### 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.

<table>
<thead>
<tr>
<th>SMALL SALAD $8.99</th>
<th>LARGE SALAD $10.99</th>
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#### 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
- Aged Cheddar
- Goat Cheese
- Feta Cheese
- Roast Chicken
- Yam Tempura
- Shrimp Tempura
- Tofu

#### 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
- 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

#### 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

**PRICES DO NOT INCLUDE TAX**