



## *Fresh Tossed Salads*

### GREAT AS A MEAL!

Add one of the following proteins to make your salad a complete meal:

- Chicken - \$ 7.00
- Salmon - \$ 8.00
- Ahi Tuna - \$ 9.00

### AMF House Mixed Green Salad

Balsamic Vinaigrette

- Side Portion \$ 4.75
- Meal Size Portion \$ 9.25

## *Classic Greens - Family Style*

- Side Portion \$ 5.75
- Meal Sized Portion \$ 12.50

### Classic Spinach Salad

Garnished with Crispy bacon, eggs, onions and mushrooms, and creamy Ranch dressing

### Summer Spinach Salad

Garnished with Almonds, Sliced Berries, Feta Cheese and a Berry Vinaigrette

### Classic Caesar Salad

Garnished with Parmesan and our house made croutons. Creamy Caesar dressing.

## *Hearty & Healthy Salads*

\$ 6.50 per Portion

### Crunchy Backyard

Garden vegetables and fresh herbs tossed in a horseradish dressing

### Crunchy Asian Style Slaw

Bean sprouts, garden veggies, cilantro and toasted sesame seeds tossed in a soy ginger vinaigrette

### Greek Salad with Feta & Olives GF

A Grecian classic: Tomatoes, cucumbers, red onions, red bell peppers, Kalamata olives and crumbled feta cheese

### New Potato and Fresh Dill Salad GF

Thinly sliced red onions, celery and creamy Dijon aioli

Legend - GF Gluten Free DF Dairy Free V Vegan

# Hearty & Healthy Salads

\$ 6.50 per Portion

## Moroccan Couscous and Chickpea Salad

Raisins, toasted almonds, fresh parsley, diced garden veggies and cumin-citrus vinaigrette

## Tabbouleh Salad

Bulgur wheat with fresh parsley, diced veggies and lemon vinaigrette

## Thai Noodle Salad

Chow mein noodles, shredded cabbage, garden veggies, fresh cilantro, toasted sesame seeds and Thai vinaigrette

## Grilled Vegetable Salad GF

Grilled eggplant, zucchini, yams, squash, red peppers and artichokes; tossed with fresh herbs, olive oil and balsamic vinegar

## Roasted Artichoke and Tomato Salad GF

Fresh basil, thinly sliced red onions, olive oil and balsamic vinegar

## Primavera Pasta Salad

Garden veggies, fresh herbs, rotini pasta and red pepper ranch dressing

## Confetti Quinoa Salad GF

Diced garden veggies, toasted almonds, cranberries, fresh herbs and lemon vinaigrette

## Mexican Corn and Bean Salad GF

Black pinto beans, sweet corn, fresh cilantro and Pico de Gallo vinaigrette

## Tomato and Bocconcini Salad GF

Beautiful presentation of sliced Roma tomatoes, bocconcini cheese, fresh basil and balsamic reduction drizzle

## German Potato Salad GF

Caramelized onions, Dijon mustard, fresh parsley, rosemary and white balsamic dressing

Our Hearty and Healthy Salads are made for a minimum of 6 orders.  
They're not available in individual portions.

Legend - GF Gluten Free DF Dairy Free V Vegan

### CONTACT INFO

#### ADDRESS

102 Garden Avenue  
North Vancouver, BC, V7P 3H2

PHONE - 604 990 6996

EMAIL - admin@amoveablefeastcafe.com

### SOCIAL MEDIA

 facebook.com/amoveablefeastcatering  
 twitter.com/amfcatering  
 instagram.com/a\_moveable\_feast\_catering

### HOURS OF OPERATION

Our hours of operation are based around your catering needs. Kitchen hours are outlined below.

### KITCHEN HOURS

Monday - Friday 7 am - 5 pm

Saturday - Open Hours based on booked events

Proud Member of

