



Our motivation is simple—we know that you deserve better, *the best!* At Island Salad, we provide a fresh, healthy and affordable alternative. Enjoy one of our flavorful signature dishes or create your own salad. And know that your satisfaction is our pleasure from the moment you walk through our doors.

wraps and burritos

honey wheat / spinach / garlic & herb

PREPRESSED WRAPS

buffalo soldier / \$7.49

romaine, island spicy chicken, celery, carrots, smoked turkey bacon bits, blue cheese, **blue cheese dressing** (get 50% off when the song is on)

the bahama mama a.k.a. island b.l.t. / \$6.45

romaine lettuce, tomatoes, avocados, smoked turkey bacon bits, mixed cheese, garlic mayo [add chicken...\$1.00]

“the olympian” / \$6.45

spring mix, chick peas, cucumbers, black olives, red onions, kidney beans, sun-dried tomato, homemade garlic hummus

PREPRESSED BURRITOS

(includes corn or mango salsa, add guacamole \$0.75)

the island salad burrito / \$7.49

romaine, island rice, black beans, mixed peppers, guacamole, cheddar cheese, **green goodness dressing** [add 1 meat ½ buck / seafood for a buck]

spicy island burrito wrap / \$7.49

romaine, island rice, avocado, jalapeño peppers, cranberries, mixed cheese, corn salsa, island spicy sauce [add 1 meat ½ buck / seafood for a buck]

island tropical burrito / \$7.49

romaine, island rice, beans, roasted peppers, carrots, mango salsa, sour cream, island spice, **mango dijon** [add 1 meat ½ buck / seafood for a buck]

gone fishing too / \$8.99

romaine, island rice, tuna, jerk tilapia, sweet & spicy shrimp, green olives, mixed peppers, parmesan cheese, **island ranch dressing**

island b.s. burrito / \$8.49

romaine lettuce, island rice, spicy chicken, celery, carrots, smoked turkey bacon bits, blue cheese, **blue cheese dressing**

island surf & turf / \$8.99

your choice lettuce, island rice, roasted chicken, sweet & spicy shrimp, mango salsa, smoked turkey bacon, avocado, **caribbean mango vinaigrette** or **jamaican goddess**

the sandwiches

PREPRESSED SANDWICHES

turkey 3-cheese / \$5.99

smoked turkey ham, swiss cheese, smoked gouda, third cheese your choice, garlic mayo

tiki melt / \$6.99

island spicy chicken, smoked turkey bacon bits, sun-dried tomato, smoked gouda, garlic mayo

chicken a la cuba / \$7.49

roasted chicken, smoked turkey ham, pickles, swiss cheese, garlic mayo, **honey dijon**

MORE GRILLED CHEESE PLEASE

three-cheese classic / \$5.49

smoked gouda, cheddar, swiss cheese, tomato, garlic mayo (add chicken for \$1.00)

island grilled cheese / \$6.49

guacamole, swiss cheese, pepper cheese, smoked turkey bacon bits, jalapeño peppers, chipotle + garlic mayo

juicy tunny melt / \$5.99

albacore tuna, cheddar cheese, fresh pepper + sea salt, **ranch dressing**

CREATE YOUR OWN SALAD

/ starts at \$4.99

1 pick your fresh lettuce

romaine / spring mix / spinach

2 add 4 favorite toppings

apples	hard-boiled egg
beets	jalepeño peppers
black beans	kidney beans
black olives	mandarin oranges
broccoli	mango salsa
carrots	mixed peppers
celery	mushrooms
cheddar cheese	peppers
chickpeas	pickles
chow mein noodles	pineapples
corn	raisins
corn salsa	red onions
cucumber	roasted peppers
dried cranberries	strawberries
grapes	sunflower seeds
green bell peppers	tomatoes
green olives	tortilla chips

3 make it hearty

hearty toppings
(**\$1.00 each, two for \$1.50**)

artichoke hearts	sliced almonds
blue cheese crumble	swiss cheese
feta cheese	smoked turkey bacon bits
guacamole	sundried tomato
hummus	walnuts
mixed cheese	
parmesan cheese	

premium toppings
(**add \$2.25**)

roasted chicken
island spicy chicken
teriyaki chicken
smoked turkey ham

(**add \$2.50**)

albacore tuna
jerked tilapia

(**add \$3.50**)

sweet & spicy shrimp

4 dress it up

balsamic vinaigrette (garlic & parsley)
blue cheese
caesar
caribbean mango
french
green goodness (cilantro & garlic)
honey dijon
island italian
island ranch (parmesan & peppercorn)
jamaican goddess (jerk spices & mango dijon)
jerk vinaigrette
mango dijon
oil & red wine vinegar
pomegranate vinaigrette
ranch
raspberry vinaigrette
sesame ginger
sundried tomato vinaigrette

5 and spice it up!

fresh sea salt
fresh pepper
chili powder
garlic & parsley salt
island spice

◆ **kiddie salad**
with chicken + 2 basic toppings

◆ **soft chicken tacos**

◆ **grilled cheese**

KIDS

island kids combo / \$4.99

choose apple sauce or yogurt;
comes with a juice box



the salads

🥬 JUST THE VEGGIES

island veggie / \$7.49

spinach, tofu, broccoli, chick peas, sunflower seeds, walnuts, cranberries, apples // choose any vinaigrette

venus de milo / \$5.99

mixed greens, roasted red peppers, chickpeas, chopped pita bread, corn salsa, hummus, chopped pita, feta cheese // green goodness

“the olympian” / \$6.45

spring mix, chick peas, cucumbers, black olives, red onions, kidney beans, sun-dried tomato, homemade garlic hummus

🍗 CHICKEN N' GREENS

(all natural chicken breast, no added hormones)

island jerk chicken salad / \$7.49

spring mix, roasted chicken, red onions, mix peppers, corn, kidney beans, cranberries, cheddar cheese // jerk vinaigrette

the caribbean cobb / \$7.99

romaine, roasted chicken, avocado, tomato, boiled egg, smoked turkey bacon bits, carrots, blue cheese // island sesame ginger or caribbean mango vinaigrette

the baja / \$7.49

romaine, roasted chicken, tomatoes, corn, avocado, tortilla chips, cheddar cheese // island ranch (with parmesan and pepper)

asian rasta / \$6.99

romaine, roasted teriyaki chicken, mandarin oranges, cucumbers, sliced almonds, crispy chow mein noodles // island sesame ginger

the tijuana caesar / \$7.25

romaine, roasted chicken, onion, tomatoes, croutons, parmesan cheese // island caesar dressing

kingston spicy ranch salad / \$7.75

romaine, island spicy chicken, red onions, avocado, tomatoes, smoked turkey bacon, mixed cheese // island ranch

island mo-bay / \$7.25

romaine, roasted jerked chicken, island rice, black beans, sweet corn, jalapeño peppers, mixed peppers, chili powder // caribbean mango vinaigrette

citrus-berry chicken salad / \$7.25

spring mix, roasted chicken, strawberries, mandarin oranges, cranberries, feta cheese // raspberry vinaigrette

🐟 DEEP BLUE FISHING

double mango shrimp salad / \$7.99

romaine, sweet & spicy shrimp, mango salsa, corn salsa, avocado // mango vinaigrette or mango dijon

gone fishing / \$8.99

romaine, tuna, jerk tilapia, sweet & spicy shrimp, green olives, mixed peppers, parmesan cheese // choice of dressing

fish taco / \$7.99

romaine, jerk tilapia, taco chips, tomato, fresh cilantro, cheddar cheese, mango salsa, sour cream, guacamole // sun-dried tomato island special

island surf & turf / \$8.99

your choice lettuce, roasted chicken, sweet & spicy shrimp, mango salsa, smoked turkey bacon, avocado // caribbean mango vinaigrette or jamaican goddess

the drinks

16 oz. / \$2.00

24 oz. / \$2.50

🍹 EXOTIC BEVERAGES

robert nesta aka bob marley

lemonade, orange ting, mango, ginger, garnish: dried mango

moustapha stoppa

lemonade, blackberry, mango, sangria, pineapple, garnish: grapes, pineapple

island breeze

Sparkling water, lemonade, blue curaçao, mango, lime, splash of ting, garnish: pineapple chunks

bahama berry

lemonade, raspberry, blackberry, garnish: berries

jamaican me crazy

Lemonade, orange ting, pineapple, blue curaçao

island tropical lemonade

lemonade, ginger, lime, mango, splash of ting, garnish: mixed fruit

🍹 FIZZ

island made caribbean mango ginger fizz

sparkling water, mango, ginger, garnish: dried mango

fire cracker fizz

sparkling water, pineapple, blue curacaco, passion punch

island-made lemon-lime fizz

sparkling water, lemon, lime, garnish: sliced lemon

island-made ginger pomegranate fizz

sparkling water, pomegranate, ginger, mango, garnish: mint leaves

island-made sangria fizz (non alcoholic)

sparkling water, red sangria, blackberry, garnish: strawberry, pineapples, apples

locations:

HARLEM

22 East 125th Street
(between 5th and Madison)
212.860.3000

420 Lenox Avenue
(on the corner of 131st St.)
212.234.1777

BROOKLYN

1365 Fulton st brooklyn
(where New York Avenue meets Fulton)
347.915.1222

or visit us at:

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Facebook.com/islandsalad

Foursquare.com/islandsalad

Island Salad

MENU