

**Spinach Chicken Salad** \$8.99  
Our juicy Rotisserie Chicken atop baby spinach and romaine lettuce with Mandarin orange slices and crispy tortilla strips.



Health Check™ with fat-free Raspberry Vinaigrette and no tortilla.

**Oriental Chicken Salad** \$8.99\*

Pieces of Rotisserie Chicken on a bed of mixed greens, mushrooms and cucumbers, topped with Mandarin orange segments and crispy noodles. Served with spicy Thai dressing.

**Grilled Chicken Caesar Salad** \$8.99

Slices of seasoned grilled chicken breast atop fresh romaine lettuce tossed with creamy Caesar dressing, crunchy croutons and Parmesan cheese. Served with warm, grilled flatbread.

**Santa Fe Grilled Chicken Salad** \$8.99

A medley of greens tossed with balsamic vinaigrette, topped with a mildly spiced Southwestern flavoured grilled chicken breast and served with warm, grilled flatbread.

**Chicken Stir Fry** \$10.99

Slices of seasoned grilled chicken breast atop fresh cut vegetables, onions and peppers, glazed in teriyaki sauce and served on a bed of Chinese noodles or rice

**Vegetable Stir Fry** \$8.99

Fresh cut vegetables, onions and peppers glazed in teriyaki sauce served on a bed of Chinese noodles or rice.



Swiss Chalet is proud to be the first National restaurant to introduce the Health Check™ program on its menu.

The Heart and Stroke Foundation's Health Check™ program is your assurance that Swiss Chalet menu items identified with the Health Check™ symbol meet the program's nutrient criteria based on Canada's Food Guide to Healthy Eating. Choosing lower fat foods more often and emphasizing vegetables and fruit is a part of healthy eating. Swiss Chalet pays a fee to help cover program costs. Visit [www.healthcheck.org](http://www.healthcheck.org) for more information. This is not an endorsement.

Nutrition information is available from your server or at [www.swisschalet.com](http://www.swisschalet.com)



**GIVE THE GIFT THAT'S ALWAYS IN GREAT TASTE.**  
Available in denominations of \$10, \$25, \$50 & \$100.  
Redeemable at Swiss Chalet and all Cara restaurants.

\*White meat 99¢ extra. All applicable taxes extra.