - 6.79 / 9.59
(*Ask for: no croutons, no honey-wheat roll*)

Create Your Own Salad

Served with choice of dressing option. 3.49 + toppings

Choose your base: mixed greens, romaine, 1/2 spinach 1/2 mixed, or chopped lettuce

Choose your toppings:

69¢ each - almonds, broccoli, carrots, cucumbers, green onions, napa cabbage, red onions, snap peas, sprouts, tomatoes

99¢ each - artichoke hearts, avocado, marinated red peppers, pine nuts

2.49 each - grilled chicken, oven roasted turkey, shrimp skewer

2.99 each - grilled steak, seared ahi tuna

Legend:  Vegetarian  Silvergreens' favorite

For nutrition facts, please see our Silvergreens Nutrition Guide.

