

Scrumptious *Spring Salads*

Fresh and flavorful Katy favorites
sure to put the spring in your step

Written by Cherri Northcutt

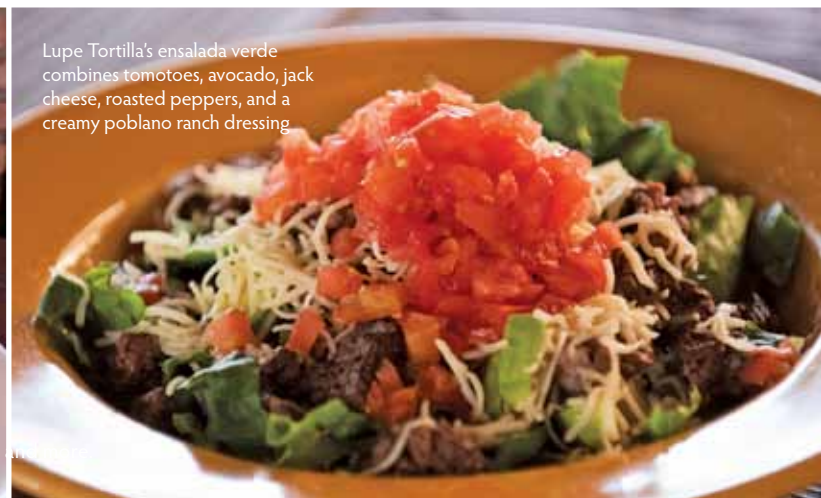


Photo by Kristyn Robertson

Black Walnut Cafe's sirloin steak salad comes loaded with Angus beef, grilled asparagus, green apples, Asiago dressing, walnuts, gorgonzola, and garlic bread



La Madeleine's Mediterranean salad pairs olives and artichoke hearts with feta cheese and marjoram-infused vinaigrette



Lupe Tortilla's ensalada verde combines tomatoes, avocado, jack cheese, roasted peppers, and a creamy poblano ranch dressing

If you have ever heard yourself say, "I'll just have a salad," then this dining guide is for you. There are no wimpy side salads here. These Katy restaurants serve up some big, delicious salads full of fresh, crisp veggies and a wide variety of meats, cheeses, and tasty ingredients from all over the world. Add your favorite dressing for a healthy, satisfying meal.

Antonia's Cucina Italiana

2001 Katy Mills Blvd.
281-644-6000

For Caesar salad lovers, Antonia's has some delectable choices. Their insalata alla Caesar begins with crispy romaine lettuce, herbs, croutons, and their homemade creamy Caesar dressing. To that, you can add anchovies, grilled chicken, or grilled shrimp. If you're craving a taste of the sea, their grilled salmon salad combines fresh salmon with mixed greens, tomato, bruschetta relish, and aged balsamic reduction.

Black Walnut Café

23233 Cinco Ranch Blvd.
281-371-2233

For a fun, relaxed dining experience, try this trendy spot in Cinco Ranch that's been grabbing the attention of Katyites since its recent opening. Black Walnut Café's Asian tuna salad comes with fresh seared ahi tuna, sesame seeds, cabbage, mint, carrots, cilantro, peanuts, bean sprouts, snow peas, wasabi aioli, and spicy Asian dressing for an exotic flavor that can't be beat. For the meat lover, there's the sirloin steak salad. With mouthwatering grilled Angus beef, house greens, julienned green apples, honey ginger marinade, gorgonzola, walnuts, grilled asparagus, Asiago dressing, and garlic bread on the side, this salad is both hearty and healthy.

Clay's Restaurant

17717 Clay Rd.
281-859-8773

Clay's is known for its comfort food, but the salads are delicious, as well. "The food is awesome, and there's an outdoor play place for the kids," shares Katy mom Carol LaBreche. She enjoys the Hawaiian chicken salad with marinated chicken breast over fresh greens, tomatoes, cucumber, bacon, purple onion, cheese, and grilled pineapple. The taco salad, another house favorite, adds a kick to a bed of greens, with your choice of beef or chicken topped with queso, sour cream, and salsa.

La Madeleine

23322 Mercantile Pkwy.
281-395-2888

This charming French café has a wide variety of tempting salads. Their tomato basil pesto pasta salad is sure to dazzle your taste buds, with bowtie pasta, basil, spinach, sun-dried tomatoes, green onions, parmesan, and pesto in a garlic dressing. For a flavor straight from the French Riviera, be sure to try their Mediterranean salad. Tomatoes, cucumbers, eggs, olives, artichoke hearts, green onions, and feta cheese are all tossed in a marjoram-infused vinaigrette for a delicious, yet healthy dish.

Lupe Tortilla

703 W. Grand Pkwy. S.
281-392-2322

College student and Katyite Steve Gilchrist loves going to Lupe Tortilla. "It's got a fun atmosphere and great food," Gilchrist says. He enjoys their fajita taco salad with chicken, lettuce, guacamole, pico de gallo, cheese, sour cream, tomatoes, and a jalapeno lime vinaigrette. For a bold, fresh flavor, try their ensalada verde, with baby mixed greens, tomatoes, avocado, jack cheese, and roasted peppers topped with a creamy poblano ranch dressing.

Panera Bread

19502 Katy Fwy.
281-398-6444

LaCenterra
Cinco Ranch Blvd.
281-395-6100

Served in a huge bowl with a baguette, Panera's salads are a real treat. For a filling, yet light dish, try the chopped chicken cobb salad. Romaine lettuce is topped with smoked bacon, gorgonzola, tomatoes, and hard-boiled eggs chopped and tossed with herb vinaigrette. Another delicious option straight from the southwest is the barbecue chopped chicken salad, with romaine lettuce, black beans, roasted corn, and tortilla strips, drizzled with ranch dressing and barbecue sauce.

Perry's Steakhouse & Grille

LaCenterra
23501 Cinco Ranch Blvd.
281-347-3600

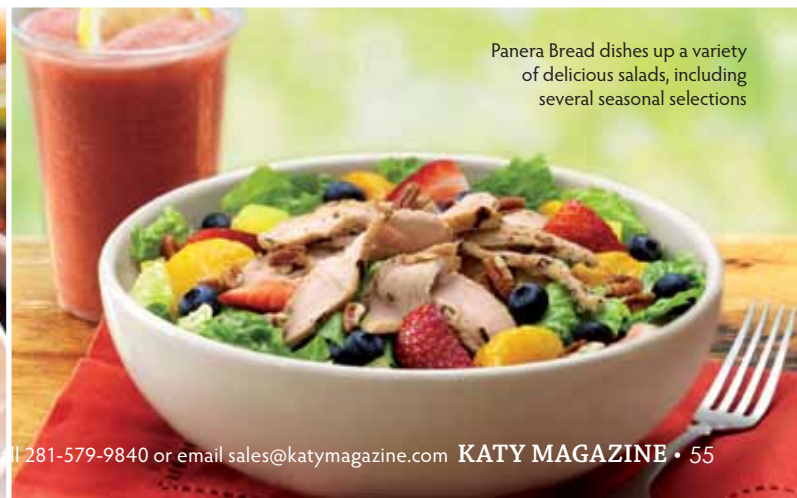
General Manager Marty Miller describes Perry's as elegant dining in a warm, inviting atmosphere. His favorite salad is the tequila lime chicken, which pairs a sweet spring mix of lettuces, with pico de gallo, roasted pumpkin seed, grated Cotija cheese, grilled chicken, tortilla strips, and Perry's own tequila lime dressing. For a taste of the Mediterranean, try the warm spinach and shrimp salad. "For this salad, we start with

The Asian tuna salad at Black Walnut Café layers ahi tuna over a bed of fresh veggies drizzled in a spicy Asian dressing



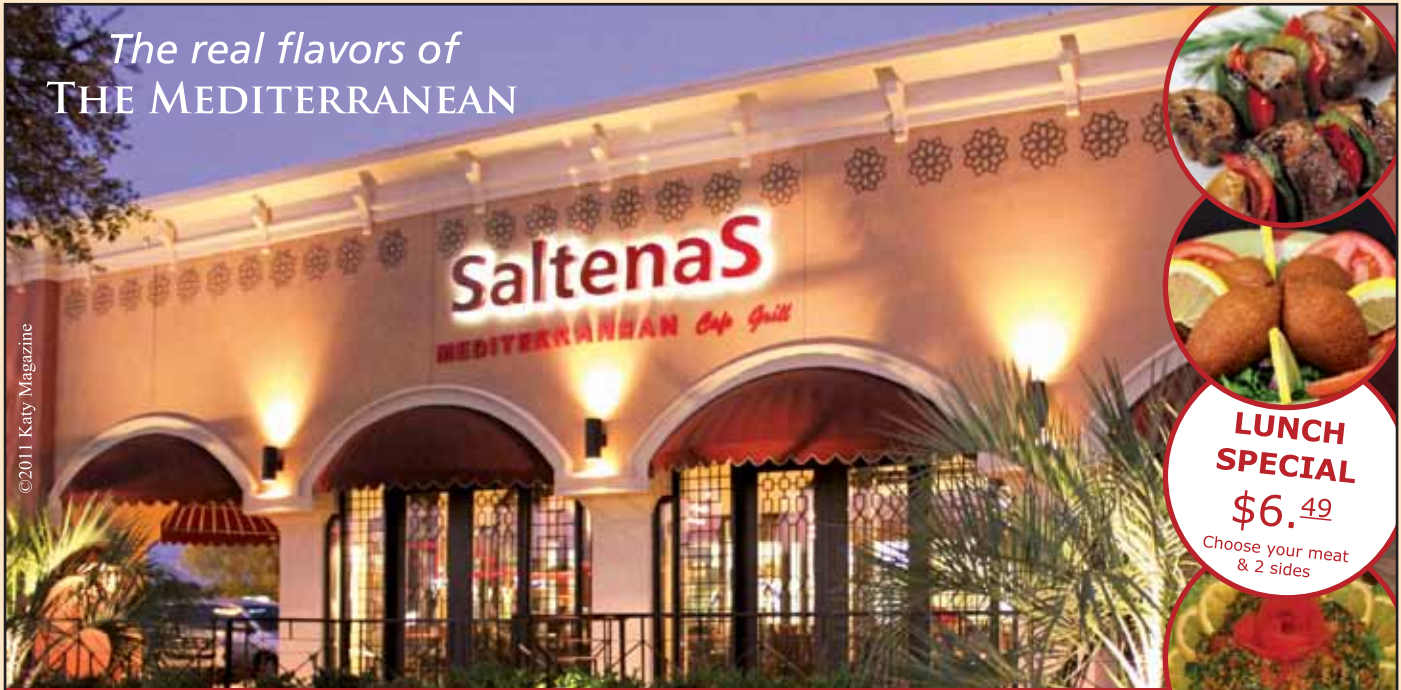
Photo by Kristyn Robertson

Panera Bread dishes up a variety of delicious salads, including several seasonal selections



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baby spinach and add red onions, silver dollar mushrooms, boiled egg, [and] grilled shrimp, and top it off with a bacon vinaigrette dressing,” shares Miller.

Red Oak Grill

2004 S. Mason Rd.
281-392-2612

You will always be treated to service with a smile at this family-owned Mediterranean-American eatery. Red Oak Grill has been in Katy for six years offering burgers, sandwiches, pita wraps, and much more. “We also have some very refreshing salads,” says Manager Eric Salman. The Greek salad, a popular choice among Katy diners, layers black olives, cucumbers, grape tomatoes, red onions, and feta cheese for a tasty combination. If you want to add chicken, Salman says, “We take a whole chicken breast, cut it up, and put it on the salad.” Another Katy favorite is the club salad, loaded with bacon, turkey, ham, [and] chicken, along with cheese, lettuce, and tomatoes.

Salt and Pepper

811 Ave. D
281-347-6803

Salt and Pepper in the heart of old Katy is an elegant gourmet restaurant with a number of unique salad dishes. Owner Lucy Gascon recommends the avocado stuffed with chicken salad. “People like it, because it’s fresh and homemade every day,” she says. The dish features an avocado stuffed with the restaurant’s delectable homemade pineapple and walnut



Saltenas Mediterranean Grill uses a wide variety of fresh vegetables, exotic spices, and cultural favorites like pomegranate molasses in their salads.

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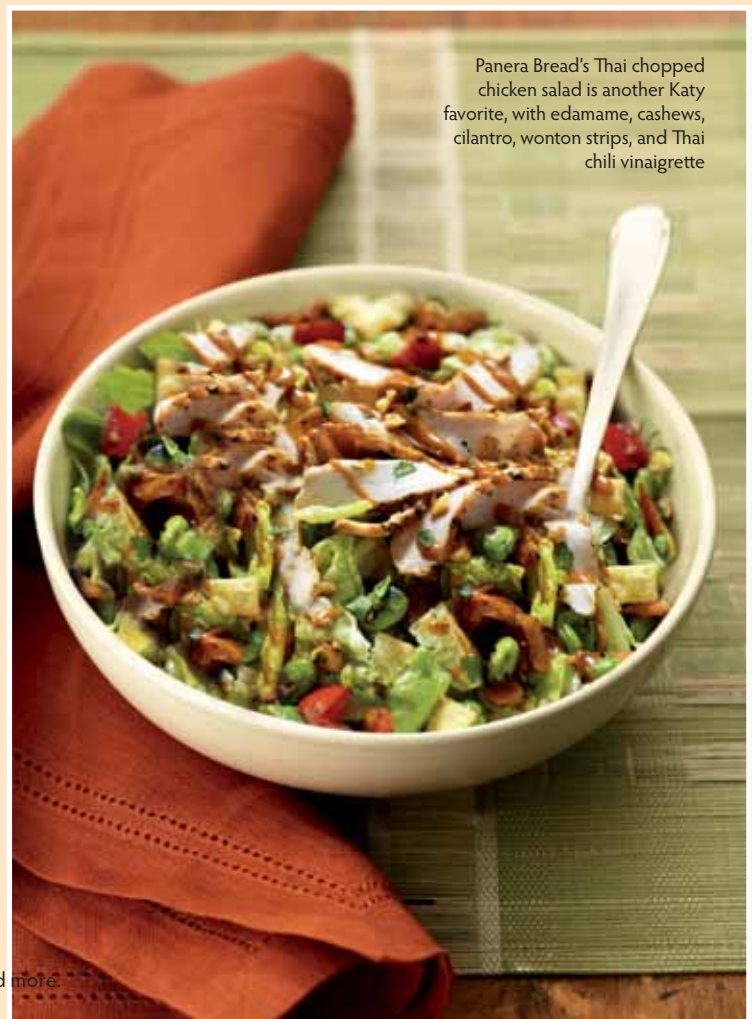
chicken salad, served over lettuce, tomato, cucumber, purple onions, orange wedges, raisins, almonds, carrots, shredded cheese, and croutons and drizzled with creamy cilantro dressing. For something unique, Gascon suggests the Lumynar Star salad. "It's named [after] me and co-owner Myrna Pena," she explains. This salad includes smoked turkey, honey ham, roast beef, pepper jack, Swiss, American, and Feta cheeses.

Saltenas Mediterranean Grill

981 S. Mason Rd.
281-398-4711
See ad on page 56

When you first walk in to Saltenas, you will immediately be struck by their exotic décor. The restaurant features colorful handmade chandeliers imported from Istanbul, beaded buffet lights from Syria, and intricate painted tiles from Morocco. Saltenas in Katy is the first U.S. location of this international restaurant, which has locations in Russia, Turkey, and Jordan. They offer a variety of fresh salads. Manager Mohamad Khanboutli recommends their most popular salad, the tabouleh with mixed vegetables, olive oil, mint, tomato, parsley, crash wheat, lemon, and onion. Another customer favorite, the Fatoush combines fresh vegetables, roasted bread, sumac, pomegranate molasses, lemon, and olive oil for a palate-pleasing flavor. **KM**

CHERRI NORTHCUTT loves eating out with family and friends. She has lived and dined in Katy for over 11 years.



Panera Bread's Thai chopped chicken salad is another Katy favorite, with edamame, cashews, cilantro, wonton strips, and Thai chili vinaigrette

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