


FRESH SALADS

ADD TO ANY SALAD: TUNA SALAD \$4, ROASTED PULLED CHICKEN \$4.50, GRILLED CHICKEN \$4.50, SMOKED SALMON \$6, CERTIFIED ANGUS STEAK TIPS \$6, SHRIMP \$6

 **THE BLUE MOON BEET BOWL:** ROASTED GOLDEN BEETS, CHOPPED ROMAINE LETTUCE, ROASTED WALNUTS, CRANBERRY SAUCE, BLUE CHEESE CRUMBS, AVOCADO, CHERRY TOMATOES, TOSSED ON CRANBERRY VINAIGRETTE \$9.99

 **THE BORDER BOWL:** ORGANIC KALE, ROASTED CORN, AVOCADO, RED ONION, BLACK BEANS, GARDEN PEPPERS, POBLANO RANCH DRESSIN, CRISPY TORTILLA STRIPS AND PEPPER JACK CHEESE \$9.99

WICHIT GREENS BOWL: ORGANIC GREEN, CARROT LACES, CUCUMBER, TOMATO, AVOCADO, ONION, GRILLED ASPARAGUS, OREGANO FLAKES AND BALSAMIC VINAGRETTE \$9.99

MEDITERRANEAN BOWL: ORGANIC BABY KALE, CHERRY TOMATO, CUCUMBER, KALAMATA OLIVE, ROASTED RED PEPPER, OREGANO FLAKES, CRUMBLLED FETA, GREEK DRESSING \$9.99

HARVEST BOWL: ORGANIC GREENS, SUN-DRIED CRANBERRIES, ROASTED PEAR, GOAT CHEESE, ROASTED WALNUTS AND CRANBERRY VINAIGRETTE \$ 9.99

THE ANTIPASTO BOWL: CHOPPED ROMAINE, CHERRY TOMATOES, ROASTED RED PEPPERS, PROSCUITTO AND VIRGINIA HAM ,CALAMATA OLIVES, ROASTED EGGPLANT, PEPPERONCINI AND FETTA CHEESE, BALSAMIC VINAIGRETTE \$12.99

THE CAPRESE: VINE RIPE TOMATOES, ORGANIC GREENS, EXTRA VIRGIN OLIVE OIL, FRESH MOZZARELLA, BASIL, OREGANO FLAKS, BALSAMIC GLAZE \$9.99

AVOCADO QUINOA BOWL: RED QUINOA, AVOCADO, ORGANIC KALE, CARROT LACES, CHICK PEA, RED ONION, CHERRY TOMATOES, JULIENNE GARDEN PEPPERS, BALSAMIC VINAIGRETTE \$9.99

 **THE TACO BOWL:** CHOPPED ROMAINE, BLACK BEANS, ROASTED CORN, JULIENNE GARDEN PEPPERS, AVOCADO TORTILLA STRIP, TOPPED WITH HOUSE MADE CHILI, TOSSED ON POBLANO RANCH DRESSING \$11.99

TOFU NODDLE BOWL: GRILLED TOFU, ASIAN NODDLE, RED CABBAGE , CHERRY TOMATOES, AVOCADO, CUCUMBER, SESSAMI SEEDS TOSSED ON ASIAN DRESSING \$ 9.99

THE COBB BOWL: CHOPPED ROMAINE LETTUCE, BACON BITS, BLUE CHEESE CRUMBS, CHERRY TOMATOES, JULIENNE GARDEN PEPPERS, CUCUMBERS, HARD BOILED EGG, WITH BALSAMIC DRESSING \$ 9.99

NOTE: ASTERISK (*) FOOD ITEMS SUCH AS HAMBURGER, STEAK OR EGGS COOKED TO ORDER, RAW FISH, SHELLFISH AND RAW EGG CAESAR SALAD MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING UNDERCOOKED MEATS, POULTRY OR RAW FOODS MAY INCREASE THE RISK OF FOOD BORNE ILLNES, BEFORE PLACING YOUR ORDER, PLEASE NOTIFY US OF ANY FOOD RELATED ALLERGIES YOU MAY HAVE..