



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!



GREEK YOGURT & FRUIT SALAD PLATTER **\$11.99**

Natural Greek yogurt topped with honey, walnuts, dried cranberries, raisins and various fresh fruits



B.L.T.A WEDGE SALAD **\$12.49**

Wedges of Iceberg lettuce, topped with bacon, tomatoes, avocado and bleu cheese crumbles, served with bleu cheese dressing



BRUSCHETTA SALAD **\$15.29**

Grilled chicken breast over crisp Romaine lettuce topped with homemade bruschetta and croutons, sprinkled with pecorino romano, served with balsamic vinaigrette dressing



BBQ CHICKEN RANCH SALAD **\$15.29**

Avocado, tomato, corn, black beans, cucumbers, fried onion rings, shredded cheddar, over crisp Romaine in a tortilla shell, served with ranch dressing



JERSEY SHORE SALAD **\$15.29**

Grilled chicken, bleu cheese, crumbles, avocado, dried cranberries, strawberries, Mandarin oranges & candied walnuts over a bed of mixed green lettuce, served with our honey balsamic dressing



BLACKENED SALMON SALAD **\$16.49**

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



LAMP POST CRAB CAKE PORTOBELLO SALAD **\$16.49**

Mixed greens, tomatoes, cucumbers, avocado and feta cheese, served with a drizzle of balsamic glaze and balsamic vinaigrette dressing



SEAFOOD INFERNO **\$16.49**

Buffalo shrimp and calamari over a bed of Romaine, cucumbers, tomatoes, bacon bits, bleu cheese crumbles, red onion and green peppers, served with bleu cheese dressing



GATSBY SALAD **\$16.49**

Mixed greens, almonds, candied walnuts, dried cranberries and Mandarin oranges, topped with grilled shrimp, served with raspberry vinaigrette



TUSCAN SEAFOOD SALAD **\$16.49**

Sauteed shrimp & calamari over a bed of mixed green lettuce, roasted red peppers, avocado, tomatoes, cucumbers, red onion and peppers, served with balsamic vinaigrette



CLUB HOUSE SALAD **\$14.99**

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



RIVIERA MAYA SALAD **\$14.99**

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



GYRO SALAD **\$15.29**

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



LUAU SALAD **\$14.99**

Bed of Romaine lettuce topped with Caribbean chicken, black beans, Bartlett pears, avocados, tomatoes, onion strings and peppers, served with raspberry vinaigrette dressing



SALAD FRESCA **\$14.99**

Mixed greens, grapes, candied walnuts, cherry tomatoes, feta cheese and sliced prosciutto ham, drizzled with extra virgin olive oil and balsamic reduction



CARIBBEAN CHICKEN SALAD **\$15.29**

Blackened chicken over a bed of mixed green lettuce, pineapples, Mandarin oranges, craisins, peppers, tomatoes, cucumbers, croutons and shredded cheddar cheese, served with raspberry vinaigrette



Please No Substitutions • Photos are for Suggestion Only • Actual Platters May Appear Different