

TOSSED SALADS

SOUTHWEST ^{V GF}

mixed greens, cherry tomatoes, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco, tortilla strips, southwest ranch dressing

FULL \$7.50 680 CALS | HALF \$5.75 510 CALS

THAI CRUNCH ^{DF}

roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions, thai peanut dressing

FULL \$7.50 380 CALS | HALF \$5.75 285 CALS

CHICKEN CAESAR

romaine, roasted chicken, parmesan cheese, croutons, creamy caesar dressing

FULL \$7.50 710 CALS | HALF \$5.75 532 CALS

GLOWING CITRUS ^{GF}

blackened salmon, kale, orange and grapefruit segments, avocado, quinoa, cilantro, yogurt lime cilantro dressing

FULL \$10.50 430 CALS | HALF \$8.00 323 CALS

CRISPY CHICKEN

romaine lettuce, crispy chicken, cheddar cheese, tomato, cucumber, green onion, ranch dressing

FULL \$7.50 710 CALS | HALF \$5.75 533 CALS^h

BEET & GOAT CHEESE ^{V GF}

mixed greens, roasted beets, avocado, walnuts, goat cheese, balsamic vinaigrette

FULL \$7.50 830 CALS | HALF \$5.75 623 CALS

COBB ^{GF}

romaine, bacon, egg, blue cheese, tomato, cucumber, avocado, red wine vinaigrette

FULL \$7.50 770 CALS | HALF \$5.75 578 CALS

TZATZIKI AVOCADO ^V

mixed greens, kales, avocado, feta cheese, grape tomatoes, cucumbers, crispy pitas, creamy tzatziki dressing

FULL \$7.50 570 CALS | HALF \$5.75 428 CALS

BUILD YOUR OWN SALAD

build your own salad with choice of greens, vegetables, cheese and dressing

FULL \$6.00 | HALF \$5.00

ON THE SIDE

ADD CHICKEN
\$2.00 90 CALS

ADD BACON (2)
\$1.50 130 CALS | ^{GF DF}

ADD SALMON
\$5.50 240 CALS | ^{GF DF}

ADD CHEESE
\$0.75 175 CALS | ^{V GF}

ADD AVOCADO
\$1.25 60 CALS | ^{VG GF DF}

SUBSTITUTES

PLANT-BASED CHICKEN
+\$3.00 280 CALS | ^{VG DF}



V-VEGETARIAN **VG-VEGAN** **GF-GLUTEN FREE** **DF-DAIRY FREE** **CN-CONTAINS NUTS**
THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.