



GOOD
FOOD

S T O R E

1600 S. 3rd. St. West
Missoula, MT 59801
406-541-FOOD (3663)

Salads & Side Dishes

GFS salads and sides are prepared fresh to order for you and your guests. Certified organic ingredients are indicated with italics.

Please call at least 24 hours in advance to place your order.

A pound of each item will serve approximately 4 people.

Green Salad with Choice of Dressing \$7.49 lb.

Mixed baby greens, grated carrot, cherry tomatoes and cucumbers with your choice of one of our fresh housemade dressings: Ginger Soy, Blue Cheese, Planet GFS, Orange Poppy Seed, Balsamic Vinaigrette or Ranch.

Spinach Salad (vegan, wheat-free) \$7.49 lb.

Spinach with *red onion*, mandarin oranges and *sunflower seeds*, tossed in GFS Orange Poppy Seed Dressing.

Winter Slaw (vegan, wheat free) \$5.99 lb.

This light and crispy veggie salad features *bok choy*, *cabbage*, *carrots*, *green beans*, sunflower and bean sprouts, bell pepper, *daikon radish*, *sesame seeds* and a creamy tamari dressing.

Herbed Green Beans (vegan, wheat-free) \$4.79 lb.

Green beans tossed with a lemony-herb dressing.

Roasted Yams (vegan, wheat-free) \$4.99 lb.

A simply delicious side dish for almost any fall or winter meal: oven-roasted *yams* with olive oil, salt and pepper.

Roasted Beets with Orange Dressing (wheat-free) \$5.49 lb.

Beets and *red onion* in fresh, housemade Orange and Honey Dressing.

Ricotta Bean Salad (wheat-free) \$8.49 lb.

The antipasti bar comes to life in this delicious salad. We toss ricotta salata, fresh *rosemary*, manzanilla olives and giant white beans in their own vinaigrette.

Mediterranean Kamut \$4.99 lb.

Kamut, red bell pepper, kalamata olives, feta cheese and *cilantro* in housemade Balsamic Vinaigrette.



(continued on back)

<p>Mashed Potatoes with Olive Oil & Parsley (vegan, wheat free)</p> <p>We whip <i>russet potatoes</i> with olive oil, <i>parsley</i>, salt and pepper to create this down home, delicious side dish.</p>	\$4.49 lb.
<p>Kung Pao Tofu with Brown Rice (vegan, wheat-free)</p> <p><i>Brown rice</i> tossed with chunks of our popular baked tofu, <i>carrots</i>, <i>green onion</i> and <i>peanuts</i> in a spicy sesame-soy vinaigrette.</p>	\$5.99 lb.
<p>Texan Tempeh & Quinoa Salad (vegan, wheat-free)</p> <p>A light, yet filling vegetarian salad made with <i>quinoa</i>, <i>corn</i>, <i>black beans</i>, <i>tempeh</i>, <i>green</i> and <i>red onion</i> and <i>cilantro</i>. Tossed in a chile garlic vinaigrette.</p>	\$4.79 lb.
<p>Mango Chutney Tofu Salad (vegan, wheat-free)</p> <p>Locally-made tofu combined with <i>celery</i>, red bell pepper, cashews, coconut, mango, <i>green onion</i> and a creamy Mango Chutney dressing.</p>	\$6.99 lb.
<p>3rd Street Tuna Salad (wheat-free)</p> <p>Currants, slivered almonds, Dijon mustard and balsamic vinegar give a tasty twist to our not so traditional tuna salad. Also contains <i>celery</i>, <i>red onion</i>, mayonnaise, thyme and black pepper.</p>	\$7.99 lb.
<p>Lemon Basil Chicken Salad (wheat-free)</p> <p>Free range chicken and <i>basil</i> tossed with a light dressing of mayonnaise, <i>lemon juice</i> and <i>lemon zest</i>. Garnished with candied walnuts.</p>	\$8.99 lb.
<p>Veracruz Shrimp Salad (wheat-free)</p> <p>This salad, made with wild American shrimp, will transport you to a Mexican beach. It also features <i>corn</i>, <i>onion</i>, bell pepper, <i>cilantro</i>, <i>pumpkin seeds</i>, avocado and an Ancho-Lime dressing.</p>	\$11.99 lb.
<p>Sushi Salad (vegan, wheat-free)</p> <p>Sushi rice, english cucumber, <i>shredded carrots</i>, nori seaweed, <i>green onion</i> and pickled ginger tossed in a traditional awaze su dressing with brown rice vinegar and tamari.</p>	\$5.99 lb.
<p>Mushroom & Bleu Cheese Pasta Salad</p> <p>GFS housemade fettucini, Amish bleu cheese, mushrooms and red bell pepper tossed in a housemade herb and lemon dressing.</p>	\$5.99 lb.
<p>Tuscan Rotelli Pasta Salad</p> <p>GFS housemade rotelli, tosed with roasted <i>eggplant</i>, roasted red pepper, artichoke hearts, <i>green onion</i>, <i>parsley</i>, sundried tomato, kalamata olives, <i>basil</i>, soppressata salami and our Fennel & Honey Vinaigrette.</p>	\$6.49 lb.