

WHAT TO ADD TO THE SALAD BAR

GREEN BASE

spinach

lettuce

mixed greens

PROTEINS

DRESSINGS

cooked meats

vinaigrette

hardcooked eggs

ranch

beans

quinoa

cheese

FRUITS AND VEGGIES

carrots

celery

cucumbers

peas

avocados

corn

onions

oranges or grapefruit

bell pepper

dried fruit

beets

kiwi

tomatoes

berries

olives

apples

radishes

grapes

broccoli

cauliflower