

# CHOICE GREENS

fresh chopped salads • sandwiches • panini

## design your own salad \$8.19

### 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¢

- anchovies
- apples
- artichoke hearts
- avocado (+75¢)
- bacon (peppered) (+\$1.25)
- 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
- jalapeños (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.....\$2.99           | • oven-baked salmon.....\$5.40            |
| • all-natural sonoran blackened chicken.....\$2.99 | • garlic herb grilled shrimp.....\$2.99   |
| • all-natural turkey.....\$2.99                    | • baked tofu.....\$2.99                   |
| • all-natural ham.....\$2.99                       | • albacore tuna.....\$2.99                |
| • all-natural genoa salami.....\$2.99              | • homemade albacore tuna salad.....\$2.99 |
|  | • homemade chicken salad.....\$2.99       |

### step 4: CHOOSE YOUR DRESSING

- |                              |                           |  |
|------------------------------|---------------------------|--|
| • apple cider vinaigrette    | • feta cheese vinaigrette | • fat-free caesar                          |
| • balsamic vinaigrette       | • honey mustard           | • fat-free honey dijon                     |
| • barbecue ranch             | • honey poppy seed fruit  | • fat-free raspberry vinaigrette           |
| • chinese chicken salad      | • hot thai peanut         | • fat-free roasted red bell pepper italian |
| • cilantro                   | • olde venice italian     | • reduced-calorie buttermilk ranch         |
| • classic chunky bleu cheese | • ranch                   | • reduced-calorie olive oil vinaigrette    |
| • classic caesar             | • salsa ranch             | • olive oil & balsamic vinegar             |
|                              | • thousand island         |  |

————— Add rosemary sea salt focaccia or power bread (slice) to any salad for 59¢ —————

## chopped classics

- |                                     |  |         |
|-------------------------------------|--|---------|
| <b>ASIAN</b>                        | organic spring mix, chinese noodles, broccoli, snap peas, almonds, mandarin oranges, with chinese salad dressing.....  | \$8.85  |
| <b>BBQ RANCH</b>                    | iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing.....                         | \$11.85 |
| <b>CHICKEN CAESAR</b>               | romaine lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing.....  | \$10.15 |
| <b>COBB</b>                         | iceberg lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing..... | \$12.99 |
| <b>HARVEST KALE</b>                 | organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing.....  | \$9.95  |
| <b>MEDITERRANEAN</b>                | romaine lettuce, feta cheese, red onion, sun-dried tomatoes, kalamata olives, cucumber, roasted red peppers, with feta cheese vinaigrette dressing.....                        | \$9.59  |
| <b>ORCHARD APPLE</b>                | spinach, bleu cheese crumbles, apples, dried cranberries, caramelized walnuts, with fat-free raspberry vinaigrette.....  | \$8.19  |
| <b>SOUTHWEST CHICKEN</b>            | romaine lettuce, all-natural grilled chicken, cheddar cheese, avocado, black olives, tortilla strips, tomatoes, black beans, with salsa ranch dressing.....                    | \$12.85 |
| <b>STRAWBERRY FIELDS</b>            | organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing.....  | \$9.65  |
| <b>ROASTED BRUSSELS &amp; BACON</b> | organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing.....                               | \$10.15 |

## soups

(served in pewter tureen)

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

	HALF (6 oz.)	FULL (12 oz.)
	\$3.00	\$6.00
	\$3.00	\$6.00
	\$3.00	\$6.00
	\$3.00	\$6.00
	\$3.00	\$6.00

(over)

# signature grain bowls (Served Warm)

**PROTEIN ADD-ONS: \$2.65 each**

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

<b>FIESTA</b>	black beans, roasted corn, roasted onion, peppers, roasted jalapeño, roasted garlic, avocado, cotija cheese, chile crema, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds . . . . .	\$9.50
<b>EURO</b>	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 . . . . .	\$9.99
<b>POWER VEGGIE</b>	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 . . . . .	\$9.75
<b>TOSCANA</b> <small>(served warm or cold)</small>	sautéed spinach, sun-dried tomatoes, artichoke hearts, kalamata olives, fresh mozzarella, garlic-scented olive oil, balsamic glaze with garden herbs, with couscous (pasta pearls) . . . . .	\$10.25

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

<b>VIC'S ITALIAN</b>	all-natural ham, genoa salami, pepperoni, provolone cheese, romaine lettuce, tomato, red onion, italian dressing, on artisan italian bread . . . . .	\$10.05
<b>TURKEY CLUB</b>	all-natural turkey, peppered bacon, white american cheese, romaine lettuce, tomato, mayonnaise, on artisan italian bread . . . . .	\$10.25
<b>TUNA SALAD</b>	homemade albacore tuna salad, romaine lettuce, tomato, red onion, sprouts, on power bread . . . . .	\$9.75
<b>CHICKEN SALAD</b>	homemade chicken salad, romaine lettuce, tomato, sprouts, on power bread . . . . .	\$9.75
<b>VEGGIE CLASSIC</b>	cucumber, sprouts, tomato, red onion, roasted red peppers, provolone cheese, romaine lettuce, cilantro dressing, on power bread . . . . .	\$9.25
<b>BUILD-YOUR-OWN SANDWICH</b>	all-natural ham or turkey, choice of cheese, romaine lettuce, tomato, mayonnaise or spicy brown mustard, on choice of bread . . . . .	\$9.75

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

		HALF	WHOLE
<b>BBQ CHICKEN</b>	all-natural chicken breast, peppered bacon, cheddar cheese, red onion, barbecue sauce, on ciabatta . . . . .	\$7.19	\$10.85
<b>AVOCADO CLUB</b>	all-natural turkey, peppered bacon, cream cheese, avocado, sprouts, on ciabatta . . . . .	\$7.19	\$10.85
<b>TUSCAN TURKEY</b>	all-natural turkey, provolone cheese, pesto, roasted red peppers, on ciabatta . . . . .	\$6.69	\$10.35
<b>THE BLT</b>	peppered bacon, romaine lettuce, tomato, mayonnaise, on ciabatta . . . . .	\$6.19	\$9.85
<b>THE CAPRESE</b>	fresh mozzarella, organic spring mix, tomato, sun-dried tomato spread, olive oil, on ciabatta . . . . .	\$6.69	\$10.35
<b>THE FUEGO</b>	all-natural ham, pepper jack cheese, roasted jalapeños, sriracha mayo, on ciabatta . . . . .	\$6.69	\$10.35
<b>GRILLED CHEESE</b>	white american and cheddar cheese, on classic white bread . . . . .	N/A	\$7.25
<b>GRILLED CHEESE WITH 6 OZ. ROASTED GARLIC TOMATO SOUP</b> . . . . .			\$10.25

## 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

**\$8.09**

### ADD-INS

(No more than 2 recommended)

• black beans . . . . .	.65¢	• fried onion . . . . .	.65¢
• broccoli . . . . .	.65¢	• tomatoes . . . . .	.65¢
• fresh garlic . . . . .	.65¢	• bacon (peppered) . .	\$1.15
• green onion . . . . .	.65¢	• all-natural grilled	
• roasted jalapeños . .	.65¢	chicken . . . . .	\$1.25

## beverages

<b>SODA</b> Choose from 100+ flavors from our Coca-Cola Freestyle Machine . . \$2.39	<b>BOTTLED WATER</b> . . . . . \$1.59
<b>ICED TEA</b> (regular & herbal) . . . . . \$2.39	<b>S. PELLEGRINO</b> . . . . . \$2.99
<b>LEMONADE</b> . . . . . \$2.39	<b>MILK 2%</b> . . . . . \$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.

<b>CUSTOM SALAD</b> choice of lettuce, 3 choppings, and dressing (add protein for \$1.35) . . . . .	\$5.25
<b>GRILLED CHEESE</b> white american cheese on kid-sized crustless classic white bread . . . . .	\$5.80
<b>KID'S TURKEY OR HAM SANDWICH</b> all-natural turkey or ham, choice of cheese, romaine lettuce, tomato, mayonnaise or mustard, on kid-sized crustless classic white bread . . . . .	\$5.80
<b>MAC &amp; CHEESE</b> large elbow pasta, mixed with classic cheddar cheese sauce, topped with cheddar cheese, parmesan and bread crumbs & baked to order to a golden brown . . . . .	\$5.80

## sides

<b>HOMEMADE ALBACORE TUNA SALAD</b> . . . . .	\$2.99
<b>HOMEMADE CHICKEN SALAD</b> . . . . .	\$2.99
<b>APPLE SLICES</b> . . . . .	\$1.19
<b>ALL-NATURAL KETTLE CHIPS</b> (assorted flavors) . . . . .	\$1.29

<b>desserts</b> <b>CHOCOLATE CHUNK COOKIE</b> . . . . .	\$2.50
<b>LEMON BLUEBERRY COOKIE</b> . . . . .	\$1.99
<b>BROWNIE</b> . . . . .	\$1.50

(over)