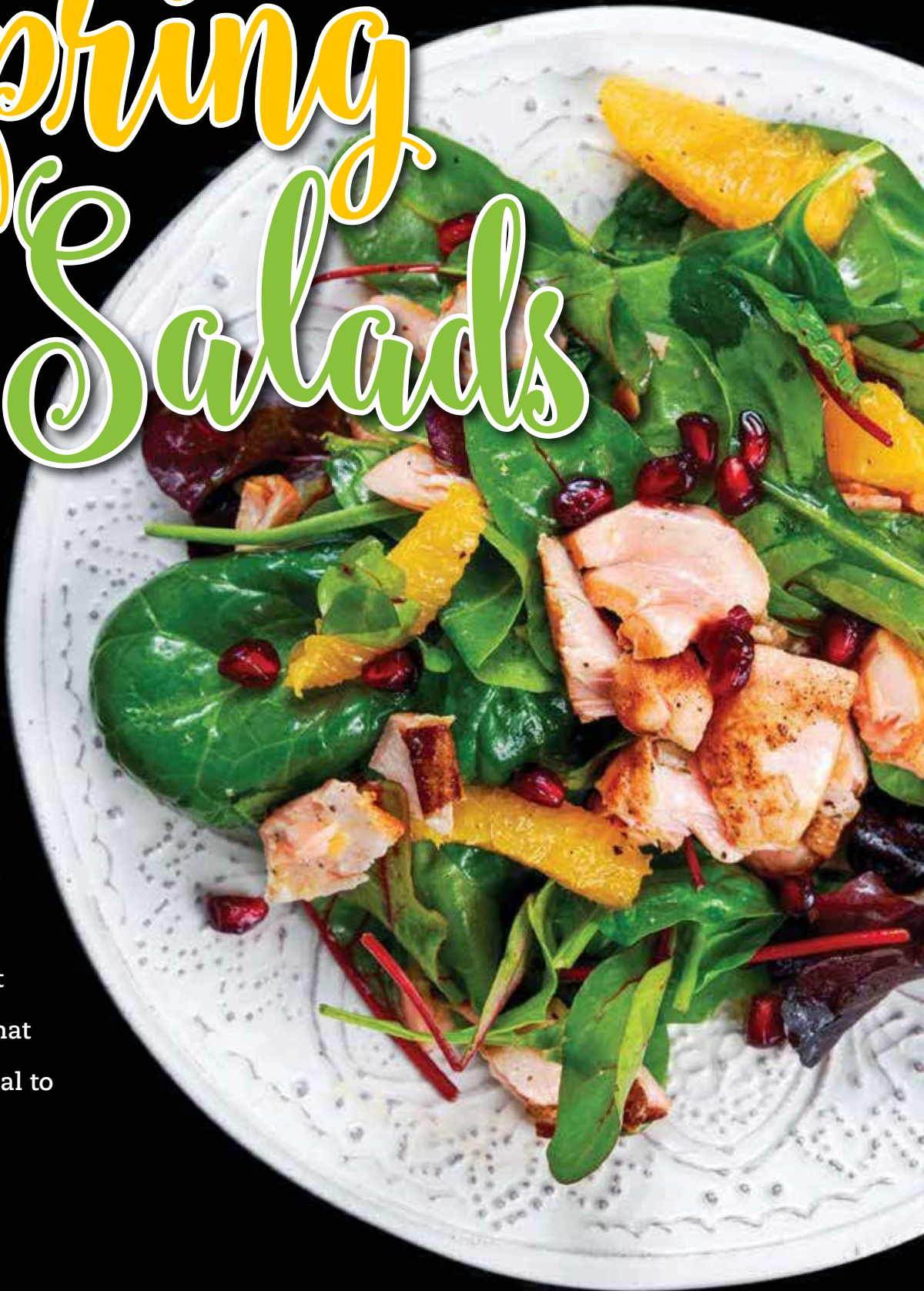


Katy restaurants offer a variety of salads that are sure to please everyone in the family

Spring Salads

Written by Wendy Teng

Salads are a great and generally healthy option for lunch or dinner, especially in the spring. Here are some of the best salads in Katy that are sure to appeal to your taste buds.





Salata's Savory Southwest Salad

1230 N. Mason Rd. | 281-394-9292

For those who enjoy variety, salads and salad wraps at Salata can be customized in different combinations with 10 different house-made dressings and over 50 fresh toppings. The Greek salad at Salata comes with mixed greens, cucumbers, tomatoes, red onions, black olives, banana peppers, feta cheese, pesto chicken, and fresh herb vinaigrette. You can also try the southwest salad which comes with mixed greens, tomato, corn, black beans, black olives, cilantro, cheddar-chipotle chicken, and chipotle ranch dressing that gives a kick to the taste buds and adds a taste of Texas.

Dish Society's Quinoa Stuffed Avocado

23501 Cinco Ranch Blvd. | 281-394-7555

A healthy and filling salad, the quinoa stuffed avocado, has a fresh avocado filled with organic red quinoa citrus relish on top of organic aquaponics greens and served with white balsamic vinaigrette. New on the menu is the super salad which is filled with shredded kale, shredded Brussels sprouts, organic quinoa, golden raisins, dried cherries, shaved almonds, Parmesan cheese, and tossed with house honey vinaigrette. Salmon or grilled chicken can also be added to both of these popular salads.

Chick-fil-A's Superfood Salad

369 S. Mason Rd. | 281-579-9460

This new superfood salad is made with a blend of hand-chopped kale and broccolini, tossed with sweet and tangy maple vinaigrette dressing, and topped with sour cherries. The blend of roasted nuts added to this salad provides a great crunch and flavor. A regular favorite, the spicy southwest salad features spicy, grilled chicken breast, served on romaine lettuce, baby greens, red cabbage, carrots, grape tomatoes, Monterrey jack and cheddar cheeses, and roasted beans. Creamy salsa dressing, chili lime pepitas (pumpkin seeds), and tortilla strips are also served to add more southwest flavors.

Old Chicago's Chopped Salad

24515 Katy Fwy. | 281-347-0090

The Old Chicago chopped salad is made with Applewood-spiced chicken, bacon, bleu cheese, tomatoes, green onions in creamy herb dressing, and topped with avocado and tomato. Another favorite is the Italian chef's salad which has fresh greens, carrots, pepperoncini, black olives, mozzarella, and provolone cheeses in a creamy herb dressing topped with diced turkey, Canadian bacon, salami, pepperoni, hard-cooked eggs, green onions, and Italian spices. The creamy herb dressing is tangy and savory, which is a favorite among customers.

Mi Pueblito's Ensalada de Carne

402 W. Grand Pkwy. S. | 281-665-8690

The ensalada especial comes with lettuce, tomato, cucumber, carrot, celery, and avocado. Those who enjoy chicken will like the ensalada de pollo which is the ensalada especial with pieces of grilled chicken breast. Ensalada de carne comes with pieces of grilled steak, the ensalada de pescado comes with pieces of grilled tilapia fillet, while the ensalada de mar comes with a sautéed assorted seafood mix.

These are just a few of the fresh and colorful salads that Katy has to offer

Jimmy Chargas' Mango Tostada Salad

300 Westgreen Blvd. | 832-321-5927

Two signature salads include the seared ahi tuna salad and the shrimp and mango tostada salad. The fresh ahi tuna salad has sliced, seared ahi tuna, mixed greens, seasonal fruit, avocados, toasted sesame seeds, and is tossed with the margarita vinaigrette dressing. The colorful shrimp and mango tostada salad comes with grilled gulf shrimp, mango, avocados, mixed greens, pecans, black beans, and is tossed with margarita vinaigrette dressing.

Newk's Eatery's Red Quinoa and Kale Salad

20802 Katy Fwy. | 281-647-6100

Healthy options such as the red quinoa and kale salad are a favorite. The red quinoa and kale salad is filled with dried cranberries, edamame, pecans, and drizzled with apricot ginger dressing. More unique salads include the ahi tuna salad, shrimp and avocado, and shrimp remoulade.

La Madeleine's Cranberry & Pecan Wild Field

23322 Mercantile Pkwy. | 281-395-2888

La Madeleine adds a different flavor to their salads. The cranberry and pecan wild field salad and strawberry and bacon spinach are some options for those who prefer fruits in salads. For those who enjoy savory salads, the salmon Caesar; the chicken, bacon, and bleu salad; and the roasted vegetable, chicken, and goat cheese are available.

Dish Society's Brussels sprouts salad



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CHEF ARISTOTELES

Black Walnut Cafe's Sirloin Steak Salad

23233 Cinco Ranch Blvd. | 281-371-2233

The Black Walnut salad has grilled marinated chicken breast, walnuts, gorgonzola cheese, green apples, house greens, tomato, and savory dressing. Steak lovers can enjoy the Black Walnut Café sirloin steak salad with its certified Angus beef, honey ginger marinade, grilled asparagus, green apples, and sweet 'n' spicy walnuts topped with asiago dressing. Some of the house-made salad dressings include tomato savory, asiago blue cheese, honey mustard, spicy mango cilantro, and fat-free raspberry walnut.

Black Walnut Cafe'
Asian tuna salad



Bonefish Grill's Cilantro Lime Shrimp Salad

2643 Commercial Center Blvd. | 281 - 394-5099

With a variety of savory salad options, Bonefish Grill's menu will leave you satisfied. Try their cilantro lime shrimp salad that is tossed with roasted corn, black beans, feta, grape tomatoes, red onion, and drizzled with a savory cilantro lime vinaigrette. KM

Customized salad
from Salata



WENDY TENG is a freelance writer who loves to eat out and try new restaurants by herself or with friends and family.

Edible affection.



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Enjoy crafts, dancing, stories & play dough time each week.

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