CREATE YOUR OWN SALAD OR WRAP

SMALL OR WRAP $6.29
LARGE $8.59

1. SALAD OR WRAP
200 - 300 Cal

2. PICK YOUR GREENS
Spinach, Romaine or Arcadian Kale Mix
80 - 150 Cal

3. SELECT TOPPINGS
3 for Small
5 for Large
0 - 90 Cal

4. DRESS IT UP
20 - 520 Cal

5. ADD PROTEIN
(or select 2 additional toppings)
Grilled Montreal Salmon | 166 Cal
Vietnamese Pork | 130 Cal
Grilled Herb Orange Chicken | 160 Cal
Tofu | 20 Cal

SIGNATURE SALADS
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VIETNAMESE BUN CHA PORK SALAD
Grilled pork with lettuce, cucumber, basil and mint over chilled rice noodles

SOUTHWEST CHICKEN SALAD
Romaine lettuce with corn, grape tomatoes, black beans grilled chicken, topped with salsa ranch dressing

MEDITERRANEAN GRAIN BOWL
Grilled chicken, farro, roasted cauliflower, feta cheese kalamata olives & lemon garlic vinaigrette

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