

Salad Works Menu

Signature Salads

Bentley (290 Calories) \$8.69 – Soy Free

Chopped romaine and iceberg blends, baked ham, roasted turkey, chopped eggs, tomatoes & provolone cheese

Suggested dressing: Green Goddess – soy free, vegetarian

Chicken Caesar (370 Calories) \$8.69

Chopped romaine and iceberg blend, all-naturally clean chicken, chopped eggs, croutons & parmesan cheese

Suggested dressing: Parmesan Caesar – soy free

Cobb (370 Calories) \$9.19

Chopped romaine and iceberg blend, breaded chicken, crispy bacon, tomatoes, avocado, chopped eggs, & bleu cheese

Suggested dressing: Rustic Thousand Island – vegetarian, soy free

Fire Roasted Cabo (350 Calories) \$9.19

Chopped romaine and iceberg blend, all-natural clean chicken, corn bean blend, roasted red peppers, tomatoes, tortilla strips & monterey jack

Suggested dressing: Tangy Salsa Ranch – soy free, vegetarian

Mediterranean (330 Calories) \$9.19

Chopped romaine and iceberg blend, spring mix, all-natural clean chicken, quinoa, black olives, marinated tomatoes, sunflower seeds & feta cheese

Suggested dressing: Balsamic Vinaigrette – vegan, vegetarian, dairy free, soy free

Buffalo Bleu (350 Calories) \$8.69

Chopped romaine and iceberg blend, all-natural clean chicken, original buffalo New York spicy sauce, grape tomatoes, banana peppers, tortilla strips & bleu cheese

Suggested dressing: Chunky Bleu Cheese - vegetarian

Mandarin Chicken (230 Calories) \$9.19 – Dairy Free

Spring mix, all-natural clean chicken, mandarin oranges, cucumbers, carrots, dried cranberries & chow mein noodles

Suggested dressing: Oriental Sesame – vegan, vegetarian, dairy free

Sophie's Salad (310 Calories) \$9.19

Spring mix, all-natural clean chicken, green apples, dried cranberries, glazed pecans & bleu cheese crumbles

Suggested dressing: Lite Raspberry Vinaigrette – vegan, vegetarian, dairy free, soy free

Thai Chicken (200 Calories) \$8.69 – Dairy Free

Chopped romaine and iceberg blend, spring mix, all-natural clean chicken, spicy peanut sauce, roasted red peppers, cucumbers & chow mein noodles

Suggested dressing: Oriental Sesame – vegan, vegetarian, dairy free

Turkey Club (290 Calories) \$8.29 – Dairy Free, Soy Free

Chopped romaine and iceberg blend, radiatorre pasta, roasted turkey, crispy bacon & tomatoes

Suggested dressing: Buttermilk Ranch – soy free, vegetarian

Tivoli (470 Calories) – Soy Free

Chopped romaine and iceberg blend, radiatorre pasta, baked ham, roasted turkey, tangy pepperoni, tomatoes & provolone cheese

Suggested dressing: Italian Vinaigrette – vegan, vegetarian, dairy free, soy free

Farmhouse Salad (270 Calories) \$9.19

Baby kale, spring mix, roasted turkey, roasted butternut squash, roasted brussels sprouts, glazed pecans & goat cheese

Suggested dressing: Apple Cider Vinaigrette – vegan, vegetarian, dairy free, soy free

Salad Additions

Dry Toppings (70-130 Calories) \$0.99

Cheeses (35-150 Calories) \$0.99

Fresh Extras (5-70 Calories) \$0.99

Protein (40-230 Calories) \$1.79

Create Your Own (40-900 Calories) \$9.19

1. Begin with any combination of our bases
2. Add up to 5 of our additions
Premium proteins for extra
3. Finish with your choice of dressing and a roll

Make it a Combo (90-960 Calories) \$9.19

Create your own style with your choice of any two:

small soup • 1/2 salad

Soup of the Day (70-630 Calories)

Small **\$3.49**

Medium **\$4.29**

Large **\$5.29**

Add a small soup to any entrée for **\$2.99**

Wraps (360-1100 Calories) \$8.29

Turn any salad into a wrap!

Snacks and Desserts (140-560 Calories)

Cookies and Brownies **\$1.89**

Lenka and other desserts **\$2.39**

Drinks (0-270 Calories)

Bottled water **\$1.69**

Medium Fountain **\$2.09**

Large Fountain **\$2.39**

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