

Salads

INCLUDES CHICKEN
OR TOFU

\$6.24



Cobb 600 Cal.

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



Greek 300 Cal.

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

Make any salad a wrap!



BBQ Ranch 640 Cal.

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



Buffalo Chicken 300 Cal.

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, Mixed Greens, Chicken or Tofu
Jalapeño Ranch Dressing 80 Cal.



Thai 230 Cal.

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



The Market Salad 660 Cal.

Sweet Potatoes, Pickled Red Onions, Croutons, Blue Cheese Crumbles, Bacon, Romaine, Chicken or Tofu
Ranch Dressing 90 Cal.



Caesar 300 Cal.

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



Caprese 440 Cal.

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

ADDITIONAL PROTEIN

EXTRA
Chicken
\$1.44 130 Cal.

EXTRA
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

Breakfast

\$3.24

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



Bacon, Egg, & Cheese 600 Cal.

Turkey Sausage, Egg, & Cheese 520 Cal.

Kids Salad

100 Cal. ●●

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



\$3

Drinks

24oz

\$1.24

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.



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 Iced Tea 0 Cal.

Mango Green

Sides

\$3.99



Broccoli Cheddar Soup 380 Cal.



Protein Box

Chicken or Tofu 130 Cal.

Choice of 2 Sides 0-340 Cal.

Ranch Dressing 90 Cal.

\$4.24

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. We are not an allergen free facility and cannot guarantee the absence of allergens in our foods.