

BE ORIGINAL

SALADWORKS®

DINE IN | ORDER ONLINE | DELIVERY | CATERING

CREATE YOUR OWN

50-1,200 cals

- 1 create a bowl or wrap**
(whole wheat or white tortilla)
- 2 choose your base**
(greens, grains or both)
- 3 add up to 5 ingredients**
(add more for a little extra)
- 4 top with a dressing**
(or get it on the side)

SIGNATURES

choose greens, grains or both
all salads are served with a fresh-baked roll



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



grilled chicken mediterranean
230 cals
super greens blend, grilled chicken, roasted cauliflower, red onions, feta cheese, sliced cucumbers, roasted red peppers.
suggested dressing:
housemade lemon olive oil vinaigrette



southwest chipotle ranch
420 cals
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



avocado cobb
370 cals
romaine/iceberg blend, grilled chicken, chopped tomatoes, fresh avocado, sliced egg, smoky bacon, bleu cheese.
suggested dressing:
thousand island



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



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



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



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



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



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



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



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

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



WRAP IT UP

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**

PANINIS



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**

PICK 2 FOR YOU

240-650 cals

your choice of any two:
small soup • 1/2 salad • 1/2 sandwich
1/2 panini



SOUPS

70-640 cals

ask about today's soups

BEVERAGES!

Coca-Cola Coke Sprite Honest DASHANI



SHACKS & DESSERTS!

140-440 cals

chips • cookies • brownies • marshmallow treats

KIDS WORKS

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

proteins

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

veggies

fresh broccoli
sliced cucumbers
fruits
mandarin oranges
apples
red grapes

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 bbq 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

