

# Salads Galore & More



**7011 Read Blvd**  
NEW ORLEANS, LA 70127

**THE WHOLESOME & FRESH CHOICE**

- ◆ **Salads**
- ◆ **Turkey Burgers**
- ◆ **Wraps**
- ◆ **Baked Potatoes**
- ◆ **Sandwiches**
- ◆ **Chicken**
- ◆ **Salmon**
- ◆ **Shrimp & More**



**SALADSGALORENOLA.COM**

# Salads

**Garden Goodness Salad**..... \$9.75

Shredded cheese, cucumbers,  
carrots, tomatoes  
on a bed of mixed greens

**Spinach Salad**..... \$12.00

Avocados, shredded cheese, cucumbers,  
carrots, & sliced eggs  
on a bed of fresh spinach

Add Chicken \$5.00

Add Shrimp \$6.00

**Grilled Chicken Salad** .....\$11.99

Grilled Chicken breast,  
shredded cheese, cucumbers,  
carrots, and tomatoes  
on a bed of mixed greens



**Grilled Shrimp Salad** .....\$13.99

Jumbo Grilled Shrimp  
(*marinated in garlic & herb*)  
with avocado, shredded cheese,  
cucumbers, carrots,  
and tomatoes on a  
bed of mixed greens



**Blackened Salmon**

**Salad** .....\$14.99

Grilled Salmon steak  
(*marinated in blackened seasonings*)  
served with avocado, carrots,  
shredded cheese, cucumbers  
and tomatoes on a bed of  
mixed greens



## *Our Gourmet Dressings*

Ranch, Honey Mustard,  
French, 1,000 Island,  
Balsamic Vinaigrette, Italian,  
Blue Cheese, Caesar,  
Lite Italian, Lite Ranch & Rasp-  
berry Vinaigrette

# Sandwiches & Burgers

**The Salads Galore House Burger** .....\$10.50  
 Grilled Ground turkey, sauteed onions, lettuce, tomatoes, pickles on a wheat bun ADD BACON 1.00

**The Spicy House Burger** .....\$11.00  
 Our "turned up" savory seasoned grilled ground turkey burger with sauteed onions, lettuce, tomatoes, pickles on a wheat bun  
 ADD BACON 1.00

**Jazz Up Your Sandwich  
 Or Burger With  
 New Orleans Spices  
 & Toppings**



## All Toppings 95¢ Each

Swiss Cheese	Grilled Onions	Sauteed Mushrooms
Cheddar Cheese	Avocado	Salsa
Jalapenos	BBQ Sauce	Sauteed Bell Peppers

**The House Grilled Chicken Sandwich** .....\$9.99  
 Grilled chicken fresh sauteed onions, with lettuce, tomatoes & pickles on a wheat hoagie

**Garden Goodness Sandwich** .....\$9.50  
 Sauteed vegetables, mushroom, onions & peppers on a wheat hoagie

**Smoked Turkey Breast**.....\$9.00  
 Smoked turkey with lettuce and tomato on wheat hoagie

**The Blackened Salmon Sandwich** .....\$13.50  
 Grilled Salmon steak (marinated in spicy Cajun seasonings)  
 Served on a wheat hoagie dressed with lettuce, tomato and pickles.

**Dress your Sandwich Fajita Style..... Add \$2.50**  
 Grilled onions & bell peppers, salsa and jalapeno peppers

# Wraps

**The Witch Dr. Wrap** .....\$12.99

Grilled chicken & shrimp, sauteed onions, lettuce, tomatoes and cheese

**The Big Chief Wrap**.....\$14.99

Grilled Salmon & Shrimp on a whole wheat tortilla with lettuce & tomatoes

**The Big Shot Salmon Wrap** ....\$13.50

Blackened Salmon served on a whole wheat tortilla with lettuce & tomatoes

**The Ultimate Wraps**      Freshly grilled, served on wheat tortilla with sauteed onions, cheese, lettuce and tomatoes

Turkey (sliced)....\$10.00 • Veggie.....\$8.50

Chicken.....\$10.99 • Chicken Caesar....\$11.50

Shrimp.....\$12.99 • Shrimp Caesar....\$13.99



# Spuds Menu

**The Big Chief Spud**

Grilled Salmon & Shrimp with butter, cheese, chives & sour cream.....\$14.99

**The Coach Payton Spud**.....\$12.50

Grilled chicken & shrimp combination with butter, cheese, chives & sour cream

**Basic Spud**.....\$7.25

Butter, bacon, cheese, chives & sour cream

**Chicken Spud** .....\$11.50

Grilled marinated chicken breast, butter, cheese, chives and sour cream

**Shrimp Spud** ..... \$12.50

Grilled marinated Shrimp, butter, cheese, chives and sour cream



**Fajita Turkey Spud** .....\$12.50

Seasoned ground turkey cooked with sauteed bell peppers and onion. Topped with Salsa, cheddar cheese, sour cream & chives.

**Make Your Spud Fajita Style** .....Add \$2.00

Grilled onions & bell peppers, salsa,