

SIGNATURE SALADS

Katy restaurants serve up savory salads
to help keep you cool for the summer



Santa Fe salad at
Black Walnut Cafe

Written by Kennan Buckner

Organic quinoa salad
at Local Table



Renaldo Medina

Salmon & strawberry salad
at Cheddar's Scratch Kitchen



Not many people want to have a heavy meal when it's blazing hot outside, so why not settle for a salad packed with nutritious and delicious fruits, veggies, and protein? Check out these delicious options that'll keep you feeling healthy and swimsuit ready.

ORGANIC QUINOA SALAD

Local Table

22756 Westheimer Pkwy. | localtablehouston.com

Serving up fresh foods in a hip and kid-friendly environment, Local Table in Villagio Town Center has an organic quinoa salad with roasted zucchini, broccoli, red bell pepper, red onion, cauliflower, and arugula seasoned with lemon zest and a roasted garlic vinaigrette. Add shrimp, salmon, or a mixed kabob to keep your belly full.

GRILLED MARKET SALAD

Chick-fil-A

Multiple Locations | cfakaty.com

Chick-fil-A's grilled market salad comes with sliced grilled chicken served on a bed of chopped Romaine lettuce, baby greens, red cabbage, carrots, blue cheese, red and green apples, strawberries, and blueberries. The salad pairs well with their zesty apple cider vinaigrette or light balsamic vinaigrette, and harvest nut granola can be added for an extra crunch.

CHICKEN FAJITA COBB

Uncle Julio's

20526 Katy Fwy. | unclejulios.com

Get a taste of Uncle Julio's tasty chicken fajitas on this savory salad featuring mixed field greens, bacon, sliced avocado, roasted corn, tomatoes, black beans, queso fresco, and tortilla strips. It's served with three pepper ranch dressing, or it can be paired with their honey Dijon vinaigrette or citrus vinaigrette.

LIVE MED SALAD

Zoës Kitchen

2643 Commercial Center Blvd. | zoeskitchen.com

Zoes offers some great healthy options and their live med salad is a dish you won't want to miss. With thin ribbons of zucchini and squash, fresh spinach, farro, lupini beans, cherry tomatoes, red onions, and Parmesan cheese, all tossed with Calabrian pepper dressing, it will leave you satisfied without the guilt.

SALMON AND STRAWBERRY SALAD

Cheddar's Scratch Kitchen

21150 Katy Fwy. | cheddars.com

The salmon and strawberry salad at Cheddar's adds blackened salmon, asiago cheese, tomatoes, and strawberries to a bed of spinach and mixed greens topped with candied pecans and their house-made strawberry vinaigrette.

SANTA FE SALAD

Texas Borders Bar & Grill

Multiple Locations | bordersbarandgrillkatytx.com

Enjoy a homegrown feel and tasty daily specials at one of the family restaurant's two Katy Area locations. Get a taste of New Mexico with their lightly fried or grilled chicken Santa Fe salad; a field of greens with bacon, fresh avocado, lettuce, red onions, tomatoes, cheese, and honey barbecue ranch dressing.

GRILLED CHICKEN COBB SALAD

TGI Fridays

5304 Bell Patna Dr. | tgifridays.com

Fresh chopped Romaine lettuce is crowned with sliced avocado, grape tomatoes, a sliced hard-boiled egg, hickory-smoked bacon, and crumbled bleu cheese with a grilled, all-natural chicken breast drizzled with balsamic glaze to bring in a sweet and tangy finish.

SEARED AHI TUNA SALAD

Mama Fu's Asian House

Multiple Locations | mamafus.com

Featuring yellowfin tuna seared rare, sesame seeds, Asian slaw, spinach, wonton chips, ginger sesame vinaigrette, and citrus ponzu sauce, the seared ahi tuna salad is the perfect Asian comfort food. Mama Fu's promises everyone in the family will enjoy their meal, customizable for spicy palates, or vegan and gluten-free eaters.

BLACK AND BLEU

Newk's Eatery

20802 Katy Fwy. | newks.com

Serving up fine flavors for your next family meal, Newk's offers a flame-grilled sliced petite tenderloin steak served medium-rare with Arcadian mixed greens, gorgonzola cheese, pecans, sweet grape tomatoes, red onion, and creamy bleu cheese dressing. You can swap the steak for grilled chicken breast, salmon, or broiled shrimp if desired.

CHINESE CITRUS CASHEW SALAD WITH CHICKEN

Panera Bread

Multiple Locations | panerabread.com

Whether you'd like a whole or half serving, the Chinese citrus cashew salad packs a healthy punch with chicken raised without antibiotics, on top of Romaine lettuce, cucumbers, pineapple, and cilantro tossed with soy-miso lime dressing, roasted cashew pieces, and mandarin oranges.

THE LITIGATOR

Black Walnut Cafe

23233 Cinco Ranch Blvd. | blackwalnutcafe.com

The new litigator salad isn't just made for lawyers. With chunky chicken salad mixed with spicy walnuts, grapes, strawberries, and blueberries cradled between cucumbers, tomatoes, carrots, arugula, and topped with lemon Otis dressing, you'll be prepared to take on anything.

BLACK CHERRY SPINACH SALAD

McAlister's Deli

21768 Katy Fwy. | mcalistersdeli.com

Add some sweetness to your day with this wholesome salad made up of fresh spinach, grilled chicken, balsamic red onions, dried cherries, candied pecans, and gorgonzola cheese all tossed in a black cherry vinaigrette.

CHOPPED SALAD

Corner Bakery Cafe

19355 Katy Fwy. | cornerbakerycafe.com

If you want a good staple salad, you can't go wrong with this chopped salad. All-natural chicken, applewood smoked bacon, avocado, bleu cheese, tomatoes, and green onions sit on a bed of iceberg and Romaine lettuce. The sweet and spicy house vinaigrette adds a little kick.

BIBB WITH PEARS SALAD

Anthonie's Market Grill

9108 FM 1489, Simonton | anthonies.com

This eatery might be new, but it already has a lot to offer. This particular salad combines bleu cheese, candied walnuts, dried blueberries, fresh chives, and bibb lettuce. It's tossed together in raspberry vinaigrette and diners have the choice to add grilled chicken, shrimp, salmon, or a seven-ounce New York Strip steak for an extra cost. **KM**

Pecan-crusted chicken salad at TGI Fridays



Seared ahi tuna salad at Mama Fu's Asian House





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-The Huffington Post

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