

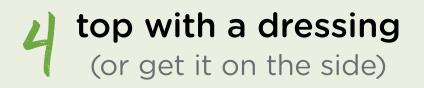
DINE IN | ORDER ONLINE | DELIVERY | CATERING

CREATE YOUR OWN

50-1,200 cals

create a bowl or wrap (whole wheat or white tortilla)

choose your base (greens, grains or both) 3 add up to 5 ingredients (add more for a little extra)





choose greens, grains or both

all salads are served with a fresh-baked roll

230 cals



grilled chicken caesar



grilled chicken mediterranean



southwest chipotle ranch 420 cals

405 cais

370 cals

romaine/iceberg blend, grilled chicken, sliced egg, parmesan cheese, housemade croutons. suggested dressing: creamy caesar

avocado cobb

suggested dressing:

thousand island

romaine/iceberg blend,

fresh avocado, sliced egg,

smoky bacon, bleu cheese.

grilled chicken, chopped tomatoes,



asian crispy chicken 376 cals

super greens blend, sweet chili crispy chicken, mandarin oranges, sliced cucumbers, matchstick carrots, edamame, crispy wonton strips. suggested dressing: sweet sesame

grilled chicken pesto

super greens blend, radiatore pasta, grilled chicken, roasted broccoli, chopped tomatoes, fresh mozzarella. suggested dressing: housemade pesto vinaigrette

honey bbq crispy chicken 470 cals

romaine/iceberg blend, honey BBQ crispy chicken, chopped tomatoes, sweet corn, cheddar cheese, onion crisps. suggested dressing: buttermilk ranch



romaine/iceberg blend, grilled chicken, fresh avocado, fire-roasted corn & bean medley, chopped tomatoes, pepper jack cheese, tri-color tortilla strips. suggested dressing: housemade chipotle ranch



super greens blend, roasted turkey, roasted butternut squash, roasted brussels sprouts, smoky bacon, red grapes, feta cheese. suggested dressing: balsamic vinaigrette

roasted turkey club

290 cals

romaine/iceberg blend, radiatore pasta, roasted turkey, smoky bacon, chopped tomatoes. suggested dressing: buttermilk ranch



romaine/iceberg blend, grilled buffalo chicken, chopped tomatoes, banana peppers, bleu cheese, tri-color tortilla strips. suggested dressing: creamy bleu cheese



sophie's 310 cals

spring mix, grilled chicken, bleu cheese, dried cranberries, honey roasted pecans, red apples. suggested dressing: lite raspberry vinaigrette



bently 320 cals

romaine/iceberg blend, smoked ham, roasted turkey, sliced egg, chopped tomatoes, provolone cheese. suggested dressing: green goddess



314 cals

MAKE IT THE WORKS









add to your salad for a little extra

extra toppings 5-150 cals extra premiums 50-205 cals extra super premiums 40 cals



turn any signature into a wrap with your choice of whole wheat or white tortilla.

all wraps are served with chips and a pickle. 530-790 cals

SANDWICHES



avocado blt 830 cals

smoky bacon, romaine/iceberg blend, chopped tomato, fresh avocado, pesto spread



loaded chicken salad 370 cals

housemade chicken salad made with grilled chicken, honey roasted pecans, dried cranberries, chopped celery, spring mix, olive oil mayonnaise



west coast turkey 580 cals

roasted turkey, provolone cheese, spring mix, chopped tomatoes, spring mix, pesto spread



chicken parmesan 870 cals grilled chicken, provolone cheese, marinara sauce



turkey melt 1020 cals roasted turkey, smoky bacon, cheddar cheese, thousand island dressing





buffalo chicken 870 cals grilled buffalo chicken, provolone cheese, bleu cheese dressing



Caprese 940 cals chopped tomatoes, provolone cheese, pesto spread, balsamic vinaigrette

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240-650 cals your choice of any two: small soup • 1/2 salad • 1/2 sandwich 1/2 panini

70-640 cals

ask about today's soups



chips • cookies • brownies • marshmallow treats

All Kids Works meals are served with a juice box

build your own meal

pick one item from each of our 5 Kids Works menu categories 120-345 cals

veggies

fruits

apples

red grapes

fresh broccoli

sliced cucumbers

mandarin oranges

prote	ins	

crispy chicken honey bbq crispy chicken grilled chicken roasted turkey sliced egg pepperoni

grains

radiatore pasta brown rice fresh-baked roll dips 'n dressings buttermilk ranch creamy caesar honey bbq

create your own salad 120-345 cals

pick one base, three toppings and a dressing

grilled chicken caesar wrap 510-550 cals

whole wheat or white tortilla, grilled chicken, romaine/iceberg blend, parmesan cheese, creamy caesar • served with a veggie, a fruit and a dip or dressing

honey bbq crispy chicken wrap 560-650 cals

whole wheat or white tortilla, crispy bbg chicken, romaine/iceberg blend, cheddar cheese • served with a veggie, a fruit and a dip or dressing

grilled chicken quesadilla 305-345 cals

served with a veggie, a fruit and a dip or dressing

mac 'n cheese 535-575 cals served with a veggie, a fruit and a dip or dressing



*Salad calorie counts do not include dressings. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Menu items may vary by store location. For a complete menu listing visit saladworks.com