



LIGHT & FRESH SALAD MENU



# OREGON DINER

Family Restaurant & Cocktails

Our New Light & Fresh Salad Menu was Created to Accommodate Those with a More Health Conscious Mind While Not Compromising the Oregon Diner Flavor!



**1. GREEK YOGURT & FRUIT SALAD PLATTER**  
 Natural greek yogurt topped with honey, walnuts, dried cranberries, raisins and various fresh fruits  
 \$9.95

**2. MEXICAN SHRIMP SALAD**  
 Bed of romaine lettuce, tomatoes, cucumbers, corn, avocado and red onions and ceviche. Served with lemon sauce  
 \$12.95

**3. BLACKENED CHICKEN**  
 Served with tomatoes, cucumbers, avocado, onions and cilantro  
 \$11.95

**4. BBQ CHICKEN RANCH SALAD**  
 Avocado, tomato, corn, black beans, cucumbers, fried onion rings, shredded cheddar over crisp romaine in a tortilla shell (A meal in itself). Served with ranch dressing  
 \$12.95

**5. JERSEY SHORE SALAD**  
 Grilled chicken, bleu cheese crumbles, avocado, dried cranberries, fresh oranges & walnuts. Served with our honey balsamic vinaigrette dressing  
 \$11.95

**6. BLACKENED SALMON SALAD**  
 Fresh atlantic salmon covered with spicy blackened seasoning over a bed of mixed greens, avocado & portobello mushrooms. Served with balsamic vinaigrette dressing  
 \$12.95

**7. MARYLAND CRAB CAKE PORTOBELLO SALAD**  
 Mixed greens, tomatoes, cucumbers, avocado and feta cheese. Served with a drizzle of balsamic glaze & balsamic vinaigrette dressing  
 \$12.95

**8. CRISPY CALAMARI SALAD**  
 Bed of romaine lettuce, tomatoes, peppers, avocado and onions drizzled with balsamic glaze and served with balsamic vinaigrette dressing  
 \$11.95

**9. GYRO WITH GREEK SALAD**  
 Served with tzatziki sauce and pita bread  
 \$12.95

**10. FILET MIGNON SALAD**  
 Mixed greens topped with tomatoes, cucumbers, red onions, peppers & avocado. Drizzled with balsamic glaze and served with balsamic vinaigrette dressing  
 \$12.95

**11. RIVIERA MAYA SALAD**  
 Grilled chicken tossed in spicy hot sauce over a bed of romaine, corn, black beans, red onions, tomatoes, avocado & shredded cheddar. Served in tortilla shell with ranch dressing  
 \$11.95

**12. GREEK AMERICAN CHOPPED SALAD**  
 Tomatoes, cucumbers, feta cheese, red onions, olives, stuffed grape leaves chopped. Served with homemade greek dressing  
 \$10.95

**13. LIGHT & FRESH PLATTER**  
 Cottage cheese or greek yogurt, fruit salad, veggie burger, turkey burger or chicken breast  
 \$11.95

**14. ITALIANO SALAD**  
 Bed of romaine lettuce topped with tomatoes, cucumbers, fried eggplant, croutons, mozzarella cheese and balsamic glaze drizzle. Served with balsamic vinaigrette  
 \$9.95

**15. STRAWBERRY FARRO SALAD**  
 Served with fresh chopped spinach, feta cheese, avocado, cucumbers, tomatoes and fresh strawberry balsamic dressing  
 \$12.95

**16. CLUB HOUSE SALAD**  
 Sliced turkey breast, turkey bacon, pickled beets, chopped tomatoes, cucumbers and hard boiled egg over a bed of mixed green lettuce. Served with choice of dressing  
 \$12.95