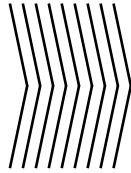


MENU

HOW IT WORKS



CHOOSE

We've got four types of lettuce for you to choose from. Or, mix them up any way you like. Add in up to four ingredients (some, like the proteins, are a little extra) One of 17 excellent dressings, including all-natural, organic and light variations.

CHOP

Your salad will be chopped into bite-size pieces so that you can put each forkful directly into your mouth and not on your face. We then toss it with one of the aforementioned excellent dressings.

ENJOY

Sit down, relax and eat up. Or continue standing and take it to go. Either way, thanks for coming in and have a great day.



SALADS: SMALL \$6.00 AND \$7.00 FOR A REGULAR. ALL SALADS ARE AVAILABLE AS WRAPS: \$6.00

1 LETTUCE

ROMAINE

BABY SPINACH

SPRING MIX

ICEBERG

2 CHOPPABLES {CHOOSE UP TO FOUR INGREDIENTS. EACH ADDITIONAL INGREDIENT IS EXTRA}

VEGGIES

- beets
- broccoli
- shredded carrots
- celery
- portobello mushrooms
- cucumber
- red onions
- green onions
- sprouts
- snow peas
- corn
- kalamata olives
- banana peppers
- red peppers
- green peppers

- roasted red peppers
- marinated artichokes
- sun-dried tomatoes
- roma tomatoes
- avocado +1.00
- garbanzo beans
- edamame
- black beans
- jalapeño

CRUNCHABLES

- tortilla strips
- multigrain croutons
- sunflower seeds
- candied walnuts
- toasted almonds
- roasted peanuts

CHEESES

- crumbled blue +1.00
- fresh mozzarella +1.00
- shaved parmesan +1.00
- white cheddar
- crumbled feta +1.00
- baby swiss
- crumbled goat +1.00

PROTEINS

- fajita steak +2.25
- grilled chicken +2.00
- tuscan chicken +2.00
- moroccan chicken +2.00
- buffalo chicken +2.00
- pulled white turkey +2.00
- tofu +1.50

- ham +1.50
- smoked salmon +4.00
- shrimp (4 large) +3.00
- hard-boiled egg +1.50
- applewood smoked bacon +1.50

FRUITS

- craisins
- granny smith apples
- mandarin oranges
- pears

3 DRESSINGS {GF: gluten free LF: lactose free}

HOMEMADE

- balsamic vinaigrette GF/LF
- honey mustard vinaigrette GF/LF
- house greek GF/LF
- carrot ginger GF/LF

- creamy cucumber GF
- steakhouse blue cheese GF
- olive oil & balsamic vinegar GF/LF
- classic caesar GF/LF
- ranch GF

- ranch (light) GF
- maple vinaigrette (light) GF/LF
- raspberry vinaigrette (light) GF/LF
- citrus vinaigrette (light) GF
- cilantro-lime vinaigrette (light) GF/LF

SPECIALTY

- organic chipotle ranch GF
- organic roasted red pepper GF
- thai sweet chili sauce GF/LF

4 CHEF'S CHOICE

THE GUNNISON 8.49 SM 9.49 LG
romaine, (grilled chicken, fajita steak or smoked salmon), corn, roma tomatoes, cheddar, red onion, black beans, tortilla crisps (add avocado \$1.00)
RD: organic chipotle ranch or organic roasted red pepper

THE COLORADO BUFFALO CHICKEN 7.99 SM 8.99 LG
iceberg / romaine mix, buffalo chicken, celery, shredded carrots, jalapeño (optional), blue cheese
RD: ranch or steakhouse blue cheese

THE COLORADO COBB 8.49 SM 9.49 LG
iceberg / romaine mix, grilled chicken, ham, applewood smoked bacon, hard-boiled egg, roma tomatoes, blue cheese
RD: steakhouse blue cheese or honey mustard vinaigrette

THE OLYMPIAN 7.99 SM 8.99 LG
iceberg / romaine mix, roma tomatoes, red onion, cucumber, kalamata olives, red and green peppers, crumbled feta
RD: house greek

THE CHOPPER 8.49 SM 9.49 LG
spring mix, fajita steak, fresh mozzarella, avocado, roma tomatoes, red onion
RD: balsamic vinaigrette or maple vinaigrette (light)

THE BIG SHRIMP 8.49 SM 9.49 LG
romaine, shrimp, cucumber, tomatoes, avocado,
RD: cilantro lime vinaigrette (light) or creamy cucumber

THE A-TEAM (THE ANTI-OXIDIZER) 7.99 SM 8.99 LG
iceberg / baby spinach mix, marinated artichokes, mozzarella, broccoli, beets, shredded carrots, portobello mushrooms, cucumber, roma tomatoes,
RD: citrus vinaigrette (light) or maple vinaigrette (light)

THE NINJA 8.49 SM 9.49 LG
romaine / baby spinach mix, chicken or smoked salmon, shredded carrots, snow peas, mandarin oranges, sprouts, cucumber, almonds
RD: carrot ginger or sweet thai chili sauce

THE SAMURAI 8.49 SM 9.49 LG
romaine, moroccan chicken, red peppers, red onions, edamame, broccoli, roasted peanuts
RD: thai sweet chili sauce or maple vinaigrette (light)

THE CAESAR 7.99 SM 8.99 LG
romaine, chicken, shrimp or smoked salmon, shaved parmesan, multigrain croutons
RD: classic caesar

THE HEALTH'NUT' 6.99 SM 7.99 LG
baby spinach, blue cheese, candied walnuts, mandarin oranges, craisins
RD: raspberry vinaigrette (light) or cilantro lime vinaigrette (light)

THE GOODNESS 6.99 SM 7.99 LG
spring mix, pears, feta, sun-dried tomatoes, sunflower seeds
RD: creamy cucumber or cilantro lime vinaigrette (light)

RD: recommended dressing