

7 in Heaven

631-592-9804 · www.7-in-heaven.com



SALADS with Ingredients

Corn and Bean Salad Fresh Corn, Black Beans, Red Peppers, Purple onions

** Dressing- BQ sauce, Italian dressing, balsamic vinegar*

Carrot Salad with Mint, and Raisin – Chia Seeds

** Dressing- Italian dressing, Brown sugar, cinnamon*

Hawaiian Coleslaw Cabbage Red /Green, Cranberries, Apricots, Coconut flakes

**Dressing- Italian dressing, Mayo, Yogurt, honey mustard and Vinegar*

Potato Salad Penn Dutch – Red and California Potatoes, Celery, Onions, HB Eggs

**Dressing- Mayo, Ranch dressing, mustard + spices*

Gnocchi Salad with Peas, Artichoke Hearts and Pesto

**Dressing- Mayo, Ranch dressing, Pesto, lemon + spices*

Kale, Apricot and Couscous Salad

**Dressing- Olive oil, vinegar, Spices*

Asian Noodle Salad - Spinach & Whole Wheat Noodles, cucumbers, bamboo shoots

**Dressing- Ginger, soy sauce, Peanut sauce, toasted sesame oil, rice vinegar, coconut water, spices*

Tomato Salad with red/yellow/ orange Peppers + Onion

**Dressing- Italian dressing, balsamic vinegar + spices*

Pasta Salad – Rollatini Pasta, Broccoli, Carrots, Tomatoes, Black Olives

**Dressing- Italian Dressing, Olive Oil, Garlic, Parmesan Cheese + Spices*

Cucumber Salad – Cucumbers and Onion

**Sweet onion salad dressing*

String Beans w/ Mushrooms Roasted

**Dressing- Toasted sesame oil, rice vinegar + spices*