

OUR SALADS

THE THAI 13.99\$

Baby spinach, romaine hearts, rice noodles, shredded green cabbage, Lebanese cucumbers, diced mango, red peppers, shredded carrots, edamame, cashews, green onions, chopped cilantro, mint chiffonade.
Served with our Thai vinaigrette

THE BEETS GOATS ON 13.99\$

Arugula, romaine hearts, beets, cubed granny Smith apples, goat cheese, candied walnuts, pumpkin seeds.
Served with our Raspberry vinaigrette

THE KALE TO CAESAR 11.99\$

Shredded Kale, romaine hearts, parmesan shavings, Canadian bacon, homemade kale chips and croutons.
Served with our Caesar vinaigrette

THE GET YOUR FREEKEH ON 13.99\$

Organic Freekeh super grains, bicolor quinoa, baby spinach, shredded red and green cabbage, avocado, shredded carrots, red peppers, pumpkin seeds, sunflower seeds, chopped cilantro.
Served with our Honey Dijon Vinaigrette

THE DETOX 14.50\$

Shredded kale, arugula, spicy broccoli, avocado, red onions, homemade candied walnuts, dried cranberries, cubed pears.
Served with our Detox Vinaigrette

THE HOLY GUAC 13.99\$

Chopped romaine hearts, roasted corn, avocado, cherry tomatoes, black beans, red pepper, aged white cheddar, green onions, chopped cilantro, home baked tortilla chips.
Served with our creamy Avocado vinaigrette

THE GREEN NOURISH 12.50\$

Shredded kale, green and red shredded cabbage, broccoli, avocado, edamame, lebanese cucumbers, shredded carrots, sunflower seeds, pomegranate seeds, sliced oranges.
Served with our Orange Miso Ginger vinaigrette

THE PROTEIN CHOPPED 15.99\$

Shredded kale, romaine hearts, lebanese cucumbers, roasted sesame lemon chicken, chickpeas, falafel bits, cherry tomatoes, bicolor quinoa, sliced green onions, shredded white almonds.
Served with our Honey Dijon Vinaigrette

THE POWER BOWL 14.50\$

Romaine hearts, roasted sweet potatoes, bicolor quinoa, shredded carrots, chickpeas, pumpkin seeds, black beans, falafel bits.
Served with our Tahini Pomegranate vinaigrette

THE GREEK SALAD 13.50\$

Romaine hearts, cherry tomatoes, red pepper, Lebanese cucumbers, parsley, red onions, Kalamata Olives, Feta cheese, mint chiffonade, oregano.
Served with our Lemon Divine vinaigrette

THE ALKALINE SALAD 13.50\$

Chopped romaine hearts, shredded red cabbage, broccoli, cherry tomatoes, Lebanese cucumbers, red pepper, chopped celery, shredded carrots.
Served with our Mango Salsa Fresca vinaigrette

THE FATTOUCH SALAD 12.50\$

Romaine hearts, lebanese cucumbers, cherry tomatoes, green onions, sliced radish, celery, parsley, red onions, mint chiffonade, pomegranate seeds, house pita chips.
Served with our Sumac vinaigrette

THE SONIA SALAD 15.99\$

Shredded Kale, chopped romaine hearts, arugula leaves, bicolor quinoa, cherry tomatoes, lebanese cucumbers, pomegranate seeds, sliced almonds, avocado, tuna.
Served with our Orange miso vinaigrette

EXTRAS

VINAIGRETTE	1.25\$
HOT SAUCE	0.50\$
OREGANO	0.50\$
SUMAC	0.50\$
SESAME SEEDS	0.50\$

ADD PROTEIN TO ANY SALAD

ROASTED LEMON CHICKEN	4.00\$
TUNA	3.50\$
FALAFEL BITS	3.50\$
SESAME TOFU	3.50\$



VINAIGRETTE

440

WRAPS

All served with chopped romaine hearts, shredded carrots, red pepper and our Honey Dijon vinaigrette or your choice of any vinaigrette.

ROASTED LEMON CHICKEN	7.99\$
TUNA	7.99\$
FALAFEL BITS	7.99\$
SESAME TOFU	6.99\$

* All wraps are served in a 12 inches whole wheat tortilla.



CUSTOM CRAFT

BUILD YOUR OWN SALAD

8.99\$

- A) CHOOSE YOUR GREENS (Up to 4 greens. For Arugula Only \$1.50 extra)
- B) CHOOSE UP TO 4 BASE INGREDIENTS (Every additional base is \$0.50)
- C) ADD PREMIUMS TO PERSONALIZE YOUR SALAD
- D) CHOOSE ONE OF OUR ARTISINAL VINAIGRETTES

BUILD YOUR OWN WRAP

8.49\$

- A) CHOOSE YOUR GREENS (Up to 2 greens)
 - B) CHOOSE UP TO 3 BASE INGREDIENTS (Maximum)
 - C) ADD PREMIUMS AND PROTEINS TO PERSONALIZE YOUR WRAP
 - D) CHOOSE ONE OF OUR ARTISINAL VINAIGRETTES
- * All wraps are served in a 12 inches whole wheat tortilla.

GREENS

- ROMAINE HEARTS
- SPINACH
- ARUGULA (HALF PORTION)
- KALE

INGREDIENTS

VEGGIES

- RED CABBAGE
- GREEN CABBAGE
- SHREDDED CARROTS
- BEETS
- SWEET POTATOES
- ROASTED CORN
- BLACK BEANS
- CHICKPEAS
- RED ONIONS
- RED PEPPERS
- EDAMAME
- LEBANESE CUCUMBERS
- CHERRY TOMATOES
- BROCCOLI
- CELERY
- RADISHES
- CILANTRO
- MINT
- PARSLEY
- GREEN ONIONS

FRUITS

- GREEN APPLE
- PEARS
- DRIED CRANBERRIES
- ORANGES

OTHERS

- SUNFLOWER SEEDS
- PUMPKIN SEEDS
- HOMEMADE BAKED PARMESAN CROUTONS
- HOMEMADE BAKED SUMAC PITA CHIPS
- HOMEMADE BAKED KALE CHIPS
- RICE NOODLES

EXTRAS

PREMIUMS

- SPICY BROCCOLI 1.00\$
- AVOCADO 1.75\$
- CASHEWS 0.75\$
- CANDIED WALNUTS 1.75\$
- ALMOND SLICES 1.50\$
- FRENCH LENTILS 1.50\$
- BICOLOR QUINOA 1.50\$
- FREEKEH SUPERGRAINS 1.50\$
- KALAMATA OLIVES 0.75\$
- MANGO 1.00\$
- BACON 1.00\$
- HOMEMADE BAKED TORTILLA CHIPS 1.00\$

CHEESE

- AGED WHITE CHEDDAR 2.00\$
- GOAT CHEESE 2.50\$
- PARMESAN SHAVINGS 1.50\$
- FETA CHEESE 2.00\$

PROTEINS

- ROASTED LEMON CHICKEN 4.00\$
- SESAME TOFU 3.50\$
- TUNA 3.50\$
- FALAFEL BITS 3.50\$

ARTISANAL HOUSE VINAIGRETTES

- THAI
- RASPBERRY
- CAESAR
- HONEY DIJON
- CREAMY AVOCADO LIME
- DETOX
- ORANGE MISO
- TAHINI POMEGRANATE
- LEMON DIVINE
- MANGO SALSA FRESCA
- SUMAC

ALL OUR VINAIGRETTES ARE CREATED AND MADE IN HOUSE WITH FRESH INGREDIENTS.



VINAIGRETTE

440

