

SPECTACULAR SALADS

Your choice of dressing: Blue Cheese, Ranch, Fat-free Ranch, Thousand Island, Caesar, Italian, Fat-free Italian, Greek, Honey Mustard, Hot Bacon, Extra Virgin Olive Oil, Balsamic Vinegar of Modena, Raspberry Vinaigrette and Balsamic Vinaigrette. Served with bagel chips or saltine crackers.



Tri-Tip Salad *Delicious!*

Thin slices of *Certified Angus Beef*® tri-tip marinated with our unique hickory BBQ sauce, sweet corn, tomatoes, sautéed mushrooms and jicama. Served on a bed of baby mix lettuce topped with garnish and BBQ balsamic dressing. 15.99

Chef Salad

Turkey, ham, tomato, hardboiled egg, cucumbers, jack and cheddar cheeses on a bed of iceberg lettuce. Regular 12.99 / Full 14.99

Iceberg Wedge

Crisp iceberg lettuce, diced tomatoes, hardwood-smoked bacon, blue cheese crumbles and blue cheese dressing. 10.99 / Add Chopped Egg .99 Add Chopped Avocado 1.49

Chinese Chicken Salad

Our most popular salad for over 25 years in a row! Chunks of chicken over fresh greens with mandarin oranges, roasted almonds and rice noodles with our special ginger-sesame dressing. Regular 12.99 / Full 14.99

Caesar Chicken Salad

Hearts of Romaine lettuce, croutons and parmesan cheese tossed with our creamy Caesar dressing and topped with grilled chicken breast. Regular 12.99 / Full 14.99

Shrimp Avocado Salad

Shrimp, tomatoes, cucumbers, hardboiled egg and lemon on a bed of crispy lettuce. Regular 13.99 / Full 15.99

Albacore Tuna Salad

Tomatoes, cucumbers, hardboiled egg and tuna salad over fresh iceberg lettuce. Regular 12.99 / Full 13.99

Poultry Salad

Tomatoes, cucumbers, hardboiled egg and poultry salad over fresh iceberg lettuce. Regular 11.99 / Full 13.99

Tossed Green Salad

Lettuce, tomatoes, cucumbers, hardboiled egg, cheese, black olives and croutons with your choice of dressing. 8.99

Charbroiled Chicken Salad

Charbroiled chicken breast served on a bed of lettuce with tomatoes, cucumbers and hardboiled egg. Regular 12.99 / Full 14.99

Fried Chicken Salad

Fried chicken strips, cheddar cheese, hardboiled egg, bacon, cucumbers and tomatoes served on a bed of crisp greens with your choice of dressing. Regular 12.99 / Full 14.99

Substitute Fried Chicken Strips for Chicken Breast add 1.99

Fruit Salad

Cantaloupe/honeydew/oranges/bananas/grapes/strawberries and cottage cheese. Regular 13.99

Grinder's House Salad

Iceberg lettuce, tomatoes, cucumbers, sweet corn and croutons. 5.99

Greek Salad

Lettuce, kalamata Greek olives, Feta cheese, tomatoes, cucumbers, bell peppers and red onions served with our homemade Greek dressing. Regular 12.99 / Full 14.99 With Charbroiled Chicken Breast Add 3.99

Spinach & Mushroom Salad

Spinach, mushrooms, bacon and hardboiled egg served with hot bacon dressing. Regular 12.99 / Full 14.99 • With Charbroiled Chicken Breast Add 3.99

Italian Salad

Crisp greens, baked ham, Italian dry salami, Swiss cheese, red onions, tomatoes, pepperoncini, cucumbers and black olives. Regular 12.99 / Full 14.99

Grinder Combo Salad

Tuna salad, poultry salad, shrimp, tomatoes and cucumbers on a bed of iceberg lettuce. (Full-sized Portion ONLY.) 16.99

BBQ Chicken Salad

Avocado, tomato, cucumbers, corn, black beans, cilantro, crisp corn tortillas and grilled chicken breast on a bed of iceberg lettuce with homemade balsamic BBQ dressing. Regular 13.99 / Full 15.99

Florentine Chicken Salad

Baby mixed lettuce, candied walnuts, tomatoes, cucumbers, parmesan cheese and charbroiled chicken served with raspberry vinaigrette dressing. Regular 12.99 / Full 14.99

Tostada Salad

Beef or chicken, pinto beans, onions, bell peppers, tomatoes, cheddar cheese, black olives, guacamole and salsa on a bed of lettuce served in a crispy flour tortilla shell. (Full-sized portion Only.) 13.99

Caesar Dinner Salad 5.99

Cobb Salad

Turkey, ham, bacon, avocado, cheddar and jack cheeses, cucumbers, tomatoes and hardboiled egg on a bed of iceberg lettuce. Regular 13.99 / Full 15.99 • With Blue Cheese Crumbles Add .99

WAIST WATCHERS

Served with Low-fat Cottage Cheese, Tomato Slices and Fresh Fruit. 14.99

Lean Certified Angus Beef® Roasted Beef / **Chicken Breast**
Extra Lean Certified Angus Beef® Ground Beef Patty / **Turkey Breast**
Albacore White Tuna / **Garden Burger** / **Ground Turkey Patty**

Steamed Vegetable Plate

Carrots, yellow squash, zucchini, broccoli and cauliflower steamed to perfection. 11.99 With Melted Cheddar Cheese Add 1.49 / Over Pasta or Rice Add 1.99 each

The choices above don't apply to this plate.

Stir-fry Vegetables

Colorful combination of crisp, crunchy, stir-fried broccoli, carrots, zucchini, yellow squash and peas in our own teriyaki sauce served over steamed rice and sprinkled with sesame seeds. 13.99 / Add Chicken 3.99

The choices above don't apply to this plate.