



Signature Salads

Our Light and Fresh Salad Menu was Created to Accommodate Those with a More Health Conscious Mind While Not Compromising The Lamp Post Diner Flavor!

Add a Cup of Soup for 99¢

1 GREEK YOGURT & FRUIT SALAD PLATTER ♥
Natural Greek yogurt topped with honey, walnuts, dried cranberries, raisins and various fresh fruits
\$9.95

2 B.L.T.A WEDGE SALAD
Wedges of iceberg lettuce, topped with bacon, tomatoes, avocado and bleu cheese crumbles, served with bleu cheese dressing
\$9.95

3 BRUSCHETTA SALAD
Grilled chicken breast over crisp romaine lettuce, topped with homemade bruschetta, croutons and Pecorino Romano, served with balsamic vinaigrette dressing
\$12.95

4 BBQ CHICKEN RANCH SALAD
Avocado, tomato, corn, black beans, cucumbers, fried onion rings, and shredded cheddar, over crisp romaine in a tortilla shell, served with ranch dressing
\$12.95

5 JERSEY SHORE SALAD
Grilled chicken breast, bleu cheese crumbles, avocado, dried cranberries, strawberries, mandarin oranges, and candied walnuts over a bed of mixed green lettuce, served with honey balsamic dressing
\$12.95

6 BLACKENED SALMON SALAD
Blackened broiled filet of salmon over a bed of mixed greens, avocado, portobello mushroom, tomatoes, cucumbers, red onion, and green pepper, served with balsamic vinaigrette dressing
\$13.95

7 LAMP POST CRAB CAKE PORTOBELLO SALAD
Mixed greens, tomatoes, cucumbers, avocado and feta cheese, served with a drizzle of balsamic glaze and balsamic vinaigrette dressing
\$12.95

8 SEAFOOD INFERNO
Buffalo shrimp and calamari over a bed of romaine, cucumber, tomatoes, bacon bits, bleu cheese crumbles, red onion and green peppers, served with bleu cheese dressing
\$14.95

9 GATSBY SALAD
Mixed greens, almonds, candied walnuts, dried cranberries, and mandarin oranges, topped with grilled shrimp and served with raspberry vinaigrette
\$14.95

10 TUSCAN SEAFOOD SALAD
Sautéed shrimp and calamari over a bed of mixed green lettuce, roasted red pepper, avocado, tomatoes, cucumbers, red onion, pepper, served with balsamic vinaigrette
\$14.95

11 CLUBHOUSE SALAD
Sliced turkey breast, turkey bacon, pickled beets, chopped tomatoes, peppers, onions, cucumbers and hard-boiled egg over a bed of mixed green lettuce, served with choice of dressing
\$12.95

12 RIVIERA MAYA SALAD
Grilled chicken tossed in spicy hot sauce over a bed of romaine, corn, black beans, red onions, tomatoes, avocado and shredded cheddar, served in a tortilla shell with ranch dressing
\$12.95

13 GYRO SALAD
Tomatoes, cucumbers, feta cheese, red onions, olives, green peppers, stuffed grape leaves, and chopped lettuce, topped with gyro meat, tzatziki sauce and pita wedges
\$12.95

14 LUAU SALAD
Bed of romaine lettuce topped with Caribbean chicken black beans, Bartlett pears, avocados, tomatoes, onion strings, and peppers, served with raspberry vinaigrette dressing
\$12.95

15 SALADA FRESCA
Mixed greens, grapes, candied walnuts, cherry tomatoes, feta cheese and sliced prosciutto ham drizzled with extra virgin olive oil and balsamic reduction
\$12.95

16 CARIBBEAN CHICKEN SALAD
Blackened chicken over a bed of mixed green lettuce, pineapple, mandarin oranges, raisins, peppers, tomatoes, cucumbers, croutons and shredded cheddar cheese, served with raspberry vinaigrette
\$12.95

No Substitutions, Please