

Design Your Own

- DINE IN
- CARRY OUT

NAME _____

- Toss with Dressing
- No Dressing
- Dressing on the Side
- No Bread

SALAD BOWL 8.5

GREENS + GRAIN BOWL 7

WHOLE WHEAT WRAP 7.5

SPINACH HERB WRAP 7.5

1 CHOOSE YOUR BASE

SALAD: Choose up to 2 Greens

GREENS + GRAINS: Choose 1 Grain + 1 Green

WRAP: Choose any 2

- Romaine
- Shredded Kale
- Basmati White Rice **GF**
- Spinach
- Baby Greens
- Whole Grain Blend
- Arugula

2 CHOOSE UP TO 5 TOPPINGS EACH ADDITIONAL .50

Cheese

- Cheddar
- Feta
- Gorgonzola
- Parmesan
- Provolone
- Smoked Gouda
- Swiss

Fruit & Veg

- Apples
- Artichokes
- Black Beans
- Black Olives
- Caramelized Onions
- Carrots
- Celery
- Chickpeas
- Corn
- Cucumbers
- Diced Tomatoes
- Edamame
- Egg

- Green Onions
- Heirloom Tomatoes
- House Roasted Beets
- Jalapenos
- Kalamata Olives
- Mango
- Pepperoncini
- Purple Cabbage
- Red Grapes
- Red Onion
- Red Peppers
- Roasted Mushrooms
- Roasted Red Peppers
- Strawberries

Crunchy & Chewy

- Almonds
- Bacon
- Candied Pecans
- Croutons
- Dried Cranberries
- Peanuts
- Roasted Sunflower Seeds
- Sweet + Spicy Sunflower Seeds
- Tortilla Chips
- Walnuts
- Wontons

3 ADD PREMIUM TOPPINGS (OPTIONAL)

- Avocado 1.3
- Goat Cheese 1
- Fresh Mozzarella 1

4 ADD A PROTEIN (OPTIONAL)

- Grilled FreeBird™ Chicken 2.5
- Tavern Ham 2.5
- Spicy FreeBird™ Chicken 2.5
- Deluxe Roast Beef 2.5
- House-made Curried Chicken Salad (scoop) 2.5 **GF**
- Hummus (scoop) 2 **GF DF VV**
- Ovingold® Turkey 2.5
- Wild Caught Shrimp 4
- Black Forest Smoked Turkey 2.5
- Wild Caught Salmon 5



5 DRESS IT UP

ADDITIONAL 2OZ. DRESSING .50

GF: GLUTEN FREE
DF: DAIRY FREE

V: VEGETARIAN
VV: VEGAN

Vinaigrettes

- Lemon-Dijon **GF DF V**
- Honey-Lime **GF DF V**
- Brown Derby **GF DF VV**
- Greek **GF DF VV**
- Ginger Sesame **V**
- Balsamic **GF DF VV**
- Raspberry **GF DF V**

Creamy

- Caesar
- Cucumber Wasabi **V**
- Honey Mustard **GF V**
- Blue Cheese **GF V**
- Low-fat Ranch **V**
- Low-fat Chipotle Ranch **V**
- Spicy Thai Peanut **V**
- Coconut + Peanut Sauce **V**
- Tahini Sauce **V**

Clean

- Fresh Lemon
- Fresh Lime
- Olive Oil
- Red Wine Vinegar
- Aged Balsamic Vinegar
- Sriracha
- Balsamic Glaze Drizzle

Free

- (no charge)
- Sesame Seeds
 - Basil
 - Cilantro

6 ENJOY AND SHARE #TheCureForTheCommonSalad

