

CLASSIC SALADS

SMALL  OR WRAP	\$5.99	LARGE	\$9.39	
	SM	LG	WRAP	
CHICKEN CAESAR SALAD	310 CAL	550 CAL	620 CAL	
Grilled chicken on romaine tossed with Parmesan, seasoned croutons and creamy Caesar dressing				
BUFFALO CHICKEN SALAD	330 CAL	610 CAL	640 CAL	
Grilled chicken, crumbled blue cheese, fresh vegetables and romaine tossed with Buffalo blue dressing				
SOUTHWEST CHICKEN SALAD	210 CAL	390 CAL	520 CAL	
Grilled chicken, romaine, roasted corn, tomatoes, black beans and tortilla straws with salsa ranch				

SALADS PLUS

SMALL (80Z) SIGNATURE SOUP (60 - 290 CAL)	\$3.49
MEDIUM (120Z) SIGNATURE SOUP (90 - 435 CAL)	\$4.59
GARLIC HERB BREADSTICK	\$1.09

ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST. 2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. NO SUBSTITUTIONS.

 MEAL EXCHANGES CAN BE USED TO PURCHASE SET MENU ITEMS AND INCLUDES A DRINK

CREATE YOUR OWN

ADDITIONAL TOPPINGS
& DRESSINGS + \$0.59

SMALL \$5.09 	WRAP \$5.59 	LARGE \$8.39
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- 1 CHOOSE A WRAP OR SALAD

2 CHOOSE YOUR BASE
ROMAINE MIX OR KALE SPRING MIX (10 - 30 CAL)

3 SELECT TOPPINGS (0 - 120 CAL PER TOPPING)
5 FOR LARGE 3 FOR SMALL/WRAP

4 DRESS IT UP (15 - 480 CAL)
Lite Italian Dressing (40 - 80 Cal)
Lite Ranch Dressing (80 - 160 Cal)
Balsamic Vinaigrette (60 - 120 Cal)
Ranch Dressing (100 - 200 Cal)
Olive Oil (250 - 500 Cal)
Creamy Caesar Dressing (140 - 280 Cal)
Blue Cheese Dressing (150 - 300 Cal)
Buffalo Blue Dressing (110 - 220 Cal)
Balsamic Vinegar (15 - 30 Cal)
Salsa Ranch Dressing (60 - 120 Cal)

5 ADD A PROTEIN (60 - 510 CAL)
GRILLED HERBED ORANGE CHICKEN \$2.99
GRILLED MONTREAL SALMON \$4.89
- CHICKEN TENDERS \$4.89

CARNE ASADA \$4.19

TOFU \$2.09