



NOT JUST GREENS

...eating well

Build your own bowl:

Choose your greens or your grains, add four toppings, add a cheese, add a protein, add a fruit or nut and finish with your favourite dressing.

SMALL SALAD \$8.99

LARGE SALAD \$10.99

1 CHOOSE YOUR GREENS OR YOUR GRAINS

Greens

Romaine
Mixed Baby Greens
Spinach

Grains

Quinoa
Couscous
7 Grain Rice Blend

2 CHOOSE FOUR (4) TOPPINGS

Apples
Grapes
Mushrooms
Pita Chips
Chinese Noodles
Homemade Croutons
Edamame
Kalamata Olives
Red & Green Peppers
Chickpeas
Black Beans

Tomato
Red Onions
Cucumber
Corn
Carrots
Broccoli
Fresh Jalapenos
Fresh Beets
Hard-Boiled Eggs
Fresh Avocado
Mandarin Oranges
Kimchi

3 CHOOSE ONE (1) CHEESE

Aged Cheddar
Goat Cheese
Feta Cheese

4 CHOOSE ONE (1) PROTEIN

Roast Chicken
Yam Tempura
Shrimp Tempura
Tofu

5 CHOOSE ONE (1) FRUIT OR NUT

Walnuts
Slivered Almonds
Dates
Roasted Craisins
Pumpkin Seeds
Sunflower Seeds

6 CHOOSE YOUR DRESSING

Green Goddess Dressing
Buttermilk Ranch
Olive Oil
Creamy Caesar Dressing
Sesame Hoisin Vinaigrette
Creamy Dijon Maple Dressing
Creamy Bacon Chive Dressing
Tuscan Italian w/Sun Dried Tomato
Four Peppercorn Asiago Ranch
Modena Balsamic Vinaigrette