

Soups

We make our own soups
- each one is unique.



Chili

Nourishment for the bod,
warmth for the soul,
joy for the spirit.

CUP 3.95
BOWL 5.95
served with a slice of our
squaw bread.

- **COCKIE LEEKY -**
Chicken, brown rice and leeks in
a rich, creamy, non-dairy broth.
- **CHICKEN RICE VEGETABLE -**
Chicken, brown rice and assorted
veggies in a clear broth.
- **CHICKEN TORTILLA -**
Chicken and assorted veggies in
a full flavored broth. Served with
tortilla chips.
- **VEGETARIAN SOUP OF THE DAY-**
Ask about today's special selection!

CUP 4.25
BOWL 6.25
served with bread.

- **RUTA'S KILLER CHILI -**
A vegetarian chili made with pinto
beans, soy protein and seasonings.
Topped with cheddar cheese and
tomato.

- **BLACK BEAN CHILI -**
A vegetarian mix of black
beans, onion, tomato and garlic.
Topped with jack cheese and
tomato.

NEED SOUP FOR THE GROUP?
Now available to-go in 32 oz. and 64 oz. reusable containers!

SOUP/SALAD COMBOS

A lighter alternative. . .

DALA GARDEN SALAD with	LITTLE CAESAR SALAD with
Cup of Soup - 9.75 • Cup of Chili - 10.00	Cup of Soup - 9.75 • Bowl of Soup - 11.25
Bowl of Soup - 11.25 • Bowl of Chili - 11.50	Cup of Chili - 10.00 • Bowl of Chili - 11.50

Choice of Dressings:

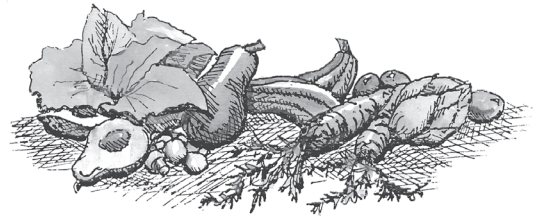
Low Fat Creamy Herb
Chinese Style Honey Ginger
Fat Free
Raspberry Vinaigrette

Balsamic Vinaigrette
Dijon Vinaigrette
Mediterranean Italian

Low Fat Honey Mustard
Blue Cheese
Curry
Thai

Vegetarian Items

SALADS



Our salads are all made with a mixture of green leaf lettuce and fresh spring mix - no iceberg lettuce here. And our veggies are the freshest vegetables the season allows!

-  **Dala Salad** 5.95
A dinner salad with lettuce, carrots, cucumber, celery, tomato and sunflower seeds.
- Chinese Chicken** 11.95
Chicken, lettuce, almonds, oranges, fresh veggies and crunchy noodles. Served with honey ginger dressing.
- Curry Chicken** 11.95
Chicken, lettuce, all the veggies and peanuts. Served with a whole wheat tortilla and curry dressing.
- Summer Salad** 11.95
Turkey, lettuce, crumbled bleu cheese, caramelized walnuts, mandarin oranges, cranberries and carrots. Served with balsamic vinaigrette.
- Italiano** 11.95
Garlic chicken, lettuce, garbanzo beans, red onion, artichoke hearts, Kalamata olives, mozzarella and parmesan cheese and sundried tomatoes. Served with dijon vinaigrette.
- Shrimp & Avocado Salad** 12.95
Shrimp, lettuce, avocado, jack and cheddar cheese and all the veggies.
-  **Vegetarian Chef** 11.95
Lettuce, all veggies possible, jack and cheddar cheese, egg, avocado and olives.
- The Bigger Cobb** 11.95
Chicken, lettuce, assorted veggies, baby corn, egg, avocado and crumbled bleu cheese. Served with Mediterranean dressing.
- Baby Cobb** 10.50
A smaller sized salad with chicken, lettuce, assorted veggies, baby corn, egg, avocado and crumbled bleu cheese. Served with Mediterranean dressing.
-  **Vegetarian Cobb** 11.95
Lettuce, assorted veggies, baby corn, egg, avocado and crumbled bleu cheese. Served with Mediterranean dressing.
-  **Spinach Salad** 11.25
Spinach, eggs, tomato, baco bits (soy based), and lots of fresh veggies.
- Apple Spinach Salad** 11.95
Chicken, spinach, apples, crumbled bleu cheese, caramelized walnuts, carrots and celery. Served with dijon vinaigrette.

**Please note: All substitutions and changes are subject to additional charges.*

Our salad dressings are all homemade with only the freshest ingredients.

Low Fat Creamy Herb
Chinese Style Honey Ginger
Fat Free
Raspberry Vinaigrette

Balsamic Vinaigrette
Dijon Vinaigrette
Mediterranean Italian

Low Fat Honey Mustard
Blue Cheese
Curry
Thai

The Ultimate

Ham, salami, shrimp, lettuce, jack and cheddar cheese, lots of fresh veggies and avocado.

12.95

Chicken & Avocado Salad

Chicken, lettuce, jack and cheddar cheese, avocado, walnuts and all the fresh veggies.

12.25

BBQ Chicken Fiesta Salad

Chicken, romaine lettuce, BBQ sauce, black beans, red onion, jack cheese, cilantro, tomato, corn, avocado and chips. OLE! Served with our special Southwestern Bleu Cheese dressing.

12.25

California Mediterranean

Turkey, lettuce, artichoke hearts, feta cheese, Kalamata olives and veggies. Served with pita bread and Mediterranean dressing.

12.25

The Smaller Greek Salad

Salami, romaine lettuce, tomato, cucumber, pepperoncinis, kalamata olives, red onion and feta cheese. Served with Mediterranean dressing.

10.50

Salad of the Deep Blue Primo

Delicately blended tuna along with lettuce, jack and cheddar cheese and lots of fresh veggies.

12.25

Garlic Chicken Salad

A smaller sized salad with our garlic chicken, lettuce, tomato, cucumber, carrot, avocado, crunchy noodles and caramelized walnuts. Served with balsamic vinaigrette.

10.50

Need the larger size?

12.50

Extra walnuts (add)

1.50

With feta cheese (add)

1.00



Caesar Salad

A larger sized classic salad - romaine lettuce, tomato, croutons, parmesan cheese, and tossed with Caesar dressing.

10.25

Served with garlic bread.

With chicken, add \$2.00 extra.



Little Caesar

A smaller version of our classic Caesar to enjoy as a compliment to your meal.

6.95

With chicken, add \$2.00 extra.



Mexican Caesar Salad

Romaine lettuce with tomato, cucumbers, feta cheese, tortilla chips and pepitas. Served tossed with Mexican Caesar dressing. With chicken, add \$2.00 extra.

11.50

Thai Salad

Chicken, shrimp, lettuce, veggies, peanuts and crunchy noodles. Served with Thai dressing.

12.95



Veggie Thai

Lettuce, rice, raisins, veggies, peanuts and crunchy noodles. Served with Thai dressing.

12.25