CLASSIC SALADS  SMALL OR WRAP $6.29  LARGE $8.09

CHICKEN CAESAR SALAD
Romaine lettuce with Caesar dressing, croutons, parmesan cheese and chicken

BUFFALO CHICKEN SALAD
Grilled chicken, crumbled bleu cheese, fresh vegetables, romaine and Buffalo bleu dressing

SOUTHWEST CHICKEN SALAD
Grilled chicken, romaine, roasted corn, tomatoes, black beans and tortilla straws with salsa ranch

ASIAN GRAIN BOWL
Quinoa, romaine, shredded carrots, red onions, broccoli, mandarin oranges, chicken and toasted sesame dressing

No substitutions

SOUPS  (80-420cals)

SMALL SOUP  $2.99
REGULAR SOUP  $3.49
LARGE SOUP  $3.99

CREATE YOUR OWN  SMALL OR WRAP $6.29  LARGE $8.09

1 CHOOSE A WRAP OR SALAD OR QUINOA BOWL
2 CHOOSE YOUR BASE
Romaine Mix or Kale Spring Mix (80-150 cal)
3 SELECT TOPPINGS
5 for Large
3 for Small/Wrap
(0-90 cal per topping)
4 DRESS IT UP
(20-520 cal)
5 ADD A PROTEIN
(160 cal)
for an additional 0.00-2.99

DRESSINGS
Lite Italian (50-100 cal)
Lite Ranch (110-220 cal)
Buffalo Bleu (120-240 cal)
Ranch (100-200 cal)
Balsamic Vinaigrette (70-140 cal)
Creamy Caesar (150-300 cal)
Olive Oil (260-520 cal)
Balsamic Vinegar (20-40 cal)
Salsa Ranch (50-100 cal)
Toasted Sesame (50-100 cal)

Additional nutrition information available upon request.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.