# INNORO

### 1 QUINOA BOWL

Quinoa, chickpea, carrots, cauliflower, beets, feta cheese, sunflower seeds, vinaigrette

### 2 JERK COBB

Greens, corn, avocado, cherry tomato, egg, green onion, blue cheese crumbles, vinaigrette, jerk pork

### **3** GREEN MACHINE

Greens, cucumber, green bean, edamame, green onion, pumpkin seeds, green apple, dill, basil, creamy italian

### **4** SMOKED MACKEREL

Mixed greens, radishes, cucumber, red onions, roasted sweet potato, ranch

### **5** CARIBBEAN

Curry chickpeas, shaved cucumber, red pepper, purple and green cabbage, greens, peanuts

### 6 CAESAR

Kale & romaine, croutons, green onions, herbs, shaved parmesan

### 7 SPINACH SALAD

Spinach, grapes, goat cheese, red onions, almond, olive oil & vinegar

### 8 UMAMI SALAD

Greens, roasted tofu, edamame, bamboo shoots, water chesnuts, cabbage, ginger vinaigrette

### **9** TROPICAL FRUIT

Greens, papaya, pineapple, mango, avocado, shaved coconut, olive oil & vinegar

### D PROTEIN SALAD

Chickpea, edamame, beans, quinoa, tofu

# Protein

Chicken Jerk Pork Smoked Mackerel Shrimp Egg Tofu

## Cheese

Feta Cheese Parmesan Blue Cheese Crumbles

# Dressing

Caesar Ranch Blue Cheese Dressing

# Salad Bar

Quinoa Greens Kale Romaine Herbs Cabbage Chickpea Carrot Cauliflower Sweet potato Beets Corn Tomato Cucumber Green bean Edamame Radishes Green apple

Italian

Oil & vinegar

Green onion Red onion Pumpkin seeds Sunflower seeds Peanuts

V - Vegan. Some dishes may be prepared vegan, gluten or lactose free upon request. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness