



## Breakfast

Served until 11am weekdays

<b>Micro-Greens Omelet</b>	12
organic tomatoes / feta / serrano peppers / micro greens	
<b>Truffled Eggs Sandwich</b>	12
gruyere / truffle oil / avocado / wild mushrooms	
<b>Breakfast Sandwich Ciabatta</b>	12
scrambled eggs / fontina & cheddar / pesto / bacon	
<b>Spinach Scramble</b>	12
sautéed spinach / gruyere cheese / whole grain toast	
<b>Egg Hash</b>	14
<i>choice of:</i> ham, bacon, sausage or turkey	
<i>choose your egg style</i>	
potatoes / onions / red & serrano peppers / eggs / gruyere	
<b>Two Eggs Breakfast</b>	11
<i>choice of:</i> applewood bacon, fennel sausage or avocado / whole grain toast	
<b>Breakfast Burrito</b>	12
scrambled eggs / bacon / tomatillo-avocado salsa / potatoes / cheddar	
<b>Rice + Bean Burrito</b>	12
scrambled eggs / fennel sausage / white bean / avocado / wild rice & wheat grains / salsa	
<b>Avocado Toast</b>	12
mashed avocado / pickled ginger + kumquat + cucumbers + radish / daikon sprouts / serrano pepper / olive oil & lemon juice / whole grain	
add one egg \$2; add two eggs \$4	
<b>Spanish Sardine Toast (df)</b>	12
herbed tomato concasse / shaved fennel / serrano peppers / baguette	
<b>Side of Sausage or Bacon</b>	5

## Make Your Own Salad starts at 8

Choose Greens:

romaine / wild baby arugula / mixed field greens

Choose a Dressing:

balsamic / truffle / champagne & goat cheese / herb vinaigrette / sweetsalt / orange walnut

Choose your Toppings: .50 ea.

artichokes / roasted carrots / bacon / roasted beets / blue cheese / cucumbers / dried cherries / grapes / grilled corn / red onions / roasted peppers / alfalfa sprouts / sun dried tomatoes / fennel / kalamata olives

1.00 ea.: fresh mozzarella / goat / feta / tomatoes

2.00: maitake mushrooms / 2.50: avocado /

3.00: burrata

Protein: chicken 4 / turkey 3 / salmon 7 / duck 5

## Salads

Add: salmon 7; chicken 4; steak 5; duck 5; prosciutto 4

<b>Kale Caesar</b>	11
kale & cabbage / romaine / parmesan cheese / croutons / caesar dressing	
add chicken \$4	
<b>Fig &amp; Bleu</b>	13
dried fig / candied walnuts / fennel / bleu cheese / romaine / kale & cabbage / fig vinaigrette	
add serrano ham 4	
<b>Burrata, Tomato &amp; Bacon (gf)</b>	14
bacon with shallots / burrata cheese / heirloom tomatoes	
arugula / cherry reduction	
<b>Chicken Almond Salad (gf/df)</b>	14
chopped chicken / celery / onion / mint / almonds / lemon zest / tomatoes	
almond dressing / romaine	
<b>Spicy Quinoa (gf)</b>	12
white quinoa / tomatoes / cucumber / olives / feta cheese	
serrano peppers / parsley / arugula / sweetsalt dressing	
add salmon: 7	
<b>Kale &amp; Wild Rice</b>	12
raw kale & cabbage / wild rice & wheat grains with carrots + dried cranberries + pine nuts / romaine / parmesan / sweetsalt dressing	
<b>Champagne Chicken Salad (gf)</b>	14
chopped chicken + grapes + celery + cucumber + shallots	
champagne & goat cheese dressing / romaine shoots	
<b>Chicken &amp; Bacon Lettuce Cups (gf)</b>	12
grilled chopped chicken / applewood bacon / corn / avocado / alfalfa sprouts	
cheddar / sweetsalt dressing / baby iceberg	
<b>Curry Cauliflower (gf/v)</b>	12
curried roasted cauliflower / golden raisins / haricot vert	
endive / mixed greens / sweetsalt dressing	
add salmon: 7	
<b>Salmon &amp; Haricot Vert (gf/df)</b>	14
haricot vert / endive / fennel / almonds / grapefruit segments	
pulled baked salmon / romaine / orange walnut vinaigrette	

## Sides

Brussels sprouts	5	Avocado	4
Side of Salmon	8	Plain quinoa	5
Organic Berries	6	Overnight Oats	6
Greek Salad			8

## Daily Soups

Small soup 5 Large soup (available to-go only) 8

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## Sandwiches, Etc.

served with a side of mixed greens with sweetsalt dressing

<b>Brussels Sprouts &amp; Kale Tacos</b> (gf/v)	12
brussels sprout leaves + artichokes + chipotle-lime white bean + kale & cabbage slaw / tomatillo-avocado salsa guacamole / 3 corn tortillas add chicken \$4    add pulled salmon \$6	
<b>Salmon &amp; Sautéed Wild Rice Entrée</b> (df)	17
salmon / wild rice & wheat grains + carrots + dried cranberries + pine nuts / sweetsalt dressing	
<b>Vaca Frita</b>	14
citrus marinated pulled flank steak / red onion / avocado / white cheddar + gruyere + gouda / ciabatta	
<b>Truffle Chicken</b>	13
grilled chicken / gruyere cheese / wild mushroom / truffle aioli / fresh herbs / tomato / ciabatta	
<b>Ham &amp; Gouda</b>	13
blackforest ham / gouda cheese / romaine / mustard / sourdough	
<b>Cubano</b>	14
mojo marinated pork loin / blackforest ham / dijon mustard / pickles / gruyere / ciabatta	
<b>Buffalo Chicken Wrap</b>	12
grilled chicken / hot wing sauce / blue cheese / crumbled chips / arugula / onion & celery mirepoix / flour tortilla	
<b>Steak &amp; Brie</b>	14
grass-fed steak / chimichurri / brie cheese / roasted garlic puree / arugula / braised onion / ciabatta	
<b>Shrimp Po' Boy</b> (df)	14
cajun seasoned shrimp / chimichurri / crumbled chips / cayenne aioli / lettuce / tomato / ciabatta	
<b>Turkey, Bacon, Avocado</b>	14
sliced turkey / applewood bacon / avocado / wild arugula / whole grain mustard / sharp cheddar / ciabatta	
<b>Chicken &amp; Goat</b>	14
grilled chicken / cucumber / goat cheese / shaved red onions / cayenne aioli / brioche	
<b>Lavender Duck Confit</b>	14
pulled duck confit / braised onions / goat cheese / lavender oil / honey / alfalfa sprouts / ciabatta	
<b>Caprese</b>	12
fresh mozzarella / tomato / basil / olive oil & balsamic reduction / ciabatta add prosciutto 4	
<b>Pesto Chicken Panini</b>	13
grilled chicken / fresh mozzarella / pesto / wild arugula / ciabatta	
<b>Spicy Asian Chicken Wrap</b> (df)	12
grilled chicken / cabbage + shaved carrots + red pepper + mint + onion + serrano pepper / asian dressing	
<b>Grilled Cheese</b>	10
gruyere + gouda + white cheddar / sourdough bread add:    tomato \$1            bacon \$3            turkey \$3            maitake mushrooms \$2	

## Tossed Sautéed Quinoa starts at 8

Toppings:

*Proteins:* chicken 4 / duck 5 / steak 5 / salmon 7 / 1.00 each: pine nuts / tomatoes /  
2.00 each: maitake mushrooms .50 each: dried cranberries / artichokes / sun-dried tomatoes / roasted pepper / grilled  
corn / braised onions / brussels sprouts / wild arugula / fennel / beets

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