



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 Metro Diner Flavor!



## 1. GREEK YOGURT & FRUIT SALAD PLATTER

Natural greek yogurt topped with honey, walnuts, dried cranberries, raisins and various fresh fruits



## 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