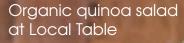
SIGNATURE SALADS

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

58 • KATY MAGAZINE JUNE/JULY 2017 Visit KatyMagazine.com for Katy jobs, events, news, and more



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. I 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, hickorysmoked bacon, and crumbled bleu cheese with a grilled, allnatural 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. 1 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

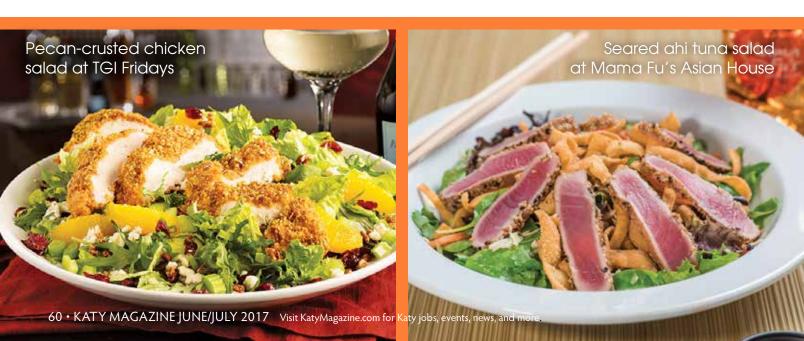
If you want a good staple salad, you can't go wrong with this chopped salad. All-natural chicken, applewood smoked bacon, avocado, bleu cheese, tomatoes, and green onions sit on a bed of iceberg and Romaine lettuce. The sweet and spicy house vinaigrette adds a little kick.

BIBB WITH PEARS SALAD

Anthonie's Market Grill

9108 FM 1489, Simonton I 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 bib 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**





We're at our best so you can be at yours.

Our massage experience is second to none. In fact, if you don't love it, the next one is on us. So take some time for you and schedule a relaxing session today, because when your inner happiness shines through, it makes everything in life a little better.



Katy 281.394.7119 2643 Commercial Center Blvd, Ste. B340 LaCenterra at Cinco Ranch elementsmassage.com/katy

SIMPLY THE BEST MASSAGE OR THE NEXT ONE IS ON US.

Massage session includes time for consultation and dressing. Void where prohibited or otherwise restricted by law. Other restrictions may apply; see studio for details and information about The Elements Promise™.



To advertise, call 281-579-9840 or email sales@katymagazine.com KATY MAGAZINE JUNE/JULY 2017 • 61