

Salads	Price	
Summer	\$8.95	Green Leaf & Iceberg, tomatoes, red onions, cucumbers; sprouts, boiled egg, sliced avocado, turkey, croutons
Cobb	\$7.95	Green Leaf & Iceberg, bacon, turkey, boiled egg, croutons
Chef	\$7.95	Green Leaf & Iceberg, turkey, ham, tomatoes, cheddar cheese, boiled egg, croutons
Egg Salad Plate	\$7.95	Green Leaf & Iceberg, tomatoes, egg salad, croutons
Chicken Salad Plate	\$7.95	Green Leaf & Iceberg, chicken salad, tomatoes, sprouts, croutons
Tuna Salad Plate	\$7.95	Green Leaf & Iceberg, tuna salad, tomatoes, sprouts, croutons
Spinach	\$7.95	Spinach leaves, turkey, boiled egg, dried cranberries, cheddar cheese, sliced almonds
Spring	\$7.95	Organic Spinach & Arugula with chicken breast, diced mangos, walnuts, dried cranberries and a hard boiled egg
Garden Salad	Small \$3.95 - Large \$5.95	Green Leaf & Iceberg, tomatoes, red onions, cucumbers, sprouts, croutons

All salads have one french roll included

Dressing choices served on the side	Your Name: _____
Buttermilk Ranch	
Blue Cheese	Special Instructions: _____
Golden Italian	_____
Fat Free Italian	_____
Fat Free Raspberry Vinaigrette	_____
Balsamic Vinaigrette	_____

Please Fax Order to (562)429-5779 or Order online www.groundscape.com
 Grounds Bakery Café 6277 E. Spring St. Long Beach CA 90808
 Ph. (562)429-5661
 Please Fax Lunch Orders at least 3 hours before.