

create your own

step one

Select one of our fresh lettuces

Iceberg Mix Spring Mix
Romaine Spinach

step two

Choose up to one scoop of all your favorite “throw-ins”

Additional charge for Avocado. Additional throw-ins 59¢ each

Apples	Fried Onions
Avocado	Goat Cheese
Bacon	Green Bell Peppers
Beets	Hard-Boiled Egg
Banana Pepper	Hearts of Palm
Basil	Jalapeño
Black Beans	Kalamata Olives
Black Olives	Mandarin Oranges
Bleu Cheese	Mushrooms
Broccoli	Parmesan Cheese
Carrots	Raisins
Candied Pecans	Red Cabbage
Cayenne Pepper	Red Onions
Cheddar Cheese	Roasted Red Pepper
Chickpeas	Sesame Seeds
Cilantro	Sliced Almonds
Corn	Strawberries
Croutons	Sunflower Seeds
Cucumbers	Tomatoes
Dried Cranberries	Tortilla Chips
Edamame	Wonton Strips
Feta Cheese	

step three

Add some personality with a protein

Additional charge for the proteins below.

All Natural Chicken	Turkey Breast
Buffalo Chicken	Wild Alaskan Salmon
Teriyaki Chicken	Shrimp
Albacore Tuna	

step four

Dress it up just the way you like it

Fat Free Honey Dijon	Carb Free Asian Sesame Ginger
House Italian	Fat Free Raspberry Vinaigrette
Buttermilk Ranch	Thousand Island
Lite Caesar	Spicy Chipotle BBQ Ranch
Caesar	Fat Free Honey Raspberry
Bleu Cheese	Sweet Herb Garlic Vinaigrette
Greek	
Fresh Lemon Squeeze	
Balsamic Vinegar	
Balsamic Vinaigrette	
Spicy Asian Peanut	
Smokey Jalapeño Ranch	

step five

“Chop it up!”

to get more flavor out of every bite



classic paninis

Napa Valley Veggie

Italian Ciabatta Bread, Avocado, Hana's Black Bean Salsa and Ranch Dressing

Chicken Italiano

Multigrain Sunflower Panini Bread, All Natural Chicken, Mozzarella Cheese, Fresh Basil and Basil Pesto Mayo

Buffalo Chicken Caesar

Multigrain Sunflower Panini Bread, Buffalo Chicken, Bacon, Freshly Shaved Parmesan Cheese and Caesar Dressing

Spicy Southwestern

Italian Ciabatta Bread, All Natural Chicken, Mozzarella Cheese, Jalapeño Peppers, Hana's Black Bean Salsa and Smokey Jalapeño Ranch Dressing

Turkey Harvest

Multigrain Sunflower Panini Bread, Turkey, Cheddar Cheese, Bacon, Sprinkled with Dried Cranberries and Thousand Island Dressing

fresh soups

Ask about our daily selection

chili

Hot and hearty

beverages

Bottled Water
Fountain Drinks

desserts

Chocolate Chip or
Oatmeal Raisin Cookie

kid's meals (ages 12 and under)

All meals served with baked lays and apple juice box

Grilled Cheese Quesadilla

12" Whole Wheat Wrap and Cheddar Cheese

“Junior Jr.” Salad

Romaine, Turkey, Lettuce, Cheddar Cheese, Cucumber and Tomatoes.

Chef Recommended Dressing: Raspberry Vinaigrette

• This menu item is part of the Kids LiveWellSM program and has been verified by the National Restaurant Association and Healthy Dining to meet specific nutritional criteria established by leading health organizations' scientific guidelines. Kids LiveWell is a service mark of the National Restaurant Association.

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Wrap

Balsamic Orange & Bleu ♥

Spring Mix, Candied Pecans, Mandarin Oranges and Bleu Cheese Crumbles

Chef Recommended Dressing: Balsamic Vinaigrette

The Wedge

Iceberg, Bacon, Fried Onions, Candied Pecans and Bleu Cheese Crumbles

Chef Recommended Dressing: Bleu Cheese

Greekalicious ♥

Romaine, Roasted Red Peppers, Feta Cheese, Kalamata Olives, Tomatoes and Hearts of Palm

Chef Recommended Dressing: Greek

Spicy Veggie ♥

Spring Mix, Lime Juice, Cayenne Pepper, Cilantro, Tomatoes, Carrots, Cucumbers, Onions, Black Beans and Tortilla Chips

Chef Recommended Dressing: Ranch

Caesar ♥

Romaine, Croutons and Freshly Shaved Parmesan Cheese

Chef Recommended Dressing: Caesar

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Wrap

Chinese Chopstick ♥

Spring Mix, Teriyaki Chicken, Mandarin Oranges and Wonton Strips

Chef Recommended Dressing: Asian Peanut

Buffalo Chicken Caesar

Romaine, Buffalo Chicken, Tomatoes, Hard Boiled Egg, Croutons, Bacon, Freshly Shaved Parmesan Cheese and Hot Sauce

Chef Recommended Dressing: Caesar

Thai Crunch ♥

Iceberg, Teriyaki Chicken, Cucumbers, Wonton Strips, Carrots, Onions and Edamame with a swirl of Asian Peanut Dressing

Chef Recommended Dressing: Sesame Ginger

Apple & Pecan ♥

Spring Mix, Apples, Strawberries, Candied Pecans and Goat Cheese

Chef Recommended Dressing: Raspberry Vinaigrette

Chipotle BBQ Chicken

Romaine, Chipotle BBQ Chicken, Black Beans, Corn, Cilantro, Tortilla Chips, Cheddar Cheese, Tomatoes, Fried Onions with a swirl of BBQ Sauce

Chef Recommended Dressing: Ranch

Green Goodness ♥

Spinach, Spring Mix, Broccoli, Goat Cheese, Apples, Hearts of Palm and Roasted Red Peppers

Chef Recommended Dressing: Raspberry Vinaigrette

Chicken Caesar ♥

Romaine, All Natural Grilled Chicken, Croutons and Freshly Shaved Parmesan Cheese

Chef Recommended Dressing: Caesar

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Wrap

Wild Alaskan Salmon ♥

Spinach, Salmon, Tomatoes, Onions, Carrots, Feta Cheese and Sunflower Seeds

Chef Recommended Dressing: Balsamic Vinaigrette

Derby Chicken Cobb

Romaine, All Natural Grilled Chicken, Bleu Cheese Crumbles, Bacon, Tomatoes, Avocado,

Hard Boiled Egg, and Fried Onions

Chef Recommended Dressing: Honey Dijon

Sophie's Strawberry Chicken ♥

Spring Mix, All Natural Grilled Chicken, Strawberries, Mandarin Oranges, Cranberries, Candied Pecans and Goat Cheese

Chef Recommended Dressing: Raspberry Vinaigrette

Sesame Shrimp ♥

Spring Mix, Ginger Shrimp, Mandarin Oranges, Sesame Seeds and Wonton Strips

Chef Recommended Dressing: Asian Ginger

Ginger Glazed Salmon ♥

Spring Mix, Salmon, Wonton Strips, Edamame, Cilantro and Red Onions

Chef Recommended Dressing: Sesame Ginger

Baja Shrimp Cobb

Iceberg, Shrimp, Bacon, Tomatoes, Cheddar Cheese and Avocado

Chef Recommended Dressing: Smokey Jalapeño Ranch

Turkey Chop ♥

Romaine, Spinach, Turkey Breast, Apples, Candied Pecans, Beets and Goat Cheese

Chef Recommended Dressing: Balsamic Vinaigrette

Mexicali Burrito

Iceberg, Tomatoes, Cucumbers, Jalapeños, Tortilla Chips, Cheddar Cheese and warm Chili served over a tortilla

Chef Recommended Dressing: Smokey Jalapeño Ranch

Shrimp Caesar ♥

Romaine, Shrimp, Croutons and Freshly Shaved Parmesan Cheese

Chef Recommended Dressing: Caesar

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