

GET CRAFTY

FIRST
PICK YOUR GREENS
(or mix 'n' match!)

\$7.99

arugula
 romaine
 baby spinach
 spring mix
 cabbage
 leaf lettuce

NEXT
PICK UP TO 4 MIX-INS
(extras are \$.79 each)

artichokes
 avocado
 corn
 fresh berries
 red bell pepper
 green bell pepper
 shredded carrots
 cucumbers
 green onions
 raw red onions
 shredded squash
 grape tomatoes
 kalamata olives
 roasted red peppers
 hard-boiled egg
 almonds
 cashews
 pine nuts
 pumpkin seeds
 soy nuts
 walnuts

grilled asparagus
 roasted beets
 raw broccoli
 roasted butternut squash
 green beans
 grilled red onions
 grilled mixed veggies
 roasted mushrooms
 roasted potatoes
 wheatberries
 quinoa
 black beans
 chickpeas
 french lentils
 edamame
 sesame sticks
 crunchy onions
 croutons
 dried apricots
 raisins
 dried cranberries

THEN
PICK YOUR CHOICE
OF PROTEINS

all cheeses \$1.79
 blue cheese
 cheddar cheese
 feta cheese
 fresh mozzarella
 goat cheese
 mild gouda
 parmesan cheese

roasted balsamic tofu \$1.79

crumbled bacon \$1.79

applegate turkey breast \$3.29

grilled salmon \$3.29

grilled shrimp \$3.29

grilled chicken breast \$3.29

grilled steak \$3.29

tuna in olive oil \$3.49

FINALLY
PICK A DRESSING TO
BRING IT ALL TOGETHER
(extras are \$.79 each)

berry vinaigrette
 ranch
 caesar
 blue cheese
 miso
 sun-dried tomato &
 balsamic vinaigrette
 (sugar free)
 chipotle ranch
 chipotle vinaigrette
 no-fat balsamic
 vinaigrette
 extra virgin olive oil
 balsamic vinegar
 apple cider vinegar
 red wine vinegar
 white wine vinegar
 lemon juice

SIGNATURE SALADS

Caesar* \$6.99
romaine, grape tomatoes, parmesan cheese, croutons, caesar dressing

RAW Asian Veggie Toss \$6.99
baby spinach, cabbage, broccoli, red bell peppers, green onions, carrots, almonds, zucchini, yellow squash, asian dressing

Southwest with Asparagus* \$10.99
romaine, grilled asparagus, grilled red onions, corn, black beans, green bell peppers, cheddar cheese, pumpkin seeds, chipotle vinaigrette

The Grainshop* \$8.99
arugula, romaine, wheatberries, quinoa, roasted butternut squash, roasted mushrooms, dried apricots, pinenuts, sun-dried tomato & balsamic vinaigrette

Bowery Berry Goat Cheese \$9.99
arugula, spring mix, goat cheese, seasonal fresh berries, roasted beets, grilled red onions, dried cranberries, walnuts, berry vinaigrette

Grilled Veggie Antipasto* \$8.99
romaine, leaf lettuce, fresh mozzarella, grilled vegetables, artichokes, chickpeas, kalamata olives, sun-dried tomato & balsamic vinaigrette

Asian Toss with Grilled Shrimp \$11.99
baby spinach, cabbage, grilled shrimp, broccoli, red bell peppers, green onions, carrots, almonds, sesame sticks, asian dressing

Tuna Niçoise \$12.99
leaf lettuce, tuna in extra-virgin olive oil, hard-boiled egg, artichokes, roasted potatoes, grape tomatoes, green beans, kalamata olives, extra-virgin olive oil, lemon juice

Grilled Salmon Omega \$10.99
leaf lettuce, spring mix, grilled salmon, avocado, chickpeas, dried cranberries, walnuts, sun-dried tomato & balsamic vinaigrette

Grilled Chicken Santorini \$11.99
leaf lettuce, spring mix, grilled chicken breast, feta cheese, artichokes, grape tomatoes, cucumbers, green bell peppers, red onions, kalamata olives, extra-virgin olive oil, lemon juice

Grilled Chicken Cobb \$11.99
romaine, spring mix, grilled chicken breast, blue cheese, avocado, hard-boiled egg, bacon, grape tomatoes, ranch dressing

Steakhouse Blue \$12.99
leaf lettuce, baby spinach, grilled steak, blue cheese, grilled red onions, roasted red peppers, grape tomatoes, crunchy onions, blue cheese dressing

Turkey Gouda Chef's Salad \$11.99
romaine, applegate turkey breast, gouda cheese, hard-boiled egg, bacon, grape tomatoes, cucumbers, carrots, sesame sticks, ranch dressing

*additional proteins can be added to any signature salad for the prices listed under "Get Crafty"

ORGANIC SOUPS

SMALL (8 oz.) \$2.49

LARGE (16 oz.) \$4.49