BY CHEF CHEF-DESIGNED SALADS & WRAPS LAURA **PENSIERO**

Substitute tofu for any protein Add 330 calories for wraps	SALAD	WRAP
CAESAR VEGETARIAN 230 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal) Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 190 Cal	tofu/chicken 7.29 shrimp +1.50 salmon +2.00	6.99 +1.50 +2.00
THAI CHICKEN CRUNCH 130 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal) Iceberg-Romaine Mix, Red Cabbage, All-Natural Chicken, Shredded Car Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 140 Cal	chicken 7.49 rrots, shrimp +1.50 salmon +2.00	6.99 +1.50 +2.00
BUFFALO CHICKEN 330 Cal Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Torti Suggested Dressing: Buttermilk Ranch 150 Cal	7.49 lla Strips	6.99
ASIAN SESAME GRAIN 400 Cal (shrimp +70 Cal, salmon +150 Cal)	chicken 7.49	6.99

Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla S Suggested Dressing: Buttermilk Ranch 150 Cal	trips	7.47	0.77
ASIAN SESAME GRAIN 400 Cal (shrimp +70 Cal, salmon +150 Cal) Iceberg-Red Cabbage-Mesclun Mix, All-Natural Chicken, Wheat Berries, Quinoa, String Beans, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal	shrimp	7.49 +1.50 +2.00	6.99 +1.50 +2.00
MEDITERRANEAN MIX 330 Cal VEGETARIAN Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless		7.49	6.99

Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal

HUDSON VALLEY MIX 400 Call VEGETARIAN Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 40 Cal	8.49	7.99
IMMUNITY BOWL 460 Cal Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 150 Cal	9.99	9.29
THE CALIFORNIA 300 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal	8.49	7.99

Ine CALIFURNIA 300 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal	0.47	7.77
BUFFALO CAESAR 350 Cal Romaine, All-Natural Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 5 Cal	8.29	7.99
ROASTED TURKEY HEALTH COBB 250 Cal Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 150 Cal	9.29	8.49

PESTO CHICKEN PARADISE 410 Cal Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Roasted Tomatoes, Red Onions	9.39	8.79
Fresh Mozzarella Suggested Dressing: Olive Oil & Balsamic Vinegar 120 Cal		
TEXAS TWO STEP 290 Cal Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Cal	8.49	7.69
SMOKEHOUSE STEAK 350 Cal Iceberg, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips Suggested Dressing: Smoky Poblano Ranch 130 Cal	9.99	9.29

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Romaine-Iceberg Mix, All-Natural Chicken, Pepper Jack Cheese, Black Beans,

Cilantro, Onion Crunch®, Avocado Suggested Dressing: Chipotle Vinaigrette 150 Cal

SOUP

CHIPOTLE COWBOY 430 Cal

Veggie Split Pea • Minestrone • Grilled Chicken Noodle • Weekly Special

ADD A SMALL SOUP to any meal

May not be available at all locations.

3.45

8.29

Chobani Yogurt	\$2.99	Fruit Salad	\$3.99		
SNACK Protein Cookies Famous Amos Cookies Deep River Chips	\$3.49 \$1.50 \$1.79	Pop Chips Stacy's Pita Chips FSTG Chips	\$1.99 \$1.99 \$1.79	Beanfield's	\$1.99
SIP Can Soda Poland Spring Water Poland Sparkling Water	\$1.29 \$1.69 \$1.79	Snapple Vitamin Water Hint Water	\$1.99 \$2.50 \$2.50	Zico Coconut Gus Soda	\$2.99 \$2.50







FRESH SMOOTHIE 4.95 PROTEIN BOOST +1.00

STRAWBERRY BANANA 260 cal Strawberries, Banana, Sov Milk, Fat-Free Frozen Yogurt. and Agave Nectar

BERRY WILD 250 Cal

Blueberries, Strawberries, Soy Milk, Fat-Free Frozen Yogurt, and Agave Nectar

MANGO MADNESS 230 Cal

Mangoes, Banana, Orange Juice, Fat-Free Frozen Yogurt

BANANA COCO-NUTTY 370 Cal Soy Milk, Banana, Coconut, Almonds, Agave Nectar

PEANUT BUTTER CHIA WARRIOR 310 Cal

Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar

PROTEIN BOOST

(dairy-free)

Hemp Protein Great source of fiber. Vegetarian and certified organic. CUP OF YOGURT (includes one free drizzle)

TOPPINGS / DRIZZLES +1.00

DRIZZLES TOPPINGS Strawberry Sliced Almonds Shaved Coconut Blueberry Mini Chocolate Chips Mango

· DRIZZLE ·

Our homemade blend of freshly puréed fruit, agave nectar, and a touch of lemon.

Nutrition Facts
(Serving size: One cup of plain yogurt)
Calories108
Total Fat0g
Carbs27g
Sodium20mg
Sugars21g
Vitamin C54%

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 25 cal ICEBERG 30 cal MESCLUN 25 cal KALE 70 cal RED CABBAGE 50 cal ROMAINE 25 cal ARUGULA (+75¢) 35 cal

Avocado

PROTEIN

Chicken ALL-NATURAL

Turkey Bacon CRISPY

Turkey House-Roasted

Tofu sesame grilled

Steak CHARBROILED

SEAFOOD

Albacore Tuna

Shrimp GRILLED Salmon GRILLED

CHEESE

Crumbled Bleu

Crumbled Feta

Goat Cheese Montchevré

Reduced-Fat Cheddar

Nutritional Key

Reduced-Fat Swiss

Shaved Parmesan

■ Contains No Gluten ■ Vegan

Low Carb (<5g)</p>

Low Cholesterol

Pepper Jack CABOT

Buffalo Chicken ALL-NATURAL

Pesto Chicken ALL-NATURAL

FREE essentials

Additional toppings 59¢ each

WRAPS 330 cal

SENTIALS

VEGGIES Artichoke Hearts Asparagus STEAMED **Banana Peppers** Beets FRESH **Black Beans**

Black Beans & Corn Broccoli STEAMED Carrots SHREDDED

Celery Chickpeas Cilantro Corn

Cucumbers SEEDLESS **Green Peppers**

Jalapenos FRESH **Red Onions** Red Peppers ROASTED **String Beans**

White Mushrooms Egg Whites Hard-Boiled Eggs FRUIT

Tomatoes

Apples GRANNY SMITH **Dried Cranberries Mandarin Oranges GRAINS & NUTS**

Almonds TOASTED Lentils **Pumpkin Seeds** Quinoa **Walnuts Wheat Berries**

CRUNCH **Crispy Wontons Croutons** MULTIGRAIN Onion Crunch ® **Tortilla Strips**

more essentials

PREMIUM ORIGINAL DRESSINGS **Hearts of Palm** Sherry Shallot Vinaigrette 140 Cal Kalamata Olives Smoky Poblano Ranch 130 Cal Portabella Mushrooms 1.00 Spicy Thai Peanut 140 Cal **Butternut Squash** ROASTED White Balsamic 170 cal **Tomatoes** ROASTED Lemon Vinaigrette 150 Cal Chipotle Vinaigrette 150 Cal

1.79

2.49

1.29

2.50

Ranch 30 Cal

Red Wine Vinegar o cal

Balsamic Vinegar 10 Cal

LOW-FAT

when you reuse your bowl (or 1 Free Cheese)

Balsamic Vinaigrette 70 cal Horseradish Chive 40 Cal Yogurt Cucumber 20 Cal Chilled Avocado 35 Cal Sweet & Creamy Sriracha 25 Ca Far East Mandarin 25 Cal Spicy Buffalo 5 Cal New! FAT-FREE Fresh Half Lemon 5 Cal Honey-Herb Dijon 45 Cal

CLASSIC DRESSINGS

Asian Sesame 130 Cal Bleu Cheese 160 Cal Caesar 190 Cal Balsamic Vinaigrette 150 Cal Buttermilk Ranch 150 Cal Olive Oil / Balsamic Vinegar 120 Cal

Olive Oil 240 Cal

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SPRING SEASONAL

Contains No Milk



SPRING BOOTY SLIMDOWN 320 Cal

Romaine - Kale Mix, Pirate's Booty®, Turkey Bacon, Steamed Brussels Sprouts, Asparagus, Sliced Radishes

Suggested Dressing: Low-Fat Horseradish Chive 40 Cal



BUFFALO CAESAR 350 Cal

Romaine, Grilled All-Natural Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 5 Cal

THAI-TASTIC 320 Cal Iceberg - Red Cabbage Mix, Grilled

All-Natural Chicken, Black Beans, Cilantro, Shredded Carrots, Unsalted Peanuts Suggested Dressing: Sweet & Creamy Sriracha 25 Cal



CAJUN EL PASO GRILL 430 Cal

Romaine - Iceberg Mix, Cajun Grilled Shrimp, Avocado, Tomatoes, Black Beans & Corn, Onion Crunch®, Pepper Jack Cheese Suggested Dressing: Chipotle Vinaigrette 150 Cal

*Add 330 calories for wraps. No substitutions please.

SALAD | WRAP*

8.29

8.29

7.79

7.99

7.99

9.29



SEASONAL DRESSING **Spicy Buffalo**

SEASONAL INGREDIENTS

Brussels Sprouts | Unsalted Peanuts Grilled Cajun Shrimp - \$3.50 | Pirate's Booty® - 75¢