design your own salad $7.69

step 1: choose your lettuce (optional)
- iceberg
- romaine
- spinach
- organic spring mix
- organic kale (+$1.10)

step 2: choose up to 4 "choppings" each additional chopping 69¢
- organic spring mix
- roasted brussels sprouts, peppered bacon, red onion, goat cheese,
  with balsamic vinaigrette dressing $8.95
- asian & bacon
- roasted corn, black beans, red onion, with barbecue ranch dressing $11.99
- roasted red peppers, black beans, with salsa ranch dressing $9.09
- organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing $9.25
- mediterranean
- southwest chicken
- strawberry fields
- orchard apple

step 3: choose your protein (optional)
- all-natural grilled chicken $2.85
- all-natural sonoran blackened chicken $2.85
- all-natural turkey $2.85
- all-natural ham $2.85
- all-natural genoa salami $2.85
- oven-baked salmon $5.10
- garlic herb grilled shrimp $2.85
- baked tofu $2.85
- homemade albacore tuna salad $2.85
- homemade chicken salad $2.85

step 4: choose your dressing
- fat-free caesar
- fat-free honey dijon
- fat-free raspberry vinaigrette
- fat-free roasted red bell pepper italian
- reduced-calorie buttermilk ranch
- reduced-calorie olive oil vinaigrette
- olive oil & balsamic vinegar
- thousand island
- honey poppy seed fruit
- fat-free roasted red bell pepper italian
- reduced-calorie buttermilk ranch
- reduced-calorie olive oil vinaigrette
- olive oil & balsamic vinegar

chopped classics

asiAn
- organic spring mix, chinese noodles, broccoli, snap peas, almonds, mandarin oranges, with chinese salad dressing $8.35
- iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing $11.19
- all-natural lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing $9.99
- all-natural lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing $11.99
- organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing $9.25
- mediterranean
- southwest chicken
- strawberry fields
- roasted peppers, with feta cheese vinaigrette dressing $9.09
- organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing $8.95
- organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing $9.49

bbq ranch
- iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing $11.19
- all-natural lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing $9.99
- all-natural lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing $11.99
- organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing $9.25
- mediterranean
- southwest chicken
- strawberry fields
- roasted peppers, with feta cheese vinaigrette dressing $9.09
- organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing $8.95
- organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing $9.49

chicken caesar
- iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing $11.19
- all-natural lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing $9.99
- all-natural lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing $11.99
- organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing $9.25
- mediterranean
- southwest chicken
- strawberry fields
- roasted peppers, with feta cheese vinaigrette dressing $9.09
- organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing $8.95
- organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing $9.49

harvest kale
- iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing $11.19
- all-natural lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing $9.99
- all-natural lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing $11.99
- organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing $9.25
- mediterranean
- southwest chicken
- strawberry fields
- roasted peppers, with feta cheese vinaigrette dressing $9.09
- organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing $8.95
- organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing $9.49

mediterranean
- iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing $11.19
- all-natural lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing $9.99
- all-natural lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing $11.99
- organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing $9.25
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- organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing $9.49

orchard apple
- iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing $11.19
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- all-natural lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing $11.99
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- organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing $9.49

soups

vegetable (vegan, gluten-free)
- $2.80
- $2.80
- $2.80
- $2.80

chicken noodle
- $2.80
- $2.80
- $2.80
- $2.80

roasted garlic tomato
- $2.80
- $2.80
- $2.80
- $2.80

roasted corn Chowder w/ poblano chiles (vegetarian)
- $2.80
- $2.80
- $2.80
- $2.80

broccoli cheddar
- $2.80
- $2.80
- $2.80
- $2.80

16 each additional topping 69¢
signature grain bowls  
(Served Warm)

**PROTEIN ADD-ONS: $2.50 each**

- All-Natural Sonoran Blackened Chicken
- Garlic Herb Grilled Shrimp
- Baked Tofu

**FIESTA**
- black beans, roasted corn, roasted onion, peppers, roasted jalapeño, avocado, cotija cheese, chile crema, with a blend of 100% whole grain brown rice, black barle & daikon radish seeds .......................... $8.75

**EURO**
- roasted brussels sprouts, roasted onion, peppers, peppered bacon, balsamic glaze, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds ...........................................$9.25

**POWER VEGGIE**
- sautéed organic kale, sautéed spinach, roasted butternut squash, dried cranberries, roasted onion, orange basil pesto with pine nuts, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds ...........................................$9.25

**TOSCANA**
- (served warm or cold)
  - sautéed spinach, sun-dried tomatoes, artichoke hearts, kalamata olives, fresh mozzarella, garlic-scented olive oil, balsamic glaze with garden herbs, with couscous (pasta pearls) ........................................... $9.75

sandwiches  
(Includes All-Natural Kettle Chips or Apple Slices)

**VICE’S ITALIAN**
- all-natural ham, genoa salami, pepperoni, provolone cheese, romaine lettuce, tomato, red onion, Italian dressing, on artisan Italian bread ........................................... $9.55

**TURKEY CLUB**
- all-natural turkey, peppered bacon, white american cheese, romaine lettuce, tomato, mayonnaise, on artisan Italian bread ........................................... $9.75

**TUNA SALAD**
- homemade albacore tuna salad, romaine lettuce, tomato, red onion, sprouts, on heartland grain bread ........................................... $9.25

**CHICKEN SALAD**
- homemade chicken salad, romaine lettuce, tomato, sprouts, on heartland grain bread ........................................... $9.25

**VEGGIE CLASSIC**
- cucumber, sprouts, tomato, red onion, roasted red peppers, provolone cheese, romaine lettuce, cilantro dressing, on heartland grain bread ........................................... $8.75

**BUILD-YOUR-OWN SANDWICH**
- all-natural ham or turkey, choice of cheese, romaine lettuce, tomato, mayonnaise or spicy brown mustard, on choice of bread ........................................... $9.25

**GRilled CHEese**
- with 6 oz. roasted garlic tomato soup ........................................... $9.55

panini  
(Includes All-Natural Kettle Chips or Apple Slices)

**BBQ CHICKEN**
- all-natural chicken breast, peppered bacon, cheddar cheese, red onion, barbecue sauce, on ciabatta ........................................... $6.89  
  HALF $6.25  
  WHOLE $10.25

**AVOCADO CLUB**
- all-natural turkey, peppered bacon, cream cheese, avocado, sprouts, on ciabatta ........................................... $6.89  
  HALF $6.25  
  WHOLE $10.25

**TUSCAN TURKEY**
- all-natural turkey, provolone cheese, pesto, roasted red peppers, on ciabatta ........................................... $6.39  
  HALF $5.95  
  WHOLE $9.25

**THE BLT**
- peppered bacon, romaine lettuce, tomato, mayonnaise, on ciabatta ........................................... $5.89  
  HALF $5.45  
  WHOLE $9.25

**THE CAPRESE**
- fresh mozzarella, organic spring mix, tomato, sun-dried tomato spread, olive oil, on ciabatta ........................................... $6.39  
  HALF $5.95  
  WHOLE $9.75

**THE FUEGO**
- all-natural ham, pepper jack cheese, roasted jalapeños, sriracha mayo, on ciabatta ........................................... $6.39  
  HALF $5.95  
  WHOLE $9.75

**GRILLED CHEESE**
- white american and cheddar cheese, on classic white bread ........................................... N/A  
  (add tomato for 50¢, add peppered bacon or all-natural ham for $1.50)  
  HALF $6.75  
  WHOLE $11.25

**FUEGO PANINI**
- white american and cheddar cheese, on classic white bread ........................................... N/A

homestyle mac & cheese  
(Baked to Order)

Large elbow pasta, mixed with classic cheddar cheese sauce, topped with cheddar cheese, parmesan and bread crumbs & baked to order to a golden brown $7.59

**ADD-INS**
(No more than 2 recommended)

- black beans .... $0.65  
- fried onion .... $0.65  
- broccoli .... $0.65  
- tomatoes .... $0.65  
- fresh garlic .... $0.65  
- bacon (peppered) .... $1.05  
- green onion .... $0.65  
- all-natural grilled chicken .... $1.10

beverages

**SODA** Choose from 100+ flavors  
- barefoot vineyard wines ........................................... $2.29

**ICED TEA**  
- $2.29  
- (regular & herbal) ........................................... $2.29

**LEMONADE**  
- $2.29  
- milk ½% ........................................... $1.59

beer & wine  
Assorted craft beers and Barefoot Vineyard wines $4.50

sides

**HOMEMADE ALBACORE TUNA SALAD** ........................................... $2.85

**HOMEMADE CHICKEN SALAD** ........................................... $2.85

**APPLE SLICES** ........................................... $1.19

**ALL-NATURAL KETTLE CHIPS**  
- assorted flavors ........................................... $1.29

**CHOCOLATE CHUNK COOKIE** ........................................... $2.39

kid’s corner

10 years & younger. Includes kid-sized drink or milk. Sandwhiches include all-natural kettle chips or apple slices.

**CUSTOM SALAD** choice of lettuce, 3 choppings, and dressing  
- (add protein for $1.35) ........................................... $4.95

**GRILLED CHEESE** white american cheese on  
- kid-sized crustless classic white bread ........................................... $5.50

**KID’S TURKEY OR HAM SANDWICH** all-natural turkey or ham, choice of cheese, romaine lettuce, tomato, mayonnaise or mustard, on kid-sized crustless classic white bread ........................................... $5.50

**MAC & CHEESE** large elbow pasta, mixed with  
- classic cheddar cheese sauce, topped with  
- cheddar cheese, parmesan and bread crumbs & baked to order to a golden brown ........................................... $5.50

(over)