

# GREENS & GRAINS

## BASE

|                  |        |
|------------------|--------|
| SPRING SALAD MIX | 5 cal  |
| ROMAINE LETTUCE  | 10 cal |
| BABY SPINACH     | 10 cal |

## PROTEIN

|              |         |
|--------------|---------|
| CHICKEN      | 180 cal |
| BAKED TOFU   | 120 cal |
| BAKED SALMON | 190 cal |

## TOPPINGS

|                   |        |
|-------------------|--------|
| SHREDDED CARROTS  | 10 cal |
| SLICED RED ONIONS | 15 cal |
| BROCCOLI FLORETS  | 10 cal |

|                         |         |
|-------------------------|---------|
| SLICED CUCUMBERS        | 5 cal   |
| SAUTEED MUSHROOMS       | 10 cal  |
| OLIVES                  | 40 cal  |
| SLICED BELL PEPPERS     | 5 cal   |
| TOMATOES                | 5 cal   |
| PARMESAN CHEESE         | 120 cal |
| CHEDDAR CHEESE          | 110 cal |
| CRUMBLED FETA CHEESE    | 80 cal  |
| CHOPPED HARD COOKED EGG | 45 cal  |
| ROASTED SWEET POTATO    | 80 cal  |

## DRESSING

|                 |         |
|-----------------|---------|
| RANCH           | 130 cal |
| BALSAMIC        | 120 cal |
| SESAME          | 160 cal |
| GREEK           | 170 cal |
| HONEY MUSTARD   | 290 cal |
| ITALIAN         | 210 cal |
| ROASTED SHALLOT | 160 cal |

## SPECIALS

|                         |         |
|-------------------------|---------|
| ITALIAN PASTA SALAD     | 190 cal |
| CURRY CHICKEN SALAD     | 320 cal |
| TUNA SALAD              | 140 cal |
| ROASTED VEGETABLE SALAD | 50 cal  |
| RED SKIN POTATO SALAD   | 240 cal |

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFO IS AVAILABLE UPON REQUEST.

 vegan  vegetarian  made without gluten  pork  halal friendly

**\$10.50 PER POUND or MEAL EXCHANGE**  
**Meal Exchange: Custom Salad (1lb) & 16oz Beverage**  
Anything over 1lb will have to be covered by additional form of payment

# GREENS & GRAINS

## BASE

PLAIN GREEK YOGURT     
VANILLA GREEK YOGURT    
COTTAGE CHEESE   

60 cal  
80 cal  
90 cal

## TOPPINGS

GRAPES      
STRAWBERRIES      
BLUEBERRIES      
DICED PINEAPPLE      
HONEYDEW MELON      
DICED WATERMELON    

80 cal  
35 cal  
60 cal  
60 cal  
40 cal  
35 cal

# YOGURT BAR

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vegan



vegetarian



made without gluten



pork



halal friendly

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