

## **Menu**

It's tough to choose. But whatever you pick, your "walk on the wild side" will be delicious.

### **Salads**

#### **Sandwiches and Wraps**

#### **Café Specials**

### **Salads**

Toss your salad with one of our delectable home made salad dressings: Caesar, Lite Caesar, Sour Cream, Ranch, Curry, French, Balsamic, Oil and Vinegar, Fat-free Yogurt or Fat-free Dill.

#### **Whale of a Salad**

18 (a shipload) of the freshest market ingredients from our salad bar including seafood, vegetables, fruit and cheeses

#### **Create your own**

Create your own combination of six ingredients from our salad bar.

#### **Seafood Pasta Salad**

shrimp, crab, rotini pasta, romaine lettuce, green onion, feta, egg, mushroom, tomato, black olives parmesan, real bacon bits homemade croutons

#### **Cajun Chicken Caesar**

Cajun-spiced chicken strips, romaine lettuce, parmesan cheese, real bacon bits and homemade croutons Choose regular or lite dressing option.

#### **Caesar Salad**

romaine lettuce, parmesan cheese, real bacon bits and homemade croutons. Choose regular or lite dressing option.

#### **Spinach Salad**

green onion, egg, parmesan cheese, homemade croutons, mushrooms and real bacon bits

#### **Garden Salad**

tomato, mushrooms, green and red onion

### Greek Salad

feta cheese, tomato, kalamata olives and red onion

For a little extra kick add shrimp, crab, extra vegetables, Cajun chicken or baked herb chicken to your salad.

### **Sandwiches and Wraps**

All sandwiches are available on multi-grain mini loaf, or a spinach, whole wheat or salsa tortilla. Your choice!

### Seasoned Chicken Breast

leafy lettuce, tomato, mozza and cheddar cheeses, honey mustard mayo and clover sprouts

### Baked Ham and Cheese

lettuce, tomato, cheddar cheese, honey mustard mayo and sprouts

### Roast Beef

lettuce, tomato, swiss cheese, honey mustard mayo and sprouts

### Shrimp Salad

curry dressing (or mayo), tomato, cheddar cheese, green onion and clover sprouts

### Vegwich

green onion, egg, feta cheese, tomato, mushrooms, green pepper, mandarin oranges, black olives, hot peppers, sunflower seeds, red onion and your choice of dressing

### Tuna Salad

fresh dill celery mayo and red onion

### Chicken Salad

tarragon mayo, celery green onion and sunflower seeds

### Egg Salad

mayo, celery and our secret "Wild Carrot" spice

#### Cajun Chicken Wrap

Cajun-spiced chicken strips, romaine lettuce, parmesan cheese and real bacon bits

#### Ranch Chicken Wrap

chicken breast, shredded cheddar cheese, bacon bits, ranch dressing and romaine lettuce

#### Chicken Club Wrap

chicken breast, shredded marble cheese, bacon, tomato, mayonnaise and romaine lettuce

#### Salad Wrap

Create your own filling from our salad bar or choose a Greek or garden salad filling

#### **Café Specials**

##### Home-style Soup

A Wild Carrot specialty made daily.

Monday: Cream of Mushroom

Tuesday: Vegetarian Chili

Wednesday: Cheesy Vegetable

Thursday: Wild Carrot

Friday: Seafood Chowder

##### Stuffed Potato Skins (when available)

your choice of mushroom and bacon, seafood or plain and melted cheese

We also offer a wide selection of beverages and treats!