



LIGHT & FRESH SALAD MENU



# OREGON DINER

Family Restaurant & Cocktails

Our New Light & Fresh Salad Menu was Created to Accommodate Those with a More Health Conscious Mind While Not Compromising the Oregon Diner Flavor!



**1. GREEK YOGURT & FRUIT SALAD PLATTER**  
 Natural greek yogurt topped with honey, walnuts, dried cranberries, raisins and various fresh fruits  
 \$9.95

**2. B.L.T.A WEDGE SALAD**  
 Wedges of iceberg lettuce topped with bacon, tomatoes, avocado and bleu cheese crumbles. Served with bleu cheese dressing  
 \$8.95

**3. BRUSCHETTA SALAD**  
 Grilled chicken breast over crisp romaine lettuce and croutons topped with homemade bruschetta, sprinkled with pecorino romano. Served with balsamic vinaigrette dressing  
 \$10.95

**4. BBQ CHICKEN RANCH SALAD**  
 Avocado, tomato, corn, black beans, cucumbers, fried onion rings, shredded cheddar over crisp romaine in a tortilla shell (A meal in itself). Served with ranch dressing  
 \$11.95

**5. JERSEY SHORE SALAD**  
 Grilled chicken, bleu cheese crumbles, avocado, dried cranberries, fresh oranges & walnuts. Served with our honey balsamic vinaigrette dressing  
 \$10.95

**6. BLACKENED SALMON SALAD**  
 Fresh atlantic salmon covered with spicy blackened seasoning over a bed of mixed greens, avocado & portobello mushrooms. Served with balsamic vinaigrette dressing  
 \$11.95

**7. MARYLAND CRAB CAKE PORTOBELLO SALAD**  
 Mixed greens, tomatoes, cucumbers, avocado and feta cheese. Served with a drizzle of balsamic glaze & balsamic vinaigrette dressing  
 \$11.95

**8. CRISPY CALAMARI SALAD**  
 Bed of romaine lettuce, tomatoes, peppers, avocado and onions drizzled with balsamic glaze and served with balsamic vinaigrette dressing  
 \$10.95

**9. ASIAN CHICKEN SALAD**  
 Mixed greens, tomatoes, cucumbers, fresh orange slices and chow mein noodles. Served with sesame dressing  
 \$10.95

**10. FILET MIGNON SALAD**  
 Mixed greens topped with tomatoes, cucumbers, red onions, peppers & avocado. Drizzled with balsamic glaze and served with balsamic vinaigrette dressing  
 \$11.95

**11. RIVIERA MAYA SALAD**  
 Grilled chicken tossed in spicy hot sauce over a bed of romaine, corn, black beans, red onions, tomatoes, avocado & shredded cheddar. Served in tortilla shell with ranch dressing  
 \$10.95

**12. GREEK AMERICAN CHOPPED SALAD**  
 Tomatoes, cucumbers, feta cheese, red onions, olives, stuffed grape leaves chopped. Served with homemade greek dressing  
 \$9.95

**13. LIGHT & FRESH PLATTER**  
 Cottage cheese or greek yogurt, fruit salad, veggie burger, turkey burger or chicken breast  
 \$10.95

**14. ITALIANO SALAD**  
 Bed of romaine lettuce topped with tomatoes, cucumbers, fried eggplant, croutons, mozzarella cheese and balsamic glaze drizzle. Served with balsamic vinaigrette  
 \$8.95

**15. PICKLED BEETS & FETA CHEESE SALAD**  
 Fresh beets pickled in house with onions and bay leaves, served over a bed of mixed greens, tomatoes and cucumbers, sprinkled with feta cheese  
 \$8.95

**16. CLUB HOUSE SALAD**  
 Sliced turkey breast, turkey bacon, pickled beets, chopped tomatoes, cucumbers and hard boiled egg over a bed of mixed green lettuce. Served with choice of dressing  
 \$11.95