

relax. enjoy.



espresso bar

All of our coffees are available on ice.  
Unsweetened soy & almond milk available.

	S	L
<b>DRIP COFFEE</b>	2.05	2.80
<b>CAFE AU LAIT</b>	2.55	2.80
<b>RED-EYE</b>	3.05	3.30
<b>AMERICANO</b>	2.55	3.05
<b>MATCHA LATTE</b>	4.05	4.55
Organic Japanese green tea, almond milk		
<b>CAFE LATTE</b>	3.55	4.05
<b>CARAMEL LECHE</b>	4.05	4.55
Espresso, vanilla, milk, dollop of foam, smooth caramel		
<b>CAPPUCCINO</b>	3.55	4.05
<b>MOCHA LATTE</b>	4.05	4.55
Sweet dark or white chocolate		
<b>CHAI LATTE</b>	3.80	4.05
<b>VIETNAMESE COFFEE</b>	4.55	5.05
<b>HOT CHOCOLATE</b>	2.55	3.05
Sweet dark or white chocolate		
<b>ORGANIC WHOLE-LEAF TEA</b>		2.30

smoothies • frappés

S 4.80 L 5.30

- STRAWBERRY FIELDS**  
Juicy strawberries, banana, orange juice, strawberry sorbet
- MANGO MADNESS**  
Luscious mangos, banana, orange juice, mango sorbet
- JAMAICAN ME CRAZY**  
Mango, strawberries, banana, orange juice, lemon sorbet
- CARAMEL CRUSH**  
Pure caramel, espresso, milk, fresh whipped cream
- VANILLA BREEZE**  
Vanilla, espresso, milk, fresh whipped cream
- MOCHA BLAST**  
Dark chocolate, espresso, milk, fresh whipped cream
- CHAI FUSION**  
Chai tea and milk, fresh whipped cream



Duke University  
Sanford School of Public Policy  
919 613 7404  
www.saladella.com

Saladella  
cafe

yum on the run  
cafe menu

## sandwiches • wraps

<b>CHICKEN SALAD BRIOCHE</b> Contains milk, eggs, wheat, soy	<b>7.15</b>
<b>GREEK CHICKEN WRAP</b> Contains milk, eggs, wheat, soy	<b>7.15</b>
<b>VEGETARIAN GREEK WRAP (V)</b> Contains milk, wheat, soy	<b>7.15</b>
<b>SOUTHWEST VEGGIE WRAP (V)</b> Contains milk, eggs, wheat, soy	<b>6.48</b>
<b>TURKEY PESTO BAGUETTE</b> Contains milk, wheat, nuts, soy	<b>7.15</b>
<b>TUNA SALAD BRIOCHE</b> Contains milk, eggs, fish, wheat, soy	<b>7.15</b>
<b>MOZZARELLA TOMATO (V)</b> Contains milk, eggs, wheat, nuts	<b>7.15</b>
<b>FALAFEL (V+)</b> Contains wheat, sesame	<b>6.90</b>
<b>HAM &amp; BRIE BAGUETTE</b> Contains milk, eggs, wheat	<b>7.75</b>
<b>CHICKEN CAESAR WRAP</b> Contains milk, eggs, fish, wheat, soy	<b>6.95</b>
<b>HONEY MUSTARD CHICKEN WRAP</b> Contains milk, wheat, soy	<b>7.15</b>
<b>BUFFALO CHICKEN PITA</b> Contains milk, eggs, wheat	<b>6.85</b>
<b>TURKEY ARUGULA</b> Contains milk, eggs, wheat, sesame	<b>7.15</b>
<b>SOUTHWEST TURKEY WRAP</b> Contains milk, eggs, wheat	<b>7.15</b>
<b>TURKEY HAVARTI (GF)</b> Contains milk, eggs, sesame	<b>8.20</b>
<b>CHICKEN SHAWARMA</b> Contains wheat, dairy	<b>7.05</b>
<b>HOUSE CURED SALMON</b> Contains milk, eggs, fish, wheat	<b>8.70</b>
<b>ITALIAN CIBATTA</b> Contains wheat, dairy	<b>7.15</b>

## grilled paninis

<b>CHICKEN MELT</b>	<b>7.15</b>
<b>FRENCH BEEF</b>	<b>8.15</b>
<b>REUBEN</b>	<b>7.15</b>
<b>GREEK GYRO</b>	<b>7.15</b>
<b>TUNA MELT</b>	<b>7.15</b>
<b>TURKEY CHIPOTLE</b>	<b>7.15</b>
<b>CHICKEN PESTO</b>	<b>7.15</b>
<b>TURKEY AVOCADO</b>	<b>7.15</b>
<b>EGGPLANT MOZZARELLA</b>	<b>7.15</b>
<b>CHICKEN PARMESAN</b>	<b>7.15</b>
<b>FRIED GREEN TOMATO PIMENTO</b>	<b>7.15</b>
<b>ITALIAN GRINDER</b>	<b>7.15</b>

## saladella specialty entrees

<b>BEEF LASAGNA</b> We use our homemade marinara and a delicious blend of meat, cheese and spices <b>6.30</b>
<b>VEGETRIAN LASAGNA</b> Oven roasted vegetables with sauce blanche <b>6.30</b>
<b>CHICKEN QUESADILLA</b> Saladella's take on the classic Mexican chicken sandwich <b>5.40</b>
<b>CHICKEN SALAD</b> Our famous chicken salad uses tender white meat from free-range chickens <b>5.99</b>
<b>ALBACORE TUNA SALAD</b> <b>6.30</b>
<b>ROASTED VEGETABLE QUESADILLA</b> <b>5.34</b>
<b>CHICKEN BURRITO</b> <b>6.75</b>
<b>VEGETARIAN BURRITO</b> <b>6.10</b>
<b>QUICHE</b> (Daily, homemade selections) <b>4.19</b>
<b>GOURMET MAC &amp; CHEESE</b> <b>5.25</b>
<b>SPANAKOPITA</b> <b>6.29</b>

Saladella

cafe

## meza • platters

<b>TABBOULEH, BASIL ROTINI, LENTIL RICE, GARBANZO GREEK</b>	<b>7.99</b>
<b>CHICKEN SALAD, BLACK BEANS, ORZO PESTO, COUSCOUS</b>	<b>8.99</b>
<b>BEET SALAD, BLACK BEAN &amp; RICE, GREEN BEANS, VEGGIES</b>	<b>7.99</b>
<b>TUNA SALAD, BEET SALAD, LENTIL RICE, GARBANZO GREEK</b>	<b>8.99</b>
<b>PENNE PASTA, LENTIL RICE, BEET SALAD, OKRA</b>	<b>8.99</b>
<b>HUMMUS, TABBOULEH, FALAFEL, PITA</b>	<b>7.99</b>
<b>BOWTIE PASTA, BLACK BEANS, GREEN BEANS, ROASTED VEGGIES</b>	<b>7.99</b>
<b>CHICKEN SALAD, BEET SALAD, ORZO PESTO, GARBANZO GREEK</b>	<b>8.99</b>

## saladella signature sides

4.10/each

<b>TABBOULEH (V+)</b>	<b>FETA CILANTRO BOWTIE PASTA (V)</b>
<b>MEDITERRANEAN EGGPLANT (V+, GF)</b>	<b>BASIL ROTINI PASTA (V+)</b>
<b>GARBANZO GREEK SALAD (V, GF)</b>	<b>ORZO WALNUT PESTO (V)</b>
<b>FRESH FRUIT SALAD (V+, GF)</b>	<b>CHICKEN APPLE COUSCOUS</b>
<b>LEBANESE GREEN BEANS (V+, GF)</b>	<b>RED PEPPER PENNE (V)</b>
<b>ANDEAN BLACK BEAN SALAD (V+, GF)</b>	<b>LEBANESE GREEN BEANS (V+, GF)</b>
<b>BABY OKRA SOUTHERN STYLE WITH CILANTRO (V+, GF)</b>	<b>ROASTED VEGETABLES (V+, GF)</b>
<b>FATTOUSH (V+)</b>	<b>BEET SALAD (V+, GF)</b>
<b>SOUTHWEST BLACK BEAN &amp; RICE (V+, GF)</b>	<b>SUMMER KALE (V+, GF)</b>
<b>RICE AND LENTIL PILAF (V+, GF)</b>	

## soups • salads

<b>! BEET, GOAT CHEESE &amp; ARUGULA</b> <b>7.15</b> House-roasted beets, local goat cheese, toasted almonds, turkish apricot, mixed field greens, pomegranate balsamic
<b>GREEK</b> <b>7.05</b> Romaine lettuce, tomato, feta cheese, pickled red onion, garbanzo beans, carrots, pepperoncini, kalamata olives, vinaigrette
<b>! GARDEN CHICKEN</b> <b>7.15</b> Chicken salad, mixed field greens, tomatoes, cucumbers, carrots, vinaigrette
<b>GRILLED CHICKEN GARDEN</b> <b>7.15</b> Mixed field greens, tomatoes, cucumbers, carrots, vinaigrette
<b>KALE CHICKEN CAESAR</b> <b>7.15</b> Grilled chicken, NC kale, shaved parmesan, homemade croutons, house Caesar
<b>! SALMON GARDEN</b> <b>9.90</b> Mixed field greens, tomatoes, cucumbers, carrots, vinaigrette

## homemade soups

We make our delicious soups daily, and we always include a vegetarian option.

## snacks

<b>GRANOLA PARFAIT</b>	<b>4.10</b>
<b>BANANA PARFAIT</b>	<b>3.45</b>
<b>CHOCOLATE &amp; VANILLA PARFAIT</b>	<b>3.45</b>
<b>FRUIT &amp; CHEESE</b>	<b>5.50</b>
<b>CRUDITE</b>	<b>4.10</b>
<b>HUMMUS &amp; PITA</b>	<b>5.10</b>
<b>CRUDITE, HUMMUS, &amp; PITA</b>	<b>5.29</b>
<b>CHICKEN SALAD, GRAPES, CHEESE, &amp; PRETZELS</b>	<b>5.99</b>
<b>FRUIT SALAD</b>	<b>3.35</b>

## breakfast paninis

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

We only use all-natural, fresh, free-range eggs.

<b>GREEK SCRAMBLER</b> <b>4.19</b> Two scrambled eggs, green pepper, red onion, tomato and Feta in a pita with applewood smoked bacon, local sausage, or turkey sausage
<b>BREAKFAST BURRITO</b> <b>4.19</b> Two scrambled eggs, herbed potatoes, black beans, fresh salsa and Vermont cheddar in a pita with applewood smoked bacon, local sausage, or turkey sausage
<b>CROISSANT SANDWICH</b> <b>4.19</b> Two scrambled eggs with Vermont cheddar on a homemade croissant with applewood smoked bacon, local sausage, or turkey sausage
<b>BAGEL SANDWICH</b> <b>4.19</b> Two scrambled eggs with Vermont cheddar on an artisan bagel with applewood smoked bacon, local sausage, or turkey sausage
<b>QUICHE</b> <b>4.19</b> Daily homemade selection
<b>GRANOLA PARFAIT</b> <b>4.10</b> Honey yogurt, organic granola and fresh fruit

## signature side combos

4.10/each

<b>RICE &amp; LENTIL, ROASTED VEGGIES (V+, GF)</b>
<b>SOUTHWEST RICE &amp; BEANS, OKRA (V+, GF)</b>
<b>MOROCCAN COUSCOUS, EGGPLANT (V+)</b>