

CHOICE GREENS

fresh chopped salads • sandwiches • panini

design your own salad \$7.39

step 1: CHOOSE YOUR LETTUCE

- iceberg • romaine • spinach • organic spring mix • organic kale (+\$1.10)

step 2: CHOOSE UP TO 4 "CHOPPINGS" Each additional chopping 69¢

- anchovies
- apples
- artichoke hearts
- avocado (+55¢)
- bacon (peppered) (+\$1.10)
- beets
- bell peppers (mixed)
- black beans
- black olives
- broccoli
- brussels sprouts (roasted)
- butternut squash (roasted)
- carrots
- cauliflower

- celery
- chickpeas
- chinese noodles
- corn (roasted)
- croutons
- cucumber
- dried cranberries
- grapes
- hard boiled egg
- hearts of palm
- jalapenos (roasted)
- jicama
- kalamata olives
- kidney beans

- mandarin oranges
- mango
- mushrooms
- peas
- pepperoncini
- radishes
- red onion
- roasted red peppers
- snap peas
- sprouts
- strawberries
- sun-dried tomatoes
- tomatoes
- tortilla strips

CHEESES

- bleu cheese crumbles
- cheddar
- cotija
- feta
- fresh mozzarella (+\$1.10)
- goat cheese (+55¢)
- pepper jack
- provolone
- shaved parmesan

GRAINS

- couscous (pasta pearls)
- quinoa

NUTS

- almonds
- caramelized walnuts
- pine nuts
- sunflower seeds

step 3: CHOOSE YOUR PROTEIN (Optional)

- all-natural grilled chicken \$2.70
- all-natural sonoran blackened chicken \$2.70
- all-natural turkey \$2.70
- all-natural ham \$2.70
- all-natural genoa salami \$2.70

- oven-baked salmon \$4.95
- garlic herb grilled shrimp \$2.70
- baked tofu \$2.70
- albacore tuna \$2.70
- homemade albacore tuna salad \$2.70
- homemade chicken salad \$2.70

step 4: CHOOSE YOUR DRESSING

- apple cider vinaigrette
- balsamic vinaigrette
- barbecue ranch
- chinese chicken salad
- cilantro
- classic chunky bleu cheese
- classic caesar

- feta cheese vinaigrette
- honey mustard
- honey poppy seed fruit
- hot thai peanut
- olde venice italian
- ranch
- salsa ranch
- thousand island

- 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

— Add rosemary sea salt focaccia or sprouted spelt bread to any salad for 59¢ —

chopped classics

ASIAN	organic spring mix, chinese noodles, broccoli, snap peas, almonds, mandarin oranges, with chinese salad dressing.....	\$8.05
BBQ RANCH	iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing	\$10.75
CHICKEN CAESAR	romaine lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing	\$9.79
COBB	iceberg lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing ...	\$11.65
HARVEST KALE	organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing	\$8.95
MEDITERRANEAN	romaine lettuce, feta cheese, red onion, sun-dried tomatoes, kalamata olives, cucumber, roasted red peppers, with feta cheese vinaigrette dressing.....	\$8.79
ORCHARD APPLE	spinach, bleu cheese crumbles, apples, dried cranberries, caramelized walnuts, with fat-free raspberry vinaigrette	\$7.39
SOUTHWEST CHICKEN	romaine lettuce, all-natural grilled chicken, cheddar cheese, avocado, black olives, tortilla strips, tomatoes, black beans, with salsa ranch dressing.....	\$11.55
STRAWBERRY FIELDS	organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing	\$8.65

HALF (6 oz.) FULL (12 oz.)

\$2.70 \$5.40
\$2.70 \$5.40
\$2.70 \$5.40
\$2.70 \$5.40
\$2.70 \$5.40

soups

(served in pewter tureen)

VEGETABLE (vegan, gluten-free)
CHICKEN NOODLE
ROASTED GARLIC TOMATO
ROASTED CORN CHOWDER W/ POBLANO CHILES (vegetarian)
BROCCOLI CHEDDAR

(over)

signature grain bowls

PROTEIN ADD-ONS: \$2.50 each

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

WARM BOWLS

FIESTA black beans, roasted corn, roasted onion, peppers, roasted jalapeno, avocado, cotija cheese, chile crema, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds ... \$8.49

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 ... \$8.99

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 ... \$8.99

COLD BOWLS

TOSCANA sautéed spinach, sun-dried tomatoes, artichoke hearts, kalamata olives, fresh mozzarella, garlic scented olive oil, balsamic glaze with garden herbs, with couscous (pasta pearls) ... \$9.49

BAHN MI cucumber, carrots, cabbage, radishes, roasted jalapeno, creamy sriracha sauce, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds ... \$7.99

sandwiches

(Includes All-Natural Kettle Chips or Apple Slices)

VIC'S ITALIAN	all-natural ham, genoa salami, pepperoni, provolone cheese, romaine lettuce, tomato, red onion, italian dressing, on artisan italian bread ...	\$9.29
TURKEY CLUB	all-natural turkey, peppered bacon, white american cheese, romaine lettuce, tomato, mayonnaise, on artisan italian bread ...	\$9.49
TUNA SALAD	homemade albacore tuna salad, romaine lettuce, tomato, red onion, sprouts, on heartland grain bread ...	\$8.99
CHICKEN SALAD	homemade chicken salad, romaine lettuce, tomato, sprouts, on heartland grain bread ...	\$8.99
VEGGIE CLASSIC	cucumber, sprouts, tomato, red onion, roasted red peppers, provolone cheese, romaine lettuce, cilantro dressing, on heartland grain bread ...	\$8.49
BUILD-YOUR-OWN SANDWICH	all-natural ham or turkey, choice of cheese, romaine lettuce, tomato, mayonnaise or spicy brown mustard, on choice of bread ...	\$8.99

panini

(Includes All-Natural Kettle Chips or Apple Slices)

		HALF	WHOLE
BBQ CHICKEN	all-natural chicken breast, peppered bacon, cheddar cheese, red onion, barbecue sauce, on ciabatta ...	\$6.75	\$9.99
AVOCADO CLUB	all-natural turkey, peppered bacon, cream cheese, avocado, sprouts, on ciabatta ...	\$6.75	\$9.99
TUSCAN TURKEY	all-natural turkey, provolone cheese, pesto, roasted red peppers, on ciabatta ...	\$6.25	\$9.49
THE BLT	peppered bacon, romaine lettuce, tomato, mayonnaise, on ciabatta ...	\$5.75	\$8.99
THE CAPRESE	fresh mozzarella, organic spring mix, tomato, sun-dried tomato spread, olive oil, on ciabatta ...	\$6.25	\$9.49
THE FUEGO	all-natural ham, pepper jack cheese, roasted jalapenos, sriracha mayo, on ciabatta ...	\$6.25	\$9.49
GRILLED CHEESE	white american and cheddar cheese, on classic white bread ...	N/A	\$6.49
	(add tomato for 50¢, add peppered bacon or all-natural ham for \$1.50)		
	GRILLED CHEESE WITH 6 OZ. ROASTED GARLIC TOMATO SOUP ...		\$9.19

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

\$7.29

ADD-INS

(No more than 2 recommended)

• black beans65¢	• fried onion65¢
• bleu cheese65¢	• tomatoes65¢
• fresh garlic65¢	• bacon (peppered) . .	\$1.05
• green onion65¢	• all-natural grilled	
• roasted jalapenos . .	.65¢	chicken	\$1.10

beverages

SODA Choose from 100+ flavors from our Coca-Cola Freestyle Machine. . .	\$2.29	BOTTLED WATER	\$1.59
ICED TEA (regular & herbal)	\$2.29	S. PELLEGRINO	\$2.99
LEMONADE	\$2.29	MILK 2%	\$1.59

beer & wine

Assorted craft beers and Barefoot Vineyard wines **\$4.50**

kid's corner

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

CUSTOM SALAD choice of lettuce, 3 choppings, and dressing (add protein for \$1.35)	\$4.70
GRILLED CHEESE white american cheese on kid-sized crustless classic white bread.	\$5.25
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	\$5.25
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	\$5.25

sides

HOMEMADE ALBACORE TUNA SALAD	\$2.69
HOMEMADE CHICKEN SALAD	\$2.69
APPLE SLICES	\$1.19
ALL-NATURAL KETTLE CHIPS (assorted flavors)	\$1.29

desserts

CHOCOLATE CHUNK COOKIE	\$2.39
BROWNIE	\$1.39