Salad Sensations

All salads prepared on a bed of romaine lettuce.
*Local Products used when available
(V) = Vegetarian

Chicken Caesar
Grilled chicken*, parmesan cheese*, and Caesar dressing

Fajita Chicken or Steak
Grilled chicken* or seasoned steak*, cheddar cheese, fajita vegetables, and chipotle mayo dressing

Chicken Breast Salad
Grilled chicken*, cherry tomatoes*, mozzarella cheese*, and ranch dressing

Tuna or Chicken Salad
Tuna or grilled chicken* salad (bell peppers, sweet pickle relish, light mayo), cherry tomatoes, and choice of dressing

My Big Fat Greek Salad (V)
Cucumbers, onions, peppers, cherry tomatoes, kalamata olives, feta cheese*, and homemade Greek dressing

Roast Beef
Roast beef, cheddar cheese*, onions, and Dijon mustard dressing

Thai Chicken* or Steak*
Grilled chicken or seasoned steak, peanut sauce, onions, cucumbers and peppers

Chef Salad
Turkey and honey ham, Monterey Jack cheese*, cherry tomatoes, and ranch dressing

Ham
Honey ham, Monterey Jack cheese*, cherry tomatoes, and honey mustard dressing

Turkey
Turkey, cucumbers, Monterey Jack cheese*, and chipotle mayo dressing

Athena's Pasta Salad
Penne pasta topped with roasted red peppers, cherry tomatoes, onions, kalamata olives, basil, fresh mozzarella and drizzled with balsamic dressing

Juicy & Fruity
A happy bowl of freshly cut fruit

Wraps

Choice of white, wheat, brown rice (VG, gluten free) or teff (gluten free) wrap.
(V) = Vegetarian    (VG) = Vegan
*Local Products used when available

Turkey Bliss
Turkey, Monterey Jack cheese* and spring mix

Hamlet
Honey ham, Monterey Jack cheese* and spring mix

Hulk
Roast beef, Monterey Jack cheese* and spring mix

Will Roger's Pride & Joy
Grilled chicken*, brown rice, and southwest seasoned veggies

Best Date Ever
Local peanut butter/honey mix*, banana and dates

Gladiator
Roast beef, mozzarella*, spring mix, tomatoes and homemade roasted red pepper hummus

Jalapeño Chicken Wrap
Grilled chicken*, Monterey Jack cheese*, guacamole, jalapenos, spring mix and light mayo

The Double B (V)
Mix of black beans*, garlic & light mayo, Monterey Jack cheese*, guacamole, spring mix and tomatoes

The Magic Bean (VG)
Black beans*, garbanzo beans, sliced cucumbers, onions, peppers, jalapenos, tomatoes, garlic and spices

Soups

Golden Ticket Potato Soup (VG)
Hearty roasted Yukon gold potatoes in a seasoned vegetable broth with a confetti of celery, corn, onions and red bell peppers

Roasted Red Pepper & Gouda (V)
Velvety-rich bisque of pureed roasted red bell pepper, smoked and shredded Gouda, whole basil leaves, crushed garlic and cream

Bread Bowl
Enjoy your favorite soup in a traditional bread bowl

Mark your calendars for the Laughing Tomato's weekly Farmers' Market! We sell fresh fruits and vegetables and a variety of locally produced foods each Friday from 10:00am - 4:30pm.
Pitas
Our pita bread is made locally in Oklahoma City at Sweis Brothers Bakery

Chicken-rific
Chicken breast salad* (peppers, sweet pickle relish and light mayo), spring mix and tomatoes

Tuna-rific
Tuna salad (peppers, sweet pickle relish and light mayo), spring mix and tomatoes

Fajita Chicken/Steak
Grilled chicken* or seasoned steak*, cheddar cheese*, fajita veggies and chipotle mayo dressing

Kickin’ Chicken
Grilled chicken*, mozzarella cheese*, spring mix, tomatoes, jalapenos and ranch dressing

Thai Chicken/Steak
Grilled chicken* or seasoned steak*, red and green peppers, onion, cucumbers and spicy peanut sauce

Honey Ham
Honey ham, Monterey Jack cheese*, spring mix, tomatoes and honey mustard dressing

The Beast
Roast beef, cheddar cheese*, spring mix, sliced onions and Dijon mustard dressing

Smokin’ Turkey
Turkey, Monterey Jack cheese*, cucumbers, spring mix and chipotle mayo dressing

Garden Pita
Cucumbers, red onions, peppers, black olives, mushrooms, spring mix, sliced tomato, feta cheese* and balsamic dressing

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Supreme Flatbreads
Our flatbread is made locally in Oklahoma City at Sweis Brothers Bakery. Fresh ingredients and delicious sauces all on pita bread.

Ponderosa Supreme
Basil pesto, sundried tomatoes, artichoke hearts and toasted pine nuts

Popeye Supreme
Alfredo sauce, spinach, sliced onions and crumbled feta cheese*

Mediterranean Supreme
Basil pesto, artichoke hearts, sundried tomatoes, spinach, kalamata olives, mozzarella cheese*, feta cheese* and grilled chicken*

Thai Chicken Supreme
Peanut sauce, peppers, onions, crunchy chow mein noodles and grilled chicken*

Taco Supreme
Taco sauce, shredded cheddar* & mozzarella cheese*, lettuce, onions, tomatoes, black olives, sour cream and grilled chicken*

Pesto Supreme
Basil pesto, mozzarella cheese*, Monterey Jack cheese*, cheddar cheese*, parmesan cheese* and oregano

Hummus Supreme
Homemade hummus, spinach, kalamata olives and sundried tomatoes

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Sides

Baby Carrots
Celery w/ Peanut Butter
Apple w/ Peanut Butter
Grandma Opal’s Cookies
Homemade Hummus
Chips
Yogurt
Fruit
Add a fountain drink (including tea) and a side marked with a † to any entree to make it a combo

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*We are committed to supporting regional businesses, fostering sustainability and protecting our local economy. Menu items marked with an asterisk (*) are locally sourced and come from locations 250 miles or less from the University of Oklahoma.