

## CHILI & SOUPS

Mac and Cheese – \$4.25

Cup of Chili – \$3.25

Bowl of Chili – \$5.25

Chili Dog – \$4.50

Small Soup – \$3.25

Large Soup – \$5.25

## OTHER STUFF

Freshly Baked Cookies – \$1.50

Chips – \$1

Medium Drink 24 ounce – \$1.35

Large Drink 32 ounce – \$1.65

## MEAL DEAL

Medium Drink and Chips added to any meal – \$2

Large Drink and Chips added to any meal – \$2.25

# BALADAS BISTRO

On the corner of Ninth and Pine in the Paul Brown Building

[www.baladasbistro.com](http://www.baladasbistro.com)

*A full line of Wraps – Paninis – Bowls – Salads – Soups*

*Presattas – Thick Breads – Desserts – Drinks*

*314.345.1121 • 314.345.1125 (fax)*

**Let Baladas cater your next corporate event!**

Check out our catering menu at [www.baladasbistro.com](http://www.baladasbistro.com).

## FRESH SALADS

All Fresh Greens - Either Tossed or with Choice of Dressing on the Side

**Spinach Salad — \$6.50**

**Half Salad — \$3.75;**

Tender spinach, hard-boiled egg, bacon, red onion, mandarin oranges;  
add chicken - \$1.50/half salad - \$1

**Southwest Chop — \$6**

**Half Salad — \$3.50;**

Crispy romaine, chicken, black beans, roasted red peppers

**Greek to Me — \$6**

**Half Salad — \$3.50**

Crispy romaine, feta cheese, cucumber, cherry tomatoes, Kalamata olives, red onion  
add chicken - \$1.50/half salad - \$1

**Fruity Fresh — \$6**

**Half Salad — \$3.75;**

Crispy romaine or field greens, fresh strawberries and blueberries, candied walnuts  
Make it with field greens - 75¢  
add chicken - \$1.50/half salad - \$1

**Deli Salad — \$6**

**Half Salad — \$3.50**

Crispy romaine, ham, turkey, Swiss cheese, hard-boiled egg, black olives, croutons

**Chicken Caesar Salad — \$6**

**Half Salad — \$3.50**

Crispy romaine, Parmesan cheese, croutons, cherry tomato, chicken

## PRESSATA

A Flour Tortilla Filled with Savory Ingredients  
Grilled until Hot and Melted

**Mexican Melt — \$6**

Chicken, pepper jack cheese, refried beans, served with salsa  
Add guacamole or sour cream - 50¢ each

**The Sicilian — \$6**

Salami, ham, pepperoni, provolone, served with tomato sauce

## PANINI

Grilled Sandwiches Served on Ciabatta Bread,  
Crispy on the Outside Tender on the Inside

**Deli Stack — \$6**

**Half Deli Stack — \$3.50**

Deli ham and turkey, roasted veggies, caramelized onion, cheddar

**Roman Stack — \$6**

**Half Roman Stack — \$3.50**

Roasted peppers, mozzarella, grilled chicken, Parmesan, artichoke spread

**Cheese Lovers — \$3.75**

**Half Cheese Lovers — \$2**

Cheddar, provolone  
add bacon \$1.25/half panini - 75¢

**The Cuban — \$7**

**Half Cuban — \$3.75**

Pulled pork, Swiss cheese, pickles, caramelized onions, mustard

**Side Salad — \$2.25**

Romaine, cucumbers, carrots  
(Sorry no substitutions)

Dressing Choices — Honey Mustard, Italian, Ranch, Caesar, Chipotle Ranch, Balsamic Vinaigrette, Cranberry Citrus, Raspberry Walnut Vinaigrette, Greek, 1000 Island, Lt Italian, Lt Ranch

**Create Your Own Salad — \$3.75 Plus**  
Add any Items from the List Below

Choose Iceberg Hearts or Crispy Romaine  
Upgrade to spinach or field greens - \$1

Cucumber, carrot, hard-boiled egg, Hearts of palm, roasted zucchini, black beans, croutons, cherry tomatoes, Mandarin oranges, black olives - 50¢ each

Snow peas, roasted peppers, caramelized onions, candied walnuts, sun-dried tomatoes - 75¢ each

Bacon, blue cheese, feta cheese, tofu - add \$1

Chicken - add \$1.50

Salmon - add \$2.50

## Fresh. Fast. Friendly.

We use fresh ingredients in all of our food.  
We cut and chop our salad ingredients daily to ensure freshness and to maintain all the quality of everything you order!

Let us know if you have any special dietary needs.  
Our chefs will be able to create your own unique lunch!

## WRAPS

Choose Your Tortilla White, Wheat, Sundried Tomato or Spinach

**Chicken Salad Wrap — \$5.50**

Freshly-made grilled chicken salad, lettuce, tomato

**Curry Chicken Salad Wrap — \$5.50**

Freshly-made grilled curry chicken salad, lettuce, tomato

**Shrimp Salad Wrap — \$6.50**

Freshly-made tender shrimp salad, lettuce, tomato

**BLT Wrap — \$5.75**

Lettuce, tomato, bacon, mayo - simple!

**Mediterranean Wrap — \$6**

Grilled chicken, white or brown rice, romaine, mozzarella, sun-dried tomatoes, roasted veggies, Caesar dressing

**Deli Wrap — \$6**

Romaine, turkey breast, bacon, Swiss cheese, ranch dressing

**Simply Veggie — \$6**

White or brown rice, spinach, carrots, toasted sesame seeds, hummus spread

**Ocean Wrap — \$7**

White or brown rice, romaine, tender shrimp, fresh avocado, 1000 Island dressing

## RICE BOWLS

Choose Your Rice Brown or White

**Veggie Bowl — \$6**

Rice, broccoli, snow peas, roasted squash, caramelized onions, carrots

**Asian Bowl — \$6.50**

Rice, grilled chicken, snow peas, carrots, Teriyaki sauce; Upgrade to salmon for \$1.50

**Southwest Bowl — \$6.50**

Rice, grilled chicken, corn salsa, black beans, Pepper Jack cheese

## SIMPLE SANDWICHES

**BLT — \$4.50**

Bacon, lettuce, tomato, mayo

**Ham and Cheese — \$4.50**

Ham, cheese, lettuce, tomato, mayo

Served on a Bun with a Pickle Spear

**The Cuban — \$5.75**

Pulled pork, Swiss cheese, pickles, caramelized onions, mustard

**The Turkey — \$4.50**

Turkey, lettuce, tomato, mayo

## BUILD YOUR OWN PIZZA

Select St. Louis famous Thin Crust or a Classic Thick Crust

**Cheese Pizza — \$5.50**

Choose Tomato Sauce or BBQ Sauce

**Additional Toppings:**

Green pepper, pineapple, red onion, extra cheese, black olives - add 50¢

Mushrooms, sausage, ham, pepperoni, artichoke hearts, bacon - add 75¢

Chicken - add \$1

Pulled pork - add \$2