

**Planet Bliss**  
**23 North Ferry Road**  
**Shelter Island NY 11964**  
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**[www.planet-bliss.com](http://www.planet-bliss.com)**  
**631-749-0053**

## **Salads**

### **Greens Salads**

- Arugula salad, roasted corn, tomatoes and feta
- Arugula salad, garlic croutons, shaved parmesan
- Arugula salad, roasted beets, goat cheese, toasted sunflower seeds, lemon basil vinaigrette
- Baby green salad with strawberries, goat cheese, pine nuts
- Caesar salad, marinated artichokes, polenta croutons
- Classic chopped salad, creamy herb dressing
- Cobb salad with grilled chicken, avocado, bacon, egg
- Endive, baby spinach salad, roasted beets, blue cheese
- Mache and green apple salad with pancetta and almonds
- Mache with grilled shrimp, roasted corn, red onion, avocado
- Mesclun salad, sautéed cabbage, tofu croutons, toasted walnuts
- Simple baby green salad, tomatoes, cucumber, carrots
- Seared tuna, avocado salad, toasted sesame seeds, sesame ginger tahini dressing
- Spinach salad with portabella, roasted peppers and pecorino
- Spinach salad, mushrooms and warm bacon dressing
- Summer tomato salad, goat cheese, extra virgin olive oil, fresh basil
- Watercress salad, roasted vegetables, gruyere cheese
- Watercress salad, goat cheese, figs

### **Other Salads**

- Cous cous, dried cranberries, sunflower seeds
- Mediterranean salad, cucumber, tomato, kalamata olives, feta, red peppers, dill
- Barley salad, broccoli, peppers, mozzarella
- Traditional potato or macaroni salad
- Mediterranean pasta salad with olives, sundried tomatoes, pesto

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**Other Salads Cont'd**

- Asian Slaw
- Traditional cole slaw
- Watermelon, feta, mint, black olive
- Pasta salad
- Fruit salad, fresh mint
- Lobster salad
- Shrimp salad
- Chicken salad
- Crab, mango, avocado salad