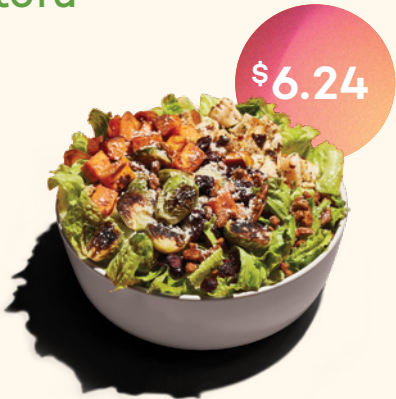


Fresh Salads

Includes chicken or tofu

Cobb 600 Cal.
Tomatoes, green onions, avocado, bacon, hard boiled egg, blue cheese crumbles, romaine, mixed greens

- Chicken or Tofu
- Creamy Blue Cheese 130 Cal.
- Ranch Dressing Available 90 Cal.



\$6.24

Greek 300 Cal.
Cucumbers, tomatoes, Kalamata olives, red onions, green onions, feta cheese, romaine, mixed greens

- Chicken or Tofu
- Creamy Greek 80 Cal.

Thai 230 Cal.
Red peppers, carrots, cucumber, red cabbage, romaine

- Chicken or Tofu
- Thai Peanut 130 Cal.



Make it a wrap!
Adds 260 Cal.

Roasted Autumn Salad 370 Cal.
Sweet potatoes, Brussels sprouts, candied pecans, dried cranberries, grated Parmesan cheese, romaine

- Chicken or Tofu
- Balsamic Vinaigrette 120 Cal.

Caesar 300 Cal.
Tomatoes, croutons, Parmesan cheese, romaine

- Chicken or Tofu
- Caesar Dressing 120 Cal.

EXTRA PROTEIN

EXTRA Chicken 130 Cal. | 1.44

EXTRA Tofu 130 Cal. | 1.44

ADD Steak 170 Cal. | 2.39

Jalapeño Ranch 540 Cal.
Corn, tomatoes, pickled red onions, bacon, pepper jack cheese, romaine, mixed greens

- Chicken or Tofu
- Jalapeño Ranch 80 Cal.

Caprese 440 Cal.
Pico de gallo, croutons, mozzarella, romaine, mixed greens

- Chicken or Tofu
- Balsamic Vinaigrette 120 Cal.
- Basil Pesto 160 Cal.
Contains pine nuts

Buffalo Chicken 300 Cal.
Carrots, celery, jalapeños, tomatoes, croutons, romaine

- Chicken or Tofu
- Creamy Blue Cheese 130 Cal.

BBQ Ranch 640 Cal.
Corn, black beans, pico de gallo, avocado, tortilla strips, pepper jack cheese, romaine, mixed greens

- Chicken or Tofu
- BBQ Ranch 60 Cal.

Kids Salad 100 Cal.
Carrots, cucumbers, croutons, romaine

- Ranch 90 Cal.

Breakfast

MON-FRI 6:30 - 10:30 AM
SAT-SUN 7:00 - 11:00 AM

All burritos include a side of Traditional Salsa or Salsa Verde 10 Cal. each

Traditional 590 Cal.

Bacon, Egg & Cheese 610 Cal.

Turkey Sausage, Egg & Cheese 520 Cal.



Add a Cold Brew for \$1.24



Southwest 480 Cal.
Egg, turkey sausage, pepper jack cheese, roasted poblano peppers



Make it a bowl! 260 Cal. less

Fiesta 650 Cal.
Egg, potatoes, turkey sausage, pepper jack cheese, pico de gallo, tortilla strips

Drinks

\$1.24

House-made Lemonade 24 oz.
Traditional 330 Cal.
Cucumber Mint 180 Cal.
Frozen Strawberry Lemonade 290 Cal.
Pink Lemonade 200 Cal.

Cucumber Mint Lemonade

Arnold Palmer 24 oz.
Traditional 170 Cal.
Cucumber Mint 90 Cal.



Iced Tea 24 oz.
Black 0 Cal.
Mango Green 0 Cal.

Mango Green Tea



Cold Brew 0 Cal. 24 oz.
Add half-and-half, almond milk or oat milk 15-90 Cal.
Add flavor shot of caramel, hazelnut, vanilla, sugar-free vanilla (extra 50¢) 0-80 Cal.

Sides

Protein Box 3.99
Chicken or Tofu 130 Cal.
Choice of 2 Sides 0-340 Cal.
Ranch Dressing 90 Cal.



Cup of Soup 3.99

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. Dressing calorie counts are based on 2 Tbsp. serving; 2.5 servings per packet. Additional ingredients: 30¢ Premium ingredients: 99¢ Dressing calorie counts are based on 2 tbsp. serving; 2.5 servings per packet

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