

# create your own *salad* & wraps

## pick your size

wrap

half

whole

party

white, wheat, spinach, tomato, or gluten free

## bases

romaine

baby kale

baby spinach

mixed greens

## mixings

tomato  
cucumber  
mixed peppers  
broccoli  
red onion  
scallion  
celery  
carrot  
red cabbage  
shoepeg corn  
black bean

garbanzo bean  
jalapeño  
roasted garlic  
roasted peppers  
peperoncini  
beets  
kalamata olives  
baby bella mushroom  
hard boiled egg  
edamame  
granny smith apple

quinoa  
cilantro lime brown rice  
cilantro lime white rice  
tri color rontini  
*pickle chips*  
**strawberries**  
**red grapes**  
**mandarin oranges**

## cheeses

**shaved parmesan**  
**feta**  
**mozzarella**

**blue cheese**  
**cheddar jack**  
**goat cheese**

**cheddar cheese sauce**

## crunch/dried

**almond**  
**glazed pecans**  
**candied walnuts**  
**sunflower seeds**

wonton strips  
crispy onion  
tortilla strips  
homemade croutons

dried cranberries

## proteins

**chicken breast**  
**top sirloin steak**  
**taco beef**  
**hass avocado**

**smashed avocado**  
**organic tofu**  
**bacon**  
**ham and turkey**

**salmon**  
**chicken salad**  
**ground beef**  
**shaved steak**

## dressings and sauces

asian sesame  
avocado ranch  
balsamic vinaigrette  
balsamic glaze  
buttermilk ranch  
creamy blue cheese  
cucumber tzatziki  
dijon honey mustard  
golden italian  
lavacado ranch

raspberry vinaigrette  
royal caesar  
spicy asian sesame  
spicy thai peanut  
*1000 island*  
  
apple cider vinegar  
balsamic vinegar  
red wine vinegar  
extra virgin olive oil

barbecue sauce  
buffalo sauce  
chili garlic sauce  
sriracha  
teriyaki sauce

fresh pressed lemon  
fresh pressed lime

**bold denotes premium items** *italic denotes seasonal*

all ingredients subject to change without notice

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[www.thesaladbar.com](http://www.thesaladbar.com)

**Saladbar**

salads • soups • shakes • wraps

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