## Whole Foods

**Salads**
- Broccoli with Garlic
- Cabbage Crunch
- Chinese Chicken Salad
- Escarole Apple Pistachio
- Field Greens with Spiced Nuts
- Golden Beet & Fennel
- Hodo Tofu Shiitake
- Kale Avocado
- Lemon Kale Soofoo
- Roasted Butternut Squash w/Cranberries
- Spinach Shiitake
- Spinach Strawberry

## Berkeley Bowl

**Platters**
- Best of Season Fruit
- Berkeley Bowl Chicken
- Crudite
- Mediterranean
- Shrimp Cocktail

**Boxed Salads** (choose whole wheat roll if available)
- Greek Salad
- Chicken Salad
- Tuna Salad

**Assorted Seasonal Salads**
Choose salads with plenty of vegetables, limited sugar and starchy ingredients (pasta, potatoes), and a non-creamy dressing, such as vinaigrette

**Dips**
- Guacamole
- Hummus
- Salsa

## Safeway

**Platters**
- Crudite
- Fruit
- Herb-Roasted Turkey Breast
- Organic Rotisserie Chicken
- Grilled Lemon Herb Chicken
- Grilled Veggies
- Roasted Root Vegetables
- Rosemary Roasted Fingerling Potatoes

## Entrees, Salads & Sides
- Farro Salad
- Great Greens Salad
- Greek Salad
- Grilled Cilantro Tofu
- Herb Crusted Salmon
- Quinoa Salad
- Roasted Chicken
- Seasonal Grilled Vegetables
- Spinach Salad

## Salads
Choose salads with darker greens over iceberg lettuce. Look for cheese in a side container and vinaigrette/non-creamy dressings. Or, make your own salad:
- Pre-washed/pre-cut lettuce and vegetables
- Pre-cooked chicken strips, tuna, salmon, baked tofu, or lean deli meat
- Blue cheese, feta, or parmesan
- Rinsed beans
- Chopped nuts
- Fresh or unsweetened dried fruit
- Vinaigrette dressing

## Sandwiches & Wraps
Make your own sandwich and wrap platters using the following:
- Whole Grains: Whole grain bread, whole wheat pita, whole grain tortilla, whole wheat lavash
- Lean Protein: Marinated tofu, fish, turkey or chicken
- Veggies: Greens, tomato, cucumber, onion, grilled veggies
- Other: Avocado, hummus, guacamole, vinaigrettes, mustard, pesto

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