

Fresh Salads

Includes chicken or tofu

Cobb 510 Cal.
Tomatoes, green onions, avocado, bacon, hard boiled egg, blue cheese crumbles, romaine, mixed greens

- Chicken or Tofu Tofu +10 Cal.
- Creamy Blue Cheese 320 Cal.
- Ranch Available 340 Cal.

Greek 280 Cal.
Cucumbers, tomatoes, Kalamata olives, red onions, green onions, feta cheese, romaine, mixed greens

- Chicken or Tofu Tofu +10 Cal.
- Creamy Greek 210 Cal.

Thai 180 Cal.
Red peppers, carrots, cucumber, red cabbage, romaine

- Chicken or Tofu Tofu +10 Cal.
- Thai Peanut 300 Cal.



Make it a wrap!
Adds 280-390 Cal.



\$6.42

Caesar 290 Cal.
Tomatoes, croutons, Parmesan cheese, romaine

- Chicken or Tofu Tofu +10 Cal.
- Caesar 320 Cal.

BBQ Ranch 400 Cal.
Corn, black beans, pico de gallo, avocado, tortilla strips, pepper jack cheese, romaine, mixed greens

- Chicken or Tofu Tofu +10 Cal.
- BBQ Ranch 250 Cal.

EXTRA PROTEIN

EXTRA Chicken 110 Cal. | 1.44

EXTRA Tofu 120 Cal. | 1.44

ADD Steak 140 Cal. | 2.39

Roasted Autumn Salad 460 Cal.

Sweet potatoes, Brussels sprouts, candied pecans, dried cranberries, grated Parmesan cheese, romaine

- Chicken or Tofu Tofu +10 Cal.
- Balsamic Vinaigrette 300 Cal.

Jalapeño Ranch 410 Cal.
Corn, tomatoes, pickled red onions, bacon, pepper jack cheese, romaine, mixed greens

- Chicken or Tofu Tofu +10 Cal.
- Jalapeño Ranch 310 Cal.

Buffalo Chicken 410 Cal.
Carrots, celery, jalapeños, tomatoes, croutons, romaine

- Buffalo Chicken
- Creamy Blue Cheese 320 Cal.

Kids Salad 130 Cal.
Carrots, cucumbers, croutons, romaine

- Ranch 340 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 10-15 Cal. each

Traditional 630 Cal.
Egg, potatoes, bacon, pepper jack cheese

Bacon, Egg & Cheese 630 Cal.

Turkey Sausage, Egg & Cheese 560 Cal.



\$3.34

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



Make it a bowl!
Subtract 260 Cal.

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



Add a Cold Brew for \$1.24

Drinks

\$1.24

House-made Lemonade 24 oz.

Cucumber Mint Lemonade

Traditional 330 Cal.
Cucumber Mint 180 Cal.

Frozen Strawberry Lemonade 290 Cal.



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 24 oz. 0 Cal.

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 110-120 Cal.
Choice of 2 Sides 0-340 Cal.
Ranch 340 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 a full packet. Additional ingredients: 30¢ Premium ingredients: 99¢

Nutrition information provided includes one portion of chicken. For allergen and additional nutritional information on any item, please visit saladandgo.com.