

# Salads

INCLUDES CHICKEN OR ORGANIC TOFU

**\$5.74**



**Cobb** 600 Cal. ●

Hard Boiled Egg, Bacon, Avocado, Organic Tomatoes, Blue Cheese Crumbles, Green Onions, Romaine, Organic Mixed Greens, Chicken or Organic Tofu  
Creamy Blue Cheese Dressing 130 Cal. ●  
Ranch Dressing available 90 Cal. ●



**Greek** 300 Cal. ●

Organic Cucumbers, Organic Tomatoes, Kalamata Olives, Red Onions, Green Onions, Feta Cheese, Romaine, Organic Mixed Greens, Chicken or Organic Tofu  
Creamy Greek Dressing 80 Cal. ●



Make any salad a wrap!

Adds 260 Cal.

**BBQ Ranch** 640 Cal.

Corn, Black Beans, Pico de Gallo, Avocado, Tortilla Strips, Pepper Jack Cheese, Romaine, Organic Mixed Greens, Chicken or Organic Tofu  
BBQ Ranch Dressing 60 Cal. ●



**Buffalo Chicken** 300 Cal.

Organic Carrots, Celery, Jalapeños, Organic Tomatoes, Croutons, Romaine, Buffalo Chicken  
Creamy Blue Cheese Dressing 130 Cal. ●



**Jalapeño Ranch** 540 Cal. ●

Corn, Organic Tomatoes, Pickled Red Onions, Bacon, Pepper Jack Cheese, Romaine, Organic Mixed Greens, Chicken or Organic Tofu  
Jalapeño Ranch Dressing 80 Cal. ●



**Thai** 230 Cal. ●●

Red Peppers, Organic Carrots, Organic Cucumbers, Red Cabbage, Romaine, Chicken or Organic Tofu  
Thai Peanut Dressing 130 Cal. ●●



**Brussels Sprout Caesar** 580 Cal. ●

Roasted Brussels Sprouts, Balsamic Glazed Onions, Golden Raisins, Parmesan Crisps, Parmesan Cheese, Romaine, Chicken or Organic Tofu  
Caesar Dressing 120 Cal. ●



**Caesar** 300 Cal.

Organic Tomatoes, Parmesan Cheese, Croutons, Romaine, Chicken or Organic Tofu  
Caesar Dressing 120 Cal. ●



**Caprese** 440 Cal.

Mozzarella, Pico de Gallo, Croutons, Romaine, Organic Mixed Greens, Chicken or Organic Tofu  
Balsamic Vinaigrette 120 Cal. ●●●  
& Basil Pesto 160 Cal. ●●●  
CONTAINS PINE NUTS ●

ADDITIONAL PROTEIN

EXTRA  
**Chicken**  
\$1.44 130 Cal. ●●

EXTRA  
**Organic Tofu**  
\$1.44 130 Cal. ●●●

ADD  
**Shrimp**  
\$2.49 90 Cal. ●●

ADDITIONAL INGREDIENTS: 30¢ PREMIUM INGREDIENTS: 9¢  
Dressing calorie counts are based on 2 Tbsp. serving: 2.5 servings per packet

# Breakfast

**\$2.99**

MON-FRI 6:30AM-10:30AM  
SAT-SUN 7AM-11AM

ALL BURRITOS INCLUDE A SIDE OF SALSA 10 Cal.

**Traditional** 630 Cal.

Egg, Potatoes, Bacon, Pepper Jack Cheese



**Fiesta** 640 Cal.

Egg, Potatoes, Turkey Sausage, Pepper Jack Cheese, Pico de Gallo, Tortilla Strips



**Southwest** 480 Cal.

Egg, Turkey Sausage, Pepper Jack Cheese, Roasted Poblano Peppers



1.5 Organic Cold Brew

**Bacon, Egg, & Cheese** 600 Cal.



**Turkey Sausage, Egg, & Cheese** 520 Cal.



# Kids Salad

100 Cal. ●●

Organic Carrots, Organic Cucumbers, Croutons, Romaine  
Ranch Dressing 90 Cal. ●



**\$3**

GF Gluten-Free

DF Dairy-Free

V Vegan

# Drinks

## Housemade Lemonade 24oz.

Seasonal Apple Spice 410 Cal.

Traditional Lemonade 330 Cal.

Cucumber Mint 180 Cal.



**\$1**



**Frozen Strawberry Lemonade** 24oz. 290 Cal.

**Organic Cold Brew** 0 Cal.

Available with Half & Half, Almond Milk, or Oat Milk 15-90 Cal.

Flavor shots of Caramel, Hazelnut, Vanilla, and Sugar-Free Vanilla available (extra 50¢) 0-80 Cal.



**Organic Iced Tea** 0 Cal.



**Mango Green**

# Sides

**\$3.99**



**Chicken & Sausage Gumbo** 204 Cal. ●●



## Protein Box

Chicken or Organic Tofu 130 Cal.

Choice of 2 Sides 0-170 Cal.

Ranch Dressing 90 Cal.

For allergen and additional nutritional information on any item, please visit saladandgo.com.

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. While some items are indicated as gluten-free or dairy-free, we are not an allergen-free facility and items are at risk for cross contamination.