

Super SALADS

Sopas

Individual

BUSTO BOWL

+16



CALDO
TLALPEÑO

+55



TLALPEÑO
SPICY

+55



CREMA DE
BRÓCOLI

+55



SOPA DE
TORTILLA

+55

Ensaladas

Mix and match Incluye media ensalada + una de las siguientes opciones: • Sopa • Pasa • Pasa • Pasa • Torta • Sandwich • Healthy Burger



CÉSAR POLLO +126
Pollo, lechuga orejona, queso parmesano, crutones y aderezo César.

SANTA FE +126
Pollo, lechuga mixta, zanahoria, col morada, frijoles, queso cheddar y aderezo Ranch.



SANTA FE SPICY +126
Pollo, lemon-pepper, lechuga mixta, frijoles, col morada, zanahoria, pollo de gallina, aguacate, queso cheddar y aderezo Ranch Spicy.

GRILLED CHICKEN CÉSAR +139
Pollo marinado chipotle, lechuga orejona, champiñones, tomate, crutones, queso parmesano y aderezo César.



CAPRI PARADISO +145
Fresa, mandarina, queso de cabra, nuez, caramelizada, lechuga sangria y lechuga italiana con Raspberry Vinagrette.



HAWAIIAN CITRIC +139
Pollo al coco, lechuga, mandarina, tomate, arándanos, fresas de queso crema con cacahuete tostado y perejil con aderezo Raspberry.

¡PIDE TU ENSALADA VEGANA SIN QUESO O PROTEÍNA!

Sándwiches

Mix and match Combo \$25 Incluye sopa o media ensalada.

RANCHERO +105
Jamón de pechuga de pavo, jamón de pavo, queso gouda, lechuga, germin de alfalfa y tomate con aderezo Ranch.

CHICKEN SWISS +105
Pollo empapado, lechuga, tomate, cebolla morada, queso suizo y aderezo Ranch.



Chicken Swiss

Pitas

Mix and match Combo \$25 Incluye sopa o media ensalada.

BUFFALO BACON +119
Pollo buffalo con tocino, mix de queso cheddar y queso gouda en pan árabe con Blue Cheese y cebollita.



Buffalo Bacon

CRETA CHICKEN FAJITA +109
Pollo marinado chipotle, pimienta roja y verde, queso gouda y champiñones en pan árabe con Mayonesa.

Tortas

Mix and match Combo \$25 Incluye sopa o media ensalada.

BACON CHICKEN +121
Pechuga de pollo sazónada, tocino, queso americano blanco y aderezo Mayonesa-Chipotle.

GRAN POLLO +109
Pollo, pimienta verde y roja, queso gouda, champiñones y Mayonesa.



Gran Pollo

BUFFALO CHICKEN CRISP +121
Pollo empapado, lechuga, salsa buffalo, tomate, cebolla morada, queso cheddar, Mayonesa y aderezo Blue Cheese.

Menú Kids

Incluye manzana o papas a la francesa + Agua fresca kids

HAMBURQUESITA DE POLLO +89

TENDERS DE POLLO +89

PAPAS A LA FRANCESA +27

AGUAS CLÁSICAS

500 ML 900 ML
\$39 \$46

NATURAL BITS

500 ML 900 ML
\$43 \$49

- LIMONADA - JAMAICA
- HORCHATA

- PEPINO LIMÓN
- PIÑA ALFALFA

Paninis

Mix and match Combo \$25 Incluye sopa o media ensalada.

TURKEY PALERMO +109
Lomo, jamón de pavo, espinacas, tomate, cebolla morada, tomate, queso gouda, aguacate y mayonesa con salsa especial italiana.



Turkey Palermo

TURKEY ROMANO +119
Lomo y pechuga de pavo, queso gouda, queso crema, pesto de aceitunas, mantecquilla al ajo y mayonesa.

CHICKEN BARI +109
Pechuga de pollo, tocino, queso gouda con aderezo especial de chipotle, cebolla y aceitunas con mayonesa.

CHICKEN VENEZIA +109
Pechuga de pollo sazónada, calabacín y tomate asado, queso suizo, vinagreta, dip de queso-tomate y aderezo Mayonesa-Chipotle.

Healthy Burgers

Sustituye el pollo por un steak de vaca

Mix and match Combo \$25 Incluye sopa o media ensalada.

CLASSIC BURGER +109
Pan Bróche con semilla de mostaza y ajonjol negro, pollo empapado, queso gouda, lechuga hidropónica, steak de tomate y mayonesa.

SPICY BUFFALO +109
Pan Bróche con semilla de mostaza y ajonjol negro, pollo empapado con salsa buffalo, queso pepper jack, salsa de queso, lechuga hidropónica, steak de tomate y aderezo Ranch.

COLIFLOR BURGER +109
Pan Bróche con semilla de mostaza y ajonjol negro, steak de coliflor empapado buffalo en salsa buffalo, aguacate, tomate, lechuga hidropónica, salsa tártara neoblanca y mayonesa.

Super Salads

Pam Powell



Super Salads:

Good Housekeeping Super Salads Good Housekeeping, Susan Westmoreland, 2019-04-02 With these 70 recipes the editors at Good Housekeeping help you transform your salad from simple to super This user friendly collection makes a perfect fit for vegetarians and carnivores alike Publishers Weekly Salads are a great way to showcase seasonal fresh produce but do you find yourself having the same lettuce dressing combination again and again Shake it up with this collection from the editors of Good Housekeeping These are their favorite most creative recipes for turning basic salads into showstopping one dish meals Adaptable and delicious these 70 salads range from refreshing accompaniments and light starters to protein rich main courses Whichever you choose you ll discover a delectable combination of ingredients from crunchy nuts creamy cheeses tangy vinaigrettes and more that make healthy eating exciting again With tips and tricks from the Good Housekeeping Test Kitchen you ll always succeed in making the humble salad into a worthy meal Recipes include Ginger Pork Cucumber Salad Rotisserie Chicken Cobb Kale Caesar Pasta Salad Bacon Apple Farro Salad Feta Dill Greek Caesar Beet Mushroom Avocado Radicchio Salad with Roasted Fennel Shrimp Warm Wild Mushroom Lentil Salad Peanuttty Edamame Noodle Salad Summer Tuna Salad with Sweet Potato Basil

Super Salads Reader's Digest, 2009-08-20 Subtitle on cover More than 250 super easy recipes for super nutrition and super flavor

Healthy Past 100 Steven M. Teagarden DC, 2023-08-10 Healthy Past 100 was written explicitly for those longing to be extraordinarily healthy even past their 100th birthday This breakthrough book is based on thousands of cutting edge science articles identifying the causes of optimal health vs sickness and disease Healthy Past 100 puts a wealth of cutting edge science based healthcare information at your fingertips empowering you to make the healthiest choices for you and your family Healthy Past 100 is several books in one and it also contains a mouthwatering keto cookbook that s exclusively based on the most nourishing ingredients you can consume This life changing book is based on the Short List i e a distillation of the core factors involved in being healthy past 100 The Short List includes The Metabolic Masterplan Diet the Metabolic Masterplan Diet may be the world s most advanced ketogenic diet Nothing improves your health as much as following this research based anti inflammatory gut healing ketogenic diet Nutrition and Supplements providing your cells with all the nutrients they require to function optimally is key to a long healthy life Healthy Past 100 shows you exactly which nutrients you need and which ones to supplement with Metabolism carbohydrates and sugar damage your metabolism the process of creating energy in your cells causing serious health issues Healthy Past 100 teaches you to heal and optimize your metabolism and which tests to rely on to know not guess that your metabolism is as healthy as can be Chronic Inflammation this widespread health issue underlies all diseases and must be healed to experience optimal health Healthy Past 100 rids you of chronic inflammation now and forever paving the way to lasting health Gut Health most humans deal with significant gut issues Fortunately Healthy Past 100 s innovative gut healing method leads to lifelong optimized gut health Psychology psychology is how you think feel act behave and

respond to life's circumstances Healthy Past 100 provides the tools to heal and optimize your psychology which is foundational to a healthy fulfilling life Thyroid Physiology inefficient thyroid physiology impairs your body and mind zaps your energy and causes many diseases Healthy Past 100 explains how thyroid physiology works how to heal it and the tests determining if it's in tip top shape Exercise crucial to your health and well being exercise must be performed regularly Healthy Past 100 teaches you which exercises help you become healthy past 100 Detoxification humans are routinely exposed to dangerous heavy metal toxins Healthy Past 100 shows you how to rid these harmful metals from your body and minimize your exposure to them in the future Oxidative Stress oxidative stress is a primary cause of aging sickness disease and death It has many causes including carbohydrates sugar poor nutrition and impaired gut health Healthy Past 100 helps you optimize oxidative stress where it matters most within the mitochondria in your cells Spiritual Religious Life extraordinary health stems from optimal physical psychological and spiritual well being It's just as important to focus on your spiritual fitness as it is to heal your physical body and Healthy Past 100 helps you do both This pioneering book has been written to help you experience extraordinary health past your 100th birthday If you're ready to be healthy past 100 this is the book you've been waiting for

Super Salads Reader's Digest, 2004-01-30 From warm mango chicken salad to the simplest coleslaw this collection of salad recipes makes it deliciously easy to eat the recommended daily dose of vegetables and fruit Light substantial simple and extravagant recipes are all included

Food for Thought Rachel Bartholomew, Mandy Pearson, 2024-04-09 Mindful meditations and delicious recipes that will encourage you to take control of your eating habits and really enjoy your food Mindless eating is a modern day malady In today's hectic world we reach for unhealthy snacks for a quick energy boost we don't take proper lunch breaks and we are constantly distracted while we eat The enjoyment of eating is lost as a result Mindful eating offers a new positive way forward By applying the principles of mindfulness an ancient Buddhist practice to our everyday eating habits we can make simple changes to our diet and learn how to appreciate and savour food Rachel Bartholomew and Mandy Pearson demonstrate how easy to follow mindfulness meditations inspiring stories from people who have benefited from mindful eating and delicious recipes can set you on the path to a new and healthier way of eating

Beautiful Salads Pam Powell, 2020-09-29 Beautiful Salads presents 70 recipes for healthy organic seasonal salads and dressings to make and enjoy year round

Mindful Eating Rachel Bartholomew, Mandy Pearson, 2015-03-07 Do I really need another biscuit sweet cake crisp Ask yourself the question next time you dive for the biscuit tin Many of us fall easily into patterns of mindless eating We pick at food while working at our computers we reach for the quickest and usually the unhealthiest snacks for a quick energy boost we don't take proper lunch breaks we are constantly distracted while we eat We have lost a lot of the enjoyment of eating and as a result we are guilty of just shoveling food into our bodies Mindful eating applies the principles of mindfulness to our everyday eating habits Becoming mindful of what we are eating allows us to become more aware of the whole experience of eating and helps us to appreciate and savour

our food By eating mindfully we can also break negative habits such as overeating It also helps us to avoid the pitfalls of yo yo dieting and so enables us to lose weight and keep it off for good This book shows how we can use mindfulness to aid weight loss by really listening to our body Filled with practical exercises and delicious recipes Mindful Eating will set you on the path to a new and healthier way of eating **Super Salads** lorraine newby,2015-05-23 This book is for anyone who wants to impress the guest or special someone with a Super Salad Super Salads are only healthy ingredients that provide energy and a higher vibration through nutrients *Ebony* ,1974-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

Live Foods, Live Bodies! Jay Kordich,Linda Kordich,2013-02-01 After selling close to one billion dollars in juicers and writing a number one New York Times bestseller Jay Kordich known worldwide as The Juice Man realized that juicers were just the first step in teaching people about vital foods and energetic living So many people now find themselves overweight addicted to harmful foods and unhappy with their lives But Jay knows that a wholesome satisfying life is within your reach if you learn the secrets to good health In this new book Jay Kordich and his wife Linda reveal all their personal secrets including juice therapy living foods and positive thinking Live Foods Live Bodies was designed to help you transform the person you are into the person you want to become This book is divided into two parts Part One explores the power of the living enzymes found in fruits vegetables and especially greens chlorella green barley wheatgrass and more It explains the many benefits of becoming a vegetarian and it presents the dos and don ts of fresh juices the very subject that propelled Jay to fame Part Two puts it all together by laying out what s needed in the living kitchen offering recipes for fantastic salads dressings meals and drinks and providing simple yet effective tips for using your new skills to create a better more fulfilling lifestyle Whether you are in your forties in your fifties or in your nineties you can live healthier and happier with increased vitality With Jay and Linda as your teachers you will discover a new world of great tastes and long lasting health **Good Food to Go** Brenda Bradshaw,Brenda E. Bradshaw,Cheryl Mutch,2011 Cooking Vegan Salads Amber Locke,2018-05-03 Create big beautiful and vibrant vegan salads with a variety of fresh ingredients and epically delicious dressings These salads are not only show stoppingly gorgeous to look at but also are super nutritious and delicious to eat Why not try a Kale radish salad with blueberry dressing Avocado truffle salad Little gem tacos or Pepper salad with crushed tomato and orange salsa With features on ingredients tools cutting techniques toppings and dressings plus over 100 recipes you ll be left feeling fully delighted and satisfied yet light bright and energized too Sproutman's Kitchen Garden Cookbook Steve Meyerowitz,1999 Turn nuts vegetable seeds grains and beans into gourmet food Includes recipes for sprout breads cookies crackers soups pizza bagels dressings dips spreads sautes nondairy milks and ice creams Also food dehydrating juicing natural sodas and foods glossary The Family Kitchen Rob Kirby,2016-02-18 Rob Kirby invites you to share his best home cooking in this lovingly compiled collection of over 120 recipes for family life With favourites for mum dad and the kids to enjoy there are

cracking culinary delights for every occasion whether you choose to be nutritious or naughty When working 9 5 take comfort from great ideas for brekkie on the hoof lunchbox treats 20 minute lunch breaks frugal suppers and quick evening specials At weekend chill out pace find foodie plans for schmoozy mornings Saturday night treats tempting takeaways to recreate and Sunday brunch While away and at play trust hassle free suggestions for perfect picnics and train journey tapas and share Rob s creative ideas for feasts at BBQs and glam parties Treasure baking time together and follow easy steps to make delicious cakes and chewy sweets over and over again A fantastic foreword by Gregg Wallace and artistic and sumptuous photography completes the celebration of quality cooking This warm and witty medley of reliable family recipes will always have you reaching for more when you cook for the people you love the most Which fun dish will you try first Eyes to the Sky Luxe Fish Pie The Ultimate Velvet Macaroni Cheese Perfect Pot Noodle Saturday X Factor Steak Sandwich All in the Pan Pizza Shake It Up Salad Willy Wonka s Garden Box or Banging Banoffee and Pecan Shots Following his award winning book Cook With Kids this brilliant treasury honours Rob Kirby s passion for great food at the heart of the home the family kitchen

Anxiety-Free with Food Liana Werner-Gray,2020-12-29 Liana s recipes are packed with antioxidants magnesium and healthy omega fats to help reduce stress and defeat anxiety Mark Hyman M D New York Times best selling author of Food What the Heck Should I Eat Release stress and anxiety naturally with this simple yet comprehensive nutrition guide that supports your mental health from Liana Werner Gray author of Cancer Free with Food Eat your way to calm If you re feeling anxious stressed or depressed you re not alone The world may be in turmoil but inside we can feel unwavering peace We can support our mental and physical health by avoiding anxiety inducing ingredients and choosing foods and supplements that support our microbiome address nutritional deficiencies and balance our hormones Liana Werner Gray nutritionist and author of The Earth Diet and Cancer Free with Food offers this simple guide to all the scientifically backed nutrient rich foods and supplements you need to support your emotional wellness She offers 100 delicious gluten free soy free refined sugar free and dairy free recipes that both nourish the body and support optimal brain function With Liana s easy strategies based on nutritional neuroscience you ll feel empowered to take control of your mental well being Remember life is meant to be enjoyed Let your first step toward an anxiety free life start with your next meal **Weekly World News** ,1990-04-24

Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

Vegan Paleo Jenna Zoe,2019-01-08 Plant based Paleo certainly delivers on its promise its recipes are interesting healthy and tasty and will bring some variation to your meal time repertoire Handmade magazine Sources say that before our ancestors learned to hunt they ate a raw diet comprised of what they could gather in the wilderness The plant based diet gave us everything we needed then and it does now Plant proteins are easier for the body to absorb than animal proteins A plant based diet provides 10 15% of calories from protein a safe intake for a healthy human When eating a raw diet nuts

sprouts seeds sprouted grains and leafy greens are examples of foods that are especially protein rich Recommended calcium intake is more healthfully achieved by eating leafy green vegetables like kale and other calcium rich non dairy foods like broccoli seaweed sesame seeds and sprouted quinoa Plants absorb calcium from soil animals eat these plants to satisfy their hunger and nutrient needs A plant based diet goes straight to the source for healthy easily absorbed calcium and much more Jenna has created recipes to be enjoyed at any time of the day Try Hemp Tabbouleh with Mint and Pomegranate Kale Caesar Salad Sweet Potato Gnocchi Portobello Pizza Caps Mango Avocado Rolls Raw Vegan Taco Salad Cauli Pops Eggplant bacon Raw Pad Thai and for a sweet tooth Homemade Coconut Yogurt *The Eat This, Not That! No-Diet Diet* David

Zinczenko, Matt Goulding, 2014-11-04 David Zinczenko and Matt Goulding build on the success of their wildly popular Eat This Not That series to create a complete morning to night 365 day eating plan that will have you enjoying all your favorite foods and help you shed pounds with ease Imagine a diet plan that lets you eat at Burger King McDonald s Dunkin Donuts and Olive Garden and still strip away 10 20 even 30 pounds or more A diet plan that lets you order takeout pizza whip up a box of macaroni and cheese even reach into the freezer section for ice cream and never worry about gaining weight or going hungry A diet plan that lets you enjoy your most indulgent comfort foods whenever you want and actually teaches you how to eat them more often The Eat This Not That No Diet Diet is the easiest most revolutionary weight loss plan ever created Whether you re in the drive through the family restaurant the supermarket aisle or your own kitchen you make dozens of decisions every day that affect your weight and your health Now those decisions will be a breeze Dana Bickelman of Waltham Massachusetts lost 70 pounds in one year while still enjoying her favorite restaurants Dunkin Donuts and Olive Garden Boys want to say hi to me now and that s awesome she exclaims I ve never had this kind of attention before and it s wonderful Michael Colombo of Staten Island New York lost 91 pounds in less than 9 months while eating his favorite McDonald s sandwiches and skipping products labeled as health food It s a lot easier than I thought he says My confidence has skyrocketed Erika Bowen of Minneapolis Minnesota dropped 84 pounds in 17 months just by shopping smarter in the supermarket There was a time when I refused to wear tank tops she says But now I m very comfortable in my own skin and I m wearing things I d never have worn before No matter where you are or what you crave you ll be stunned to discover how easy losing weight can be **Low-Cholesterol Cookbook For Dummies** Molly Siple, 2011-03-31 Cook and eat your way to

a healthier heart Now you really can eat to your heart s content with this easy cookbook and guide From breakfasts to dinners from super starters to legal desserts you ll find a mouthwatering assortment of tasty and satisfying low cholesterol recipes you and your family and friends will love With advice on choosing the right foods low cholesterol cooking techniques and more this book helps make heart healthy eating a snap Discover how to Shop for the best food and ingredients for low cholesterol cooking Adapt your favorite recipes to fit your needs Make heart smart choices from restaurant and takeout menus Tell the difference between good foods and bad foods **The New American Heart Association Cookbook**

American Heart Association, 2010 With a colossal number of delicious recipes and updated heart health information healthy has never tasted so good

Reviewing **Super Salads**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Super Salads**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://archive.kdd.org/public/Resources/default.aspx/The%20Politics%20Of%20The%20Environment.pdf>

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