

CROP
CHOP

SALADS

Meal exchange includes a salad, drink, and fruit

CUSTOM SALAD

INCLUDES GREENS, 4 CLASSIC TOPPINGS, TOPPED
WITH DRESSING \$10.00

+ ADD A PROTEIN

PICK
A BASE

ARUGULA

ROMAINE

SPINACH

ARACADIA MIX

SUNRISEGRAIN BLEND

KALE

CHOOSE FOUR TOPPINGS

**ROASTED GARLIC
HUMMUS**

**TURMERIC ROASTED-
CAULIFLOWER**

**ROASTED BUTTERNUT
SQUASH**

**BALSAMIC ROASTED
BEETS**

**ROASTED SWEET
POTATOES**

ZAATAR CHICKPEAS

HARD BOILED EGGS

TORTILLA STRIPS

BANANA PEPPERS

CUCUMBERS

RED ONIONS

GREEN PEPPERS

RED PEPPERS

MUSHROOMS

GRAPE TOMATOES

DICED APPLES

LEMON WEDGES

MINI NAAN

CRAISINS

QUINOA

FETA CHEESE

SHREDDED CABBAGE

SHREDDED CARROTS

PICKLED RED ONION

CRUMBLLED BACON

KALAMATA OLIVES

SUNFLOWER SEEDS

**CRUMBLLED BLUE
CHEESE**

**GOAT CHEESE
CRUMBLES**

SHREDDED PARMESAN

SHREDDED CHEDDAR

ADD A PROTEIN


HERB GRILLED CHICKEN \$4.09 | 150 cal

tender boneless chicken breast coated with a blend of herbs and seasonings 

SOUTHWEST FLANK STEAK \$7.50 | 180 cal

flame broiled chimichurri marinated steak 

DILL CRUSTED SALMON \$6.82 | 120 cal

roasted salmon with a blend of herbs and spices *contains fish* 

BAKED FALAFEL \$3.18 | 150 cal

oven roasted falafel from classic garbanzo and herb recipe   

CHOOSE A DRESSING

ITALIAN DRESSING 120 cal

CAESAR DRESSING 130 cal

contains egg, fish, & milk

RANCH DRESSING 100 cal

contains egg & milk

VEGAN GREEN GODDESS DRESSING 240 cal

CHIPOTLE VINAIGRETTE 100 cal

TOMATO BASIL DRESSING 90 cal



Made Without Gluten



Vegan



Vegetarian