

Hungry Gaucho Gets Some ‘Greens

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Published on April 27, 2011

I, along with most of my peers, put plenty of bad things in my body. Between the beer and carne asada fries, our stomachs crave nutrition. Silvergreens can give you that and so much more. Silvergreens has a wide variety of healthy dishes that not only look amazing but taste amazing too. Their menu boasts salads, soups, sandwiches, burgers, pastas, smoothies and desserts with a plethora of choices within each category.

Most people look at a salad as a pile of lettuce. Silvergreens proves them wrong. Their options include Crispy Thai Chicken, Grilled Shrimp and Avocado, BBQ Chicken Chop, Seared Ahi Salad Green Apple Salad and the list goes on. On my visit to Silvergreens I decided to try their newest leafy dish: Chopped Steak Cobb. This salad contains chopped lettuce, hickory smoked bacon, chopped flatiron steak, sliced avocado, gorgonzola cheese, cherry tomatoes and a choice of ranch or balsamic dressing.

Let me tell you, this is no ordinary salad. The meat is flavorful and plentiful and compliments the gorgonzola cheese perfectly. If a solo salad won't fill you up, try Silvergreens' half and half combo menu. For a mere \$8.29, you can pick two of these three options: half salad, half sandwich and/or a cup of soup. This really is one of the best combos in the Santa Barbara area. It is the perfect size with the best variety. Did I mention it comes with a free cookie? If you have ever had a Silvergreens cookie you know it is top notch. If you haven't, get on your bike right now. I promise it will be worth it.

Some of their sandwiches include Chicken Pesto MBT, Crispy Bacon Western, French Dip and Buffalo Crispy Chicken. Silvergreens also has an extensive shake and smoothie menu. Here you can satisfy your sweet tooth with their Cookie Monster Shake, or go healthy with their Power Smoothie — complete with homemade granola, organic peanut butter, fresh strawberries, bananas, nonfat milk and non-fat vanilla frozen yogurt. For \$3.79, how could you resist? What many of you may not know is Silvergreens has a breakfast menu! Their menu includes waffles such as Chocolate Chip Banana, Santa Barbara Berry, Neighborhood Classic and Southern Style Chicken and Waffles. And then there's my personal favorite: the breakfast burritos. First you choose your style: wrapped in a grilled tortilla, in a bowl (served naked) or scramble (served with toast).

All options come with a fresh fruit cup and salsa on the side. They have a variety of options to put in your burrito. For example: the Mediterranean style with two eggs, roasted red peppers, baby spinach feta cheese, and homestyle Kennebec potatoes. Another example: the Californian style with two eggs, fresh avocado slices, crisp hand-cut seasoned French fries, cheddar cheese and low-fat sour cream. Just when I thought breakfast burritos couldn't get any better, Silvergreens adds French fries. They definitely know the way into this college student's heart.