

# BUILD YOUR OWN SALAD

**\$8.25**

## 1. LETTUCE

10 Cal	<b>ICEBERG</b>
20 Cal	<b>ROMAINE</b>
30 Cal	<b>BABY SPINACH</b>

## 2. TASTY TOPPINGS

120 Cal	<b>QUINOA</b>	25 Cal	<b>BLACK BEANS</b>
10 Cal	<b>SHREDDED CARROTS</b>	25 Cal	<b>GARBANZO BEANS</b>
5 Cal	<b>GRAPE TOMATOES</b>	0 Cal	<b>BANANA PEPPERS</b>
5 Cal	<b>CUCUMBERS</b>	10 Cal	<b>RED BEETS</b>
5 Cal	<b>BELL PEPPERS</b>	45 Cal	<b>BLACK OLIVES</b>
10 Cal	<b>RED ONION</b>	30 Cal	<b>MARINATED ARTICHOKE</b>
25 Cal	<b>CORN</b>	80 Cal	<b>CUMIN ROASTED CAULIFLOWER</b>
20 Cal	<b>GREEN PEAS</b>	90 Cal	<b>SWEET POTATOES</b>
5 Cal	<b>CELERY</b>	10 Cal	<b>ROASTED RED PEPPER</b>
110 Cal	<b>CHEDDAR CHEESE</b>	50 Cal	<b>FARRO</b>
40 Cal	<b>EDAMAME</b>	80 Cal	<b>HARD COOKED EGG</b>
70 Cal	<b>FETA CHEESE</b>	60 Cal	<b>BACON PIECES</b>

Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.

### 3. ADD SOME CRUNCH

- 180 Cal **TORTILLA STRAWS**
- 60 Cal **CROUTONS**
- 160 Cal **SUNFLOWER SEEDS**
- 90 Cal **RAISINS**
- 90 Cal **CRAISINS**

### 4. DRESSING

- 160 Cal **MIAMI SWEET VINAIGRETTE**
- 130 Cal **RANCH**
- 110 Cal **BLUE CHEESE**
- 45 Cal **LITE ITALIAN**
- 100 Cal **BALSAMIC VINAIGRETTE**
- 250 Cal **HONEY MUSTARD**
- 30 Cal **FRENCH**
- 40 Cal **BALSAMIC GLAZE**
- 90 Cal **RED WINE VINEGAR & OLIVE OIL**

**ADD A PROTEIN**  
FOR JUST \$2.75!

- 110 Cal **SLICED CHICKEN**
- 200 Cal **FLAKED ROASTED SALMON**

- 210 Cal **TUNA SALAD**
- 35 Cal **FALAFEL**

