



Tossing and turning

Hail Caesar! (and Cobb and Spinach). Mix and match ingredients with these inventive salad combinations.

	GREENS	VEGETABLES	FRUITS	BEANS & LEGUMES	NUTS & SEEDS	CHEESE & TOFU	MEATS & POULTRY	FISH	SHELLFISH	EGGS	DRESSINGS
COUNTRY FRENCH	Endive, frisée, watercress	Haricots verts, red onion	Apples, Asian pears, grapes, pears, pitted cherries, tomatoes	Flageolets, lentils	Hazelnuts, pine nuts, toasted walnuts	French feta, goat cheese, Roquefort, Stilton	Bacon, crispy lardons			Hard-cooked or poached eggs	Balsamic, port, red wine, Roquefort
CAESAR	Arugula, romaine	Asparagus, fennel, grilled cauliflower, zucchini	Meyer lemon, olives			Shaved Parmesan		Anchovies or white anchovies			Classic Caesar
ITALIAN	Arugula, basil, endive, escarole, parsley, romaine, radicchio	Artichokes, peppers or roasted peppers, red onion, shaved fennel	Figs, olives, tomatoes	Chickpeas, kidney beans, white beans	Toasted pine nuts	Gorgonzola, mozzarella, Parmesan, provolone, Romano, ricotta salata	Crispy pancetta, grilled chicken, prosciutto, salami	Anchovies or white anchovies	Grilled shrimp		Balsamic, red wine, roasted garlic
GREEK	Radicchio, red romaine, romaine	Artichokes, cucumbers, fennel, peppers, red onion	Meyer lemon, olives, pomegranate seeds, tomatoes	Chickpeas		Greek feta	Grilled chicken	Grilled calamari, grilled octopus	Grilled shrimp		Greek lemon-oregano
SPINACH	Spinach	Grilled asparagus, grilled red onion, haricots verts, mushrooms	Tomatoes		Pepitas, sunflower seeds, toasted cashews, walnuts	French feta, goat cheese, Roquefort	Crispy bacon, crispy pancetta			Hard-cooked eggs	Buttermilk ranch, green goddess
COBB	Boston lettuce, chopped Bibb	Cucumbers, diced peppers	Avocado, olives, tomatoes			Diced Swiss, Jarlsberg, Roquefort	Crispy bacon, diced chicken, turkey		Diced shrimp, lobster	Diced hard-cooked eggs	Buttermilk ranch, green goddess



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PROVENÇAL	Arugula, romaine	Artichokes, eggplant, grilled peppers, mushrooms, red onions	Meyer lemon, olives, tomatoes	Flageolets, lentils		French feta, goat			Steamed and chilled mussels and shrimp		Balsamic, basil, black olive, roasted garlic
RED, WHITE & BLUE AMERICAN	Bibb, Boston lettuce, iceberg, watercress	Carrots, corn, green beans, peppers, radishes, red onions, wax beans	Grilled green tomatoes, tomatoes			Diced Cheddar, Monterey Jack, Swiss	Crispy bacon, grilled chicken		Crab, lobster, shrimp	Hard-cooked eggs	Buttermilk ranch, green goddess, red wine, Russian
ASIAN	Cilantro, mizuna, shiso, shredded cabbage	Carrots, cucumbers, daikon, peppers, scallions		Edamame, bean sprouts	Toasted sesame seeds	Tofu	Chicken, duck		Scallops, shrimp		Carrot-ginger, sesame, Vietnamese
SCANDINAVIAN	Boston lettuce, dill, watercress	Beets, carrots, cucumber, potatoes	Lingonberries					Herring, poached salmon	Steamed shrimp	Hard-cooked eggs	Mustard-dill
NUEVO LATINO	Cilantro	Cucumber, hearts of palm, jicama, red onion	Avocado, mango, tomatoes	Black beans, red beans	Cumin, toasted pepitas	Queso fresco					Cilantro-cumin
NORTH AFRICAN	Mint, parsley	Artichokes, beets, carrots, fennel, grilled eggplant, peppers, red onions	Meyer lemon, olives, oranges, pomegranate seeds	Fava beans*, lima beans	Toasted cumin						Mint-cumin

* Favas can trigger a dangerous anemic state called favism in people with an inherited enzyme deficiency (most prevalent in people of African, Mediterranean, and southeast Asian descent).