

Touro University Menu

Cold Menu

Sandwich special \$6 Includes Lays chips and water

Daily Salads: Garden Salad & California Salad

May 2022

Monday

SANDWICHES

- **Rueben Sandwich**-beef pastrami, sauerkraut, thousand island, and caramelized onions served on rye bread
- **Crispy Tofu Wrap with Ginger Peanut Sauce**- crispy fried tofu, green onions, red bell peppers, cilantro, and carrots wrapped in a flour tortilla

SIGNATURE SALAD

- **Chicken Couscous Salad**-raisins, grilled chicken, Israeli couscous, red, yellow, and green bell peppers served on top of mixed greens

SIDE SALAD

- **Corn and Watermelon Salad**-sweet corn, watermelon and mint tossed in a light apple vinaigrette

Tuesday

SANDWICHES

- **Meat Lover's Sandwich**-avocado, turkey, beef salami, spinach, tomatoes, and red onions served on a ciabatta roll
- **The Ultimate Veggie Hoagie**-roasted zucchini, bell peppers, onions, sliced avocado, soy cheese, and spinach served on a hoagie bun

SIGNATURE SALAD

- **Latin Chipotle Quinoa Salad**-corn, quinoa, tomatoes, and red onions tossed in a chipotle dressing served on top of mixed greens

SIDE SALAD

- **Chinese Cabbage Salad**- noodles, cabbage, carrots and sesame seeds with Asian slaw dressing

Wednesday

SANDWICHES

- **Southwest chicken salad** - southwest seasoned chicken, roasted sweet potatoes, black beans, red onions and spicy mayo wrapped in a flour tortilla
- **Southwest Veggie salad** -roasted sweet potatoes, black beans, red onions and spicy mayo wrapped in a flour tortilla

SIGNATURE SALAD

- **Chinese Chicken Salad**-cabbage, carrots, scallions, slivered almonds, romaine, wonton crisps, and grilled chicken served with a sesame vinaigrette

SIDE SALAD

- **Three Sister's Salad***-zucchini, corn and red onions tossed in a light apple vinaigrette

**The "Three Sisters" are corn, beans, and squash (like zucchini). Native Americans planted them together in the garden because they help each other grow.*

Hours

Mon, Wed, Thurs 11:30 - 1:30, Tue, Fri 11:00- 1:30

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

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CoLD Menu

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Thursday

SANDWICHES

- **Tex-mex Chicken Club**—grilled chicken, avocado, lettuce, tomatoes and turkey bacon between 3 slices of wheat bread
- **Grilled Avocado Club**-avocado, lettuce, tomatoes between 3 slices of wheat bread

SIGNATURE SALAD

- **Summer Berry Salad**-mixed greens topped with strawberries, blueberries, and pineapple and garbanzo beans

SIDE SALAD

- **Chopped Tex-mex Salad**-kale, carrots, bell peppers, onions, and cilantro garlic dressing

Friday

SANDWICHES

- **Breakfast Sandwich**-scrambled eggs, beef sausage links, and soy cheese on grilled wheat
- **Veggie Breakfast Sandwich**-scrambled eggs, roasted veggies, and soy cheese on grilled wheat

SIGNATURE SALAD

- **Hearts of Palm Salad**-arugula topped with celery, red onions, and hearts of palm

SIDE SALAD

- **Mediterranean Orzo Pasta Salad**-capers, black olives, tomatoes, Spanish olives, and orzo tossed in balsamic dressing

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