

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
strawberries
red grapes
d'anjou pear

cheeses

shaved parmesan
feta
mozzarella

blue cheese
cheddar jack
goat cheese

shredded american

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

organic tofu
bacon
ham and turkey
salmon

chicken salad
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

apple cider vinegar
balsamic vinegar
red wine vinegar
extra virgin olive oil

buffalo sauce
chili garlic sauce
sriracha

fresh pressed lemon
fresh pressed lime

salads include

bread

plain ciabatta

cheesey garlic ciabatta

bold denotes premium items *italic denotes seasonal*

all ingredients subject to change without notice

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Saladbar

salads • soups • shakes • wraps



Rocky Hill

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Mon-Fri 11am-8pm Sat 11am-7pm Sun closed