

Sala delia cafe

Unexpected combinations.

Tantalizing choices.

Tastefully done.

cafe menu

Sala
delia

cafe

www.saladelia.com

signature sandwiches

FALAFEL PITA 4.99

Falafel, tomatoes, green peppers, mixed greens, pickles, lemon tahini

! **CHICKEN SALAD SANDWICH** 5.89

Chicken breast salad, tomatoes, mixed greens, lemon aioli mayo

! **PAINTED HILL ROAST BEEF** 6.75

House-roasted beef, tomatoes, caramelized onions, spinach, asiago cheese, creamy horseradish

TUNA SALAD SANDWICH 5.79

Albacore tuna salad, tomatoes, mixed greens, mayo

CLUB DELI 5.99

House-roasted turkey, ham, Applewood-smoked bacon, tomatoes, mixed greens, provolone

MEDITERRANEAN CHICKEN 5.89

Chicken breast, tomatoes, grilled peppers, red onions, pepperoncini, mixed greens, feta, Tzatziki sauce

! **BUFFALO CHICKEN PITA** 5.59

Crunchy spiced chicken breast, mixed greens, tomatoes, our white French sauce

! Add a signature side .99

signature wraps

CHICKEN CAESAR 5.99

Chicken breast, tomatoes, mixed greens, Swiss, Caesar sauce

VEGETARIAN 5.99

Mixed greens, tomatoes, green peppers, cucumbers, carrots, Swiss, provolone, vinaigrette

! **GREEK CHICKEN** 5.99

Chicken breast, mixed greens, tomatoes, green peppers, carrots, garbanzo, red onions, cucumbers, feta, vinaigrette

! **TURKEY PESTO** 5.99

House-roasted turkey breast, tomatoes, mixed greens, Swiss, pesto sauce

HONEY MUSTARD CHICKEN 5.99

Chicken breast, tomatoes, mixed greens, provolone, honey mustard sauce

SOUTHWEST TURKEY 5.99

House-roasted turkey breast, caramelized onions, roasted red peppers and tomatoes, mixed greens, cheddar, Southwest dressing

! Saladelia specialties— not to be missed!

saladelia specialty entrees

CHICKEN SALAD (Our famous chicken salad uses tender white meat from free range chickens)

ALBACORE TUNA SALAD

BEEF LASAGNA (We use our homemade marinara and a delicious blend of cheese, spices and locally raised, grass-fed beef)

VEGETARIAN LASAGNA (Oven roasted vegetables with sauce blanche)

CHICKEN QUESADILLA (Saladelia's take on the Mexican classic)

ROASTED VEGGIE QUESADILLA

SPANAKOPITA Spinach, feta cheese and herbs baked in a filo dough (Crisp and delicious!)

Saladelia

cafe

mediterranean mezza platters

SALADELIA SPECIALTY SAMPLER 7.99

! Choose one of our Specialty Entrees above plus any two of our delicious Signature Sides from the list below, served with fresh pita points

SALADELIA VEGETARIAN SAMPLER 6.99

! Choose any three of our Signature Sides from the list below, served with fresh pita points

saladelia signature sides

5.99/lb

TABBOULEH

HUMMUS (You won't find a better hummus in the Triangle)

MEDITERRANEAN EGGPLANT

GARBANZO GREEK SALAD

FRESH FRUIT SALAD

LEBANESE GREEN BEANS

ANDEAN BLACK BEANS

BABA GHANOUJ (Delicious eggplant tahini spread)

ROASTED VEGETABLES

FATTOUSH (Lebanese peasant salad)

FETA CILANTRO BOWTIE PASTA

BASIL ROTINI PASTA

ORZO WALNUT PESTO

CHICKEN APPLE COUSCOUS

RED PEPPER PENNE PASTA

NEW POTATO SALAD

soups and salads

- ! **GREEK SALAD** **5.99**
Mixed field greens, tomatoes, green peppers, cucumbers, red onions, garbanzo beans, carrots, Kalamata olives, pepperoncini, feta cheese and baked pita crisps, served with vinaigrette dressing (on the side)
- ! **BEETS WITH GOAT CHEESE SALAD** **5.99**
Mixed field greens, house-roasted beets, goat cheese, apricots, and almonds served with pomegranate balsamic vinaigrette (on the side)
- GARDEN SALAD** **4.19**
Mixed field greens, tomatoes, cucumbers, carrots, and baked pita crisps, served with vinaigrette dressing (on the side)
- CHICKEN GARDEN SALAD** **6.19**
Classic garden salad topped with our famous chicken breast salad served with vinaigrette dressing (on the side)
- GRILLED CHICKEN GARDEN SALAD** **6.19**
Classic garden salad topped with all-natural grilled chicken breast served with vinaigrette dressing (on the side)
- TUNA GARDEN SALAD** **6.19**
Classic garden salad topped with white Albacore tuna salad served with vinaigrette dressing (on the side)
- ! **ROSEMARY SALMON GARDEN SALAD** **8.29**
Classic garden salad topped with a rosemary salmon steak served with vinaigrette dressing (on the side)
- HUMMUS W/PITA POINTS** **3.99**
- QUICHE** **4.59**
Daily, homemade selections

lunch paninis

- ! **CHICKEN MELT** **5.99**
Chicken breast salad, tomatoes, Swiss, mayo, on sourdough bread
- ! **FRENCH BEEF** **5.99**
House-roasted all-natural roast beef, tomatoes, green peppers, caramelized onions, Swiss, white French sauce on artisan French bread
- TURKEY SWISS** **5.99**
House-roasted turkey breast, applewood-smoked bacon, oven-roasted tomatoes, Swiss, 1000 Island sauce on rye
- CHICKEN PESTO** **5.99**
Chicken breast, tomatoes, provolone, walnut pesto on sourdough bread
- CUBAN** **5.99**
House-roasted pork tenderloin, roasted red peppers, red onions, tomatoes, pickle, provolone, chipotle mustard on sourdough bread
- CHIPOTLE TURKEY** **5.99**
House-roasted all-natural turkey breast, roasted red peppers, tomatoes, spicy chipotle sauce on focaccia
- ! **CAPRÉSE** **5.99**
Fresh mozzarella, roasted tomatoes, roasted red peppers, fresh basil, balsamic reduction, pesto on focaccia
- TUNA MELT** **5.99**
Albacore Tuna, tomatoes, celery, red onion, baby peas, mayo, Swiss on Vienna bread
- GRILLED VEGGIE** **5.99**
House roasted vegetables, provolone, feta, Swiss, tzatziki sauce on flat pita
- ! **CHICKEN PARMESAN** **5.99**
Crispy chicken breast, mozzarella, fresh basil, homemade marinara sauce, on a whole wheat French roll
- ! **GREEK GRILLED CHEESE** **4.99**
Provolone, feta, tomatoes, herbs, on grilled flat pita

! add a signature side .99

Selections changed seasonally

homemade soups

We make our delicious soups daily.

SMALL (8 OZ.) — \$2.99

LARGE (16 OZ.) — \$3.99

Add a small soup to any sandwich for just \$.99!

smoothies

Organic • Non dairy • Fat free

- STRAWBERRY FIELDS** **4.50** **5.00**
Juicy strawberries, bananas, orange juice and strawberry sorbet
- BANGIN' BLUEBERRY** **4.50** **5.00**
Plump blueberries, bananas, apple juice and blueberry sorbet
- MANGO MADNESS** **4.50** **5.00**
Luscious mangos, bananas, orange juice and mango sorbet
- RASPBERRY RUSH** **4.50** **5.00**
Juicy raspberries, bananas, apple juice and raspberry sorbet
- JAMAICAN ME CRAZY** **4.50** **5.00**
Mango, strawberries, bananas, orange juice and lemon sorbet

relax. enjoy.

Saladella

cafe

*gourmet coffee
all day*

Saladella's custom house blend is locally roasted by Counter Culture. All of our coffees are available on ice.

DRIP COFFEE Organic, fair trade, shade-grown	1.70	1.90	2.10
CAFÉ AU LAIT Equal parts coffee and steamed milk		1.90	2.70
RED EYE Coffee with an espresso shot		2.50	3.00
AMERICANO	2.00	2.50	3.00
MACCHIATO Espresso with a dollop of foam	2.50	3.00	
CAFÉ LATTE Espresso with steamed milk, a dollop of foam	3.25	3.75	4.25
! CARAMEL LECHE Espresso, vanilla, milk, a layer of foam topped with real caramel	3.50	4.00	4.50
CAPPUCCINO Espresso with equal parts steamed milk and foam	3.25	3.75	4.25
MOCHA LATTE Espresso, dark or white chocolate, steamed milk topped with a dollop of foam	3.50	4.00	4.50
CHAI LATTE Spiced chai tea with steamed milk	3.20	4.00	4.50
HOT CHOCOLATE Choice of sweet dark or white	2.00	3.50	
ORGANIC WHOLE LEAF TEA (press for 2)	2.00	3.99	

*Our milk is rBST free
Soy and skim milk are also available

drinks

SODA
ICED TEA
JUICE
SPRING AND SPARKLING WATER
LEMONADE (some say it's the best in the Triangle)
ITALIAN SODAS

*breakfast
paninis*

All breakfast selections come with your choice of Applewood-smoked bacon, local pork sausage, turkey sausage or Portabello Mushroom

A refreshing change from the usual. Enjoy a delicious breakfast from Saladella. It's still fast, but unlike fast food, everything is made fresh

We use local, fresh, free-range eggs.

! GREEK SCRAMBLER Scrambled eggs, oven-roasted tomatoes, caramelized onions, grilled green peppers, feta cheese in a flat pita	3.99
BREAKFAST BURRITO Scrambled eggs, herbed potatoes, black beans, fresh salsa, vermont cheddar in a flat pita	3.99
EGG SANDWICH Scrambled eggs with vermont cheddar on your choice of crossaint, bagel or flat pita	3.99
QUICHE Daily homemade selection	4.99
! GRANOLA & FRESH FRUIT Organic granola, honey yogurt and fresh fruit	3.35
ORGANIC OATMEAL Served with walnuts, raisins, and brown sugar on the side	3.49

*frappes
shakes*

! CARAMEL CRUSH Pure caramel, espresso, milk, frapped and topped with fresh whipped cream	4.50	5.00
VANILLA BREEZE Vanilla, espresso, milk, frapped and topped with fresh whipped cream	4.50	5.00
! MOCHA BLAST Mocha, espresso, milk, frapped and topped with fresh whipped cream	4.50	5.00
CHAI FUSION Chai tea, milk, frapped and topped with fresh whipped cream	4.50	5.00
! AFFOGATO Organic vanilla ice cream topped with espresso and smooth dark chocolate		5.00
ORGANIC MILKSHAKES Chocolate, Vanilla, Coffee, Mocha	4.50	5.00

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