

# 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

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**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

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**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

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

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

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

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**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

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

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

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**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

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**TOFU NODDLE BOWL:** GRILLED TOFU, ASIAN NODDLE, RED CABBAGE , CHERRY TOMATOES, AVOCADO, CUCUMBER, SESSAMI