

Convito Market Salads

Fall 2021

Subject to availability

VGN=VEGAN VEGT=VEGETARIAN GF=GLUTEN FREE DF=GLUTEN FREE

Available (most) every day

PASTA

Rigatoni Noci* pasta, walnuts, fontinella cheese, celery, onions; creamy lemon aioli VEGT 11.99#

Sesame Noodles* fettuccine, scallions, sesame oil, sesame seeds, soy VGN DF 10.99#

Crazy Cavatappi pasta, zucchini, prosciutto, onions, parsley, honey; dijon red wine vinaigrette 12.99# DF

Fabulous Fall Fusilli whole wheat fusilli, butternut squash, leeks, spinach, mozzarella; cider vinaigrette VEGT 11.99#

Goddess Orecchiette tomatoes, peas, cauliflower, chickpeas; green pesto-sour cream aioli VEGT 12.99#

Greek Orzo cucumbers, tomatoes, kalamata olives, feta, oregano; lemon-red wine vinaigrette. VEGT 11.99#

GRAINS/LEGUMES

Autumn Glow quinoa, sweet potatoes, zucchini, carrots, fennel, scallions; cider vinaigrette VGN DF 12.99#

Nutty Cherry Berry Crunch farro, walnuts, sun-dried cherries, kale, oil, lemon & balsamic VGN 12.99#

Lovely Lentils butternut squash, parsley, red onions, coriander, cumin, ginger, cinnamon; balsamic-dijon vinaigrette. DF, GF, VGN 12.99#

Candace's White Beans sun-dried tomatoes, spinach, capers; lemon dijon vinaigrette VGN. DF, GF 11.99#

VEGETABLES

Vegetale Fresca* peapods, cucumbers, zucchini, tomatoes, carrots; herb vinaigrette VGN, DF, GF 11.99#

Bella Brussels brussels sprouts, prosciutto, parmesan, white balsamic vinaigrette. GF 14.99#

Caponata eggplant, capers, black olives, tomatoes; sweet 'n sour dressing VGN, DF, GF 11.99#

Oriente Beets mandarin oranges, peanuts, scallions, cilantro, sesame seeds, chili paste, sesame oil & o.j. VGN, DF, GF 12.99#

Forever French haricots verts, red onions, dried figs, blue cheese & extra virgin olive oil VEGT 12.99#

Cauliflower Dreamin' tomatoes, cucumbers, kale, scallions, cilantro, red onion, lemon, chili peppers; red wine vinaigrette VEGT DF GF 1.99#

POULTRY/FISH (Chicken is sourced from Harrison's farms local, free range)

Violet's Tuna* GF DF 13.99#

Chicken Curry almonds, raisins, carrots, scallions, chutney; curry aioli DF GF 13.50#

Salpicon Chicken chicken breast, potatoes, carrots, green beans, scallions, paprika, cayenne, cloves; aioli DF GF 13.50#

Chopped Chicken chicken breast, bacon, pasta, tomatoes, scallions, spinach, basil; gorgonzola vinaigrette 13.50#

Tarragon Chicken* chicken breast, celery, onions, tarragon, lemon, worcestershire, dijon aioli GF DF 13.50#

Salade Coq au Vin chicken breast, tomato, pearl onions, bacon, mushrooms; red wine-tomato vinaigrette DF GF 13.50#

OTHER OPTIONS THAT MAY BE AVAILABLE IN MARKET

Market Fusilli whole wheat fusilli, sun-dried tomatoes, arugula, goat cheese, kalamata olives, shallots; red wine vinaigrette VEGT 11.99#

Riso Americano wild rice, sun-dried cherries, walnuts, scallions, honey; balsamic vinaigrette VEGT 13.99#

Three Tomato Lentils grape tomatoes, sun-dried tomatoes, scallions, basil; tomato red wine vinaigrette VGN 11.99#

Mediterranean Oreganata roasted red peppers, mozzarella, oregano, garlic, lemon & olive oil VEGT GF 11.99#

Festi-fall butternut squash, pomegranate berries, peanuts, shallots, parsley, lemon, chili pepper flakes, honey & olive oil VEGT GF 12.99#

Piquant Peanut Chicken chicken breast, peapods, peanuts; sesame soy dressing GF DF 13.50#

Chicken Paesana chicken breast, green olives, tomatoes, fontina cheese, scallions, parsley, arugula, garlic, honey, white wine, tomato basil sauce GF 13.50#

Antipasto salami, fontinella, chickpeas, grape tomatoes, artichokes, celery, oregano; dijon-red wine vinaigrette 12.99#

**4 lb minimum if you would like to order any of our salads on any day for catering or special orders (except for our *salads marked with * above that are typically made daily, you may order any size)*

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