

Touro University Menu

Cold Menu

Sandwich special \$6 Includes Lays chips and water

Daily Salads: Garden Salad & California Salad

August 19 to August 23, 2019

Monday

SANDWICHES

- **Chipotle Turkey Wrap** – Sliced turkey, chipotle spread, black bean and corn salsa, with lettuce wrapped in a flour tortilla
- **Chipotle Avocado Wrap** – Sliced avocado, chipotle spread, black bean and corn salsa, with lettuce wrapped in a flour tortilla

SIGNATURE SALAD

- **Green Machine Salad** – A bed of spinach topped with roasted broccoli, toasted pepitas, avocado, and cucumber served with a green goddess dressing

SIDE SALAD

- **Orzo Pasta Salad** – Orzo pasta, cherry tomatoes, diced cucumbers and parsley tossed in a light lemon olive oil

Tuesday

SANDWICHES

- **Smoke Salmon Bagel** – smoked salmon, caper dill Tofutti cream cheese spread, shaved red onions, tomato and lettuce on a bagel
- **Avocado Bagel** – Sliced avocado, caper dill Tofutti cream cheese spread, shaved red onions, tomato and lettuce on a bagel

SIGNATURE SALAD

- **Chicken Caesar** – Grilled chicken breast, cherry tomatoes, roasted garlic croutons, and soy cheese on a bed of chopped romaine served with house made Caesar dressing

SIDE SALAD

- **Roasted Beet** – Roasted red beets, diced apples, red onion, and parsley tossed in a citrus vinaigrette

Wednesday

SANDWICHES

- **Waldorf Chicken Salad Wrap** – Creamy waldorf chicken salad with diced celery, onions, and dried cranberries wrapped in a flour tortilla with lettuce
- **Curry Tofu Salad Wrap** – Crispy fried tofu tossed in a garam masala dressing with diced celery, onions, cashews and dried cranberries wrapped in a flour tortilla with lettuce

SIGNATURE SALAD

- **Quinoa Bowl** – Baby mixed greens, puffed quinoa, cherry tomatoes, cucumbers, shredded carrots, and green beans served with a balsamic vinaigrette

SIDE SALAD

- **Greek Cucumber Salad** – Cucumbers, red onions, and cherry tomatoes, marinated in a red wine vinaigrette

Hours

Mon through Fri 11:30 - 1:30

Cash, check or credit. ATM available in Lander Hall. All food certified Glatt kosher by Rabbi Aharon Simkin

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Thursday

SANDWICHES

- **Loaded BLTA**—Crispy turkey bacon, sliced avocado, roma tomatoes, and green leaf lettuce with a pesto aioli served on sliced bread
- **Portobello and Avocado** – Roasted Portobello mushroom, sliced avocado, roma tomatoes, and green leaf lettuce with a pesto aioli served on sliced bread

SIGNATURE SALAD

- **Crunchy Thai Salad** – A bed of chopped romaine topped with, shredded carrots, cucumbers, toasted peanuts, cherry tomatoes, and shredded red cabbage served with a coconut peanut dressing

SIDE SALAD

- **Deviled Potato Salad** – Potatoes, celery, and hard boiled eggs tossed in a spicy roasted garlic aioli

Friday

SANDWICHES

- **Steakhouse Roast Beef** –Sliced roast beef, horseradish spread, crispy fried onions and sautéed mushrooms served on a hoagie roll
- **Steakhouse Mushroom** – Balsamic roasted Portobello, horseradish spread, crispy fried onions served on a hoagie roll

SIGNATURE SALAD

- **Orchard Salad** – Spring mix, sliced apples, dried cranberries, toasted almonds, and herb roasted chicken with a roasted apple vinaigrette

SIDE SALAD

- **Poppy Seed Coleslaw** – Shredded cabbage, celery, carrots tossed in a creamy poppy seed dressing



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