

Salads

INCLUDES CHICKEN OR ORGANIC TOFU

\$5.74



Cobb 600 Cal. ●

Hard Boiled Egg, Bacon, Avocado, 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, 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, Tomatoes, Croutons, Romaine, Buffalo Chicken
Creamy Blue Cheese Dressing 130 Cal. ●



Jalapeño Ranch 540 Cal. ●

Corn, 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. ●●



Winter Harvest 420 Cal.

Red Beets, Sweet Potatoes, Farro, Pumpkin Seeds, Dried Cranberries, Feta Cheese, Romaine, Organic Mixed Greens, Chicken or Organic Tofu
Champagne Vinaigrette 120 Cal. ●●



Caesar 300 Cal.

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. ●●●

ADDITIONAL INGREDIENTS: 30¢ PREMIUM INGREDIENTS: 99¢
Dressing calorie counts are based on 2 Tbsp. serving; 2.5 servings per packet
Organic Ingredients sourced organically when available

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

24oz

\$1

Housemade Lemonade

Sangria Lemonade 210 Cal.

Traditional Lemonade 330 Cal.

Cucumber Mint 180 Cal.

Frozen Strawberry Lemonade 290 Cal.



Arnold Palmer

Traditional Arnold Palmer 170 Cal.
Cucumber Mint Arnold Palmer 90 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.



Black
Organic Iced Tea 0 Cal.
Mango Green

Sides

\$3.99

SEASONAL

Three Bean Chili 260 Cal. ●●●



Protein Box

Chicken or Organic Tofu 130 Cal.

Choice of 2 Sides 0-340 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.