

Baladas Bistro - on the Corner of Ninth & Pine

Lunch

WRAPS

All Wraps are served with whole fruit or Chips

Mediterranean Wrap

Choice of Flour Tortilla, White Rice, Romaine Lettuce, Sundried Tomatoes, Fresh Mozzarella, Roasted Vegetables, Caesar Dressing
Choice of Chicken \$7 Or Tenderloin of Beef \$8

Deli Wrap

Choice of Flour Tortilla, White Rice, Romaine Lettuce, Turkey Breast, Bacon, Swiss cheese, Ranch Dressing \$7

The French Connection

Choice of Flour Tortilla, White Rice, Romaine Lettuce, Duck Confit, Roasted Pine Nuts, Caramelized Onion Marmalade \$8

Simply Veggie

Choice of Flour Tortilla, White Rice, Spinach, Carrots, Pumpkin Seeds, Black Sesame Seeds, Marinated Tofu, Hummus Spread \$6

Ocean Wrap

Choice of Flour Tortilla, White Rice, Romaine Lettuce, Poached Shrimp, Avocado, Thousand Island dressing \$8

Special Daily Wrap

See Store for Details

SALADS

All Salads are served with a small Croustini

Spinach Salad

Fresh Baby Spinach, Hard Boiled Egg, Crumbled Bacon, Sliced Red Onion, Mandarin Orange Segments, Honey Mustard
Vinaigrette \$7

Southwest Chop

Chopped Romaine Lettuce, Black Bean Salsa, Sundried Tomatoes, Roasted Red Peppers, Cheddar Cheese, Chipotle Ranch Dressing
Choice of Chicken \$7 Or Tenderloin of Beef \$8

Vegetable Greek to Me

Romaine Lettuce, Crumbled Feta Cheese, Cucumber, Cherry Tomatoes, Kalamata Olives, Sliced Red Onion, Tzatziki Dressing \$6

Fruity Fresh

Fresh Spring Mix Lettuce, Strawberries, Blueberries, Mangoes, Marinated Beets, Candied Walnuts, Yogurt Cup, Cranberry Citrus
Dressing \$7

Salad Nicoise

Fresh Spring Mix Lettuce, Herb Roasted Potatoes, Hard Boiled Egg, Haricot Vert, Seared Tuna or Salmon, Lemon Vinaigrette \$8

Special Daily Salad

See Store for Details

PANINI

All Panini are served with a Piece of Whole Fruit or Chips

Deli Stack

Rustic Bread, Deli Ham, Deli Turkey, Roasted Vegetables, Caramelized Onions, Vermont Cheddar Cheese \$7

Roman Stack

Rustic Bread, Roasted Red Peppers, Artichoke Hearts, Fresh Mozzarella, Shaved Parmesan, Spinach Artichoke Spread, Chicken \$7
Or Tenderloin of Beef \$8

Cheese Lovers

RUSTIC Bread, Vermont Cheddar, Shaved Parmesan, Aged Provolone, Crispy Bacon, Sundried Tomatoes \$7

Special Daily Panini

See Store for Details

RICE BOWLS

Southwest Bowl

Choice of White or Special Rice, Corn Salsa, Black Beans, Pepperjack Cheese, Mango Habanera Salsa,
Choice of Chicken \$7 Or Tenderloin of Beef \$8

Asian Bowl

Choice of White or Special Rice, Daily Grilled Seafood, Fresh Snow Peas, Shredded Carrots, Black Sesame Seeds, Teriyaki Wasabi \$8

Veggie Bowl

Choice of White or Special Rice, Choice of Four Veggies, Choice of Sauce \$6

SOUP

All Soups are served with a Croustini

See Store for out Daily Selection of Delicious Soups

www.baladasbistro.com