



**caesar salad with chicken**



**la caprese salad**

*Hot*  
**soups**

Cup 3.99 • Bowl 6.99

**Pasta Fagioli**

**Soup of Day**

*Sal's*  
**healthy salad creations**

*Add your choice of grilled protein to any dish:*

*Chicken 4.99 • Shrimp 5.99 • Salmon 7.99 • Snapper 7.99*

*Enjoy any of our Salads as a Wrap!!*

**Arugula Green Apple & Gorgonzola**

Arugula, mixed greens, cherry tomatoes, avocado, candied walnuts, green apple, Gorgonzola cheese, lime honey mustard. 9.99

**Mediterranean Salad**

Romaine, mixed greens, cherry tomatoes, cucumber, roasted red pepper, candied walnuts, onions, Gorgonzola cheese, bacon, lemon feta vinaigrette. 9.99

**My Wife's Favorite**

Arugula, mixed greens, grilled chicken, candied walnuts, green apple, cherry tomatoes, feta cheese, lemon feta vinaigrette. 10.49

**California Grilled Chicken Salad**

Sliced avocado, grilled chicken, cherry tomatoes, fresh mozzarella pearls, red onions, mixed greens tossed in house vinaigrette. 10.49

**Caribbean Grilled Chicken Salad**

Mixed baby greens, chicken, avocado, pineapple, crispy bacon, cherry tomatoes, candied walnuts, lime honey mustard dressing. 10.49

**Greek Salad**

Romaine, cucumbers, kalamata olives, onions, cherry tomatoes, feta cheese, lemon feta vinaigrette. 8.99

**Caesar Salad**

Romaine, Parmigiana croutons, housemade Caesar dressing. 7.99  
*Add Chicken 4.99 • Shrimp 5.99*

**La Caprese Salad**

Fresh mozzarella, sliced tomatoes, fresh basil, red onions, balsamic glaze, extra virgin olive oil on a bed of arugula and mixed greens. 10.49

**Antipasto Salad**

Bed of romaine lettuce, cherry tomatoes, roasted red pepper, artichoke heart, pepperoncini, fresh mozzarella, provolone, Genoa salami, capicola ham, black olives, house balsamic vinaigrette. 10.99

**SALAD DRESSINGS**

- House Balsamic
- Vinaigrette
- Lemon Feta Vinaigrette
- House Vinaigrette
- Lime Honey Mustard
- Creamy Italian
- Bleu Cheese
- Ranch
- Caesar



# lunch specials served 11 AM – 4 PM



sal's world famous lunch special

add a side of French fries + 1.99

## Sal's world famous lunch special

Served from 11 AM – 4 PM. No substitutions. Dine In only

# 7.99

Choice of half-sub listed below with choice of soup or salad and **BIG** slice of cheese pizza

Italian Sub

Chicken Parmigiana

Ham & Cheese

Meatball Parmigiana

Eggplant Parmigiana

Genoa Salami & Provolone

Italian Sausage,

Peppers & Onions

## Go for it! express lunch

Served 11 AM – 4 PM • No substitutions. • Add a side of French fries + 1.99

**One Big Slice of Cheese Pizza, Salad**

& soda 6.99

**2 Big Slices of Cheese Pizza & soda** 6.99

**2 Big Slices with One Regular Topping**

& soda 7.99

**Soup, Salad, Garlic Roll & soda** 7.99

**Grilled Chicken Caesar Wrap**

& soda 9.49

**Mediterranean Wrap & soda** 9.49

Romaine, cucumber, kalamata olives, red onion, cherry tomatoes, feta cheese, lemon feta vinaigrette

## Pick Your Favorite lunch specials

Served 11 AM – 4 PM • Includes choice of soup or salad and two garlic rolls

### pasta

Your choice 10.99

Angel Hair Pasta with Spring Vegetables

Penne Pasta Alla Vodka

Fettuccine Bolognese

Penne with Chicken & Broccoli

Cheese Ravioli

Baked Ziti

Meat Lasagna

Fettuccine Alfredo

Spaghetti & Meatball

Cheese Stuffed Shells

### chicken

Your choice 12.99

Served on a bed of spaghetti

Chicken Francese

Chicken Parmigiana

Chicken Piccata

Chicken Marsala

Grilled Chicken with Spinach

### seafood

Your choice 14.99

Served on a bed of linguine

Snapper Francese

Shrimp Fra Diavolo

Snapper Piccata

Shrimp Alla Vodka

Sal's Favorite Mussels Marinara

Salmon Piccata

Linguine with Fresh Clam Sauce

(White or red sauce)

