



FRESCO SALADS



BY AMATO'S

TEX MEX

\$9.99



GRILLED SRIRACHA CHICKEN ON A BED OF ICEBERG LETTUCE WITH AVOCADO, CUCUMBER, ONION AND TOMATO. TOPPED WITH CHEDDAR CHEESE, CORN, BLACK BEANS AND TORTILLA STRIPS. FEATURING A RANCH DRESSING.

BBQ CHICKEN

\$9.99



BBQ CHICKEN WITH BACON ON BED OF ICEBERG LETTUCE AND SPRING MIX WITH TOMATO AND SHREDDED CARROTS. TOPPED WITH CORN AND BLACK BEANS. FEATURING A SRIRACHA RANCH DRESSING.

BERRY CAPRESE

\$8.99



STRAWBERRIES, DRIED CRANBERRIES, CARROTS AND CUCUMBERS ON A BED OF SPINACH AND SPRING MIX. TOPPED WITH MOZZARELLA CHEESE AND SUNFLOWER SEEDS. FEATURING A RASPBERRY VINAIGRETTE.

AVOCADO BLT

\$8.99



BACON AND CHOPPED TOMATOES WITH AVOCADO AND RED ONIONS ON A BED OF SPRING MIX AND ROMAINE LETTUCE. TOPPED WITH CROUTONS AND A RANCH DRESSING.

ZESTY SALMON

\$10.99



GRILLED LEMON PEPPER & DILL SALMON WITH AVOCADO, CHOPPED TOMATOES, GREEN AND RED PEPPERS, CUCUMBER AND RED ONIONS ON A BED OF SPRING MIX AND ROMAINE LETTUCE. FEATURING AN APPLE CIDER VINAIGRETTE.

CRAFT YOUR OWN

CREATE YOUR OWN SALAD MASTERPIECE.
A DELICIOUS WORK OF ART.

CHOOSE FROM OUR FRESHEST INGREDIENTS
TO CREATE A DISH THAT IS PERFECT FOR YOU.

STARTING
AT
\$6.99

PICK YOUR FAVORITE GREENS ★ BE BOLD ★ MIX & MATCH

ROMAINE

ICEBERG

SPRING MIX

SPINACH

★ THE ESSENTIALS ★ CHOOSE UP TO 5

ASIAN NOODLES
BACON
BANANA PEPPERS
BEETS
BLACK BEANS
BLUE CHEESE
SHREDDED CARROTS
CHEDDAR CHEESE
CELERY

DRIED CRANBERRIES
FETA CHEESE
CHICK PEAS
CORN
CUCUMBER
EDAMAME
EGG
GREEN OR RED PEPPERS
DICED HAM
BLACK OLIVES

GREEK OLIVES
PEPPERONCINI PEPPERS
PINEAPPLE
PROVOLONE CHEESE
QUINOA
RED ONION
SALAMI
TOMATOES
TORTILLA STRIPS
WALNUTS

.50¢ EACH EXTRA

★ INDULGE YOURSELF A LITTLE ★

AVOCADO
BLUEBERRIES

FRESH MOZZARELLA CHEESE

ROASTED TURKEY
STRAWBERRIES

\$1.00 EACH

★ THE PREMIUM PROTEINS ★

TUSCAN CHICKEN **\$2.00**
BBQ CHICKEN **\$2.00**

SRIRACHA CHICKEN **\$2.00**
CHICKEN SALAD **\$2.00**
STEAK **\$2.00**

TUNA SALAD **\$2.00**
SALMON **\$4.00**

FINISHING TOUCHES ★ ON THE HOUSE

CROUTONS

SHREDDED PARMESAN CHEESE
ROMANO CHEESE

SUNFLOWER SEEDS

★ DRESSINGS ★

AMATO'S HOUSE ITALIAN DRESSING
APPLE CIDER VINAIGRETTE
HOUSE-MADE BALSAMIC VINAIGRETTE
BLUE CHEESE
RANCH
DIJON VINAIGRETTE LOW-FAT DRESSING

RASPBERRY WHITE BALSAMIC VINAIGRETTE
(LOW FAT)
SRIRACHA RANCH
GREEK
CAESAR

★ AMATO'S SEABROOK ★

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