

# CHOICE GREENS

fresh chopped salads • sandwiches • panini

## design your own salad \$8.79

### step 1: CHOOSE YOUR LETTUCE

- iceberg
- romaine
- spinach
- organic spring mix
- organic kale (+\$1.10)

### step 2: CHOOSE UP TO 4 "CHOPPINGS" Each additional chopping 69¢

- anchovies
- apples
- artichoke hearts
- avocado (+75¢)
- bacon (peppered) (+\$1.25)
- beets
- bell peppers (mixed)
- black beans
- black olives
- broccoli
- brussels sprouts (roasted)
- butternut squash (roasted)
- carrots
- cauliflower

- celery
- chickpeas
- chinese noodles
- corn (roasted)
- croutons
- cucumber
- dried cranberries
- grapes
- hard boiled egg
- hearts of palm
- jalapēnos (roasted)
- jicama
- kalamata olives
- kidney beans

- mandarin oranges
- mango
- mushrooms
- peas
- pepperoncini
- radishes
- red onion
- roasted red peppers
- snap peas
- sprouts
- strawberries
- sun-dried tomatoes
- tomatoes
- tortilla strips

#### CHEESES

- bleu cheese crumbles
- cheddar
- cotija
- feta
- fresh mozzarella (+\$1.10)
- goat cheese (+55¢)
- pepper jack
- provolone
- shaved parmesan

#### GRAINS

- COUSCOUS (pasta pearls)
- quinoa

#### NUTS

- almonds
- caramelized walnuts
- pine nuts
- sunflower seeds

### step 3: CHOOSE YOUR PROTEIN (Optional)

• all-natural grilled chicken.....	\$3.25	• oven-baked salmon .....	\$5.75
• all-natural sonoran blackened chicken.....	\$3.25	• garlic herb grilled shrimp.....	\$2.99
• all-natural turkey .....	\$2.99	• baked tofu .....	\$2.99
• all-natural ham .....	\$2.99	• albacore tuna .....	\$2.99
• all-natural genoa salami .....	\$2.99	• homemade albacore tuna salad.....	\$2.99
		• homemade chicken salad.....	\$2.99

### step 4: CHOOSE YOUR DRESSING

- apple cider vinaigrette
- balsamic vinaigrette
- barbecue ranch
- chinese chicken salad
- cilantro
- classic chunky bleu cheese
- classic caesar
- feta cheese vinaigrette
- honey mustard
- honey poppy seed fruit
- hot thai peanut
- olde venice italian
- ranch
- salsa ranch
- thousand island
- fat-free honey dijon
- fat-free raspberry vinaigrette
- fat-free roasted red bell pepper italian
- reduced-calorie buttermilk ranch
- reduced-calorie caesar
- reduced-calorie olive oil vinaigrette
- olive oil & balsamic vinegar

— Add rosemary sea salt focaccia or power bread (slice) to any salad for 59¢ —

## chopped classics

<b>ASIAN</b>	organic spring mix, chinese noodles, broccoli, snap peas, almonds, mandarin oranges, with chinese salad dressing .....	\$9.45
<b>BBQ RANCH</b>	iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing.....	\$12.70
<b>CHICKEN CAESAR</b>	romaine lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing .....	\$10.99
<b>COBB</b>	iceberg lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing .....	\$13.85
<b>HARVEST KALE</b>	organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing.....	\$10.55
<b>MEDITERRANEAN</b>	romaine lettuce, feta cheese, red onion, sun-dried tomatoes, kalamata olives, cucumber, roasted red peppers, with feta cheese vinaigrette dressing .....	\$10.19
<b>ORCHARD APPLE</b>	spinach, bleu cheese crumbles, apples, dried cranberries, caramelized walnuts, with fat-free raspberry vinaigrette.....	\$8.79
<b>SOUTHWEST CHICKEN</b>	romaine lettuce, all-natural grilled chicken, cheddar cheese, avocado, black olives, tortilla strips, tomatoes, black beans, with salsa ranch dressing .....	\$13.70
<b>STRAWBERRY FIELDS</b>	organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing.....	\$10.25
<b>ROASTED BRUSSELS &amp; BACON</b>	organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing .....	\$10.75

## soups

(served in pewter tureen)

- VEGETABLE** (vegan, gluten-free)
- CHICKEN NOODLE**
- ROASTED GARLIC TOMATO**
- ROASTED CORN CHOWDER W/ POBLANO CHILES** (vegetarian)
- BROCCOLI CHEDDAR**

	HALF (6 oz.)	FULL (12 oz.)
	\$3.25	\$6.50
	\$3.25	\$6.50
	\$3.25	\$6.50
	\$3.25	\$6.50
	\$3.25	\$6.50

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# signature grain bowls (Served Warm)

**PROTEIN ADD-ONS: \$2.80 each**

All-Natural Grilled Chicken • All-Natural Sonoran Blackened Chicken • Garlic Herb Grilled Shrimp • Baked Tofu

<b>FIESTA</b>	black beans, roasted corn, roasted onion, peppers, roasted jalapeño, roasted garlic, avocado, cotija cheese, chile crema, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds . . . . .	\$10.10
<b>EURO</b>	roasted brussels sprouts, roasted onion, peppers, peppered bacon, balsamic glaze, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds . . . . .	\$10.59
<b>POWER VEGGIE</b>	sautéed organic kale, sautéed spinach, roasted butternut squash, dried cranberries, roasted onion, orange basil pesto with pine nuts, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds . . . . .	\$10.35
<b>TOSCANA</b> <small>(served warm or cold)</small>	sautéed spinach, sun-dried tomatoes, artichoke hearts, kalamata olives, fresh mozzarella, garlic-scented olive oil, balsamic glaze with garden herbs, with couscous (pasta pearls) . . . . .	\$10.85

## sandwiches (Includes All-Natural Kettle Chips or Apple Slices)

<b>VIC'S ITALIAN</b>	all-natural ham, genoa salami, pepperoni, provolone cheese, romaine lettuce, tomato, red onion, italian dressing, on artisan italian bread . . . . .	\$10.65
<b>TURKEY CLUB</b>	all-natural turkey, peppered bacon, white american cheese, romaine lettuce, tomato, mayonnaise, on artisan italian bread . . . . .	\$10.85
<b>TUNA SALAD</b>	homemade albacore tuna salad, romaine lettuce, tomato, red onion, sprouts, on power bread . . . . .	\$10.35
<b>CHICKEN SALAD</b>	homemade chicken salad, romaine lettuce, tomato, sprouts, on power bread . . . . .	\$10.35
<b>VEGGIE CLASSIC</b>	cucumber, sprouts, tomato, red onion, roasted red peppers, provolone cheese, romaine lettuce, cilantro dressing, on power bread . . . . .	\$9.85
<b>BUILD-YOUR-OWN SANDWICH</b>	all-natural ham or turkey, choice of cheese, romaine lettuce, tomato, mayonnaise or spicy brown mustard, on choice of bread . . . . .	\$10.35

## panini (Includes All-Natural Kettle Chips or Apple Slices)

		<b>HALF</b>	<b>WHOLE</b>
<b>BBQ CHICKEN</b>	all-natural chicken breast, peppered bacon, cheddar cheese, red onion, barbecue sauce, on ciabatta . . . . .	\$7.49	\$11.45
<b>AVOCADO CLUB</b>	all-natural turkey, peppered bacon, cream cheese, avocado, sprouts, on ciabatta . . . . .	\$7.49	\$11.45
<b>TUSCAN TURKEY</b>	all-natural turkey, provolone cheese, pesto, roasted red peppers, on ciabatta . . . . .	\$6.99	\$10.95
<b>THE BLT</b>	peppered bacon, romaine lettuce, tomato, mayonnaise, on ciabatta . . . . .	\$6.49	\$10.45
<b>THE CAPRESE</b>	fresh mozzarella, organic spring mix, tomato, sun-dried tomato spread, olive oil, on ciabatta . . . . .	\$6.99	\$10.95
<b>THE FUEGO</b>	all-natural ham, pepper jack cheese, roasted jalapeños, sriracha mayo, on ciabatta . . . . .	\$6.99	\$10.95
<b>GRILLED CHEESE</b>	white american and cheddar cheese, on classic white bread . . . . .	N/A	\$7.55
	<small>(add tomato for 50¢, add peppered bacon or all-natural ham for \$1.50)</small>		
	<b>GRILLED CHEESE WITH 6 OZ. ROASTED GARLIC TOMATO SOUP</b> . . . . .		\$10.85

## homestyle mac & cheese

(Baked to Order)

Large elbow pasta, mixed with classic cheddar cheese sauce, topped with cheddar cheese, parmesan and bread crumbs & baked to order to a golden brown

**\$8.69**

### ADD-INS

(No more than 2 recommended)

- black beans . . . . .65¢
- broccoli . . . . .65¢
- fresh garlic . . . . .65¢
- green onion . . . . .65¢
- roasted jalapeños . . .65¢
- fried onion . . . . .65¢
- tomatoes . . . . .65¢
- bacon (peppered) . . \$1.15
- all-natural grilled chicken . . . . . \$1.40

## beverages

- SODA** Choose from 100+ flavors from our Coca-Cola Freestyle Machine . . \$2.50
- ICED TEA** (regular & herbal) . . . . . \$2.50
- LEMONADE** . . . . . \$2.50
- BOTTLED WATER** . . . . . \$1.75
- S. PELLEGRINO** . . . . . \$3.25
- MILK 2%** . . . . . \$1.75

**beer & wine** Assorted craft beers and Barefoot Vineyard wines **\$4.50**

## kid's corner

10 years & younger. Includes kid-sized drink or milk. Sandwiches include all-natural kettle chips or apple slices.

- CUSTOM SALAD** choice of lettuce, 3 choppings, and dressing (add protein for \$1.50) . . . . . \$5.65
- GRILLED CHEESE** white american cheese on kid-sized crustless classic white bread . . . . . \$6.20
- KID'S TURKEY OR HAM SANDWICH** all-natural turkey or ham, choice of cheese, romaine lettuce, tomato, mayonnaise or mustard, on kid-sized crustless classic white bread . . . . . \$6.20
- MAC & CHEESE** large elbow pasta, mixed with classic cheddar cheese sauce, topped with cheddar cheese, parmesan and bread crumbs & baked to order to a golden brown . . . . . \$6.20

## sides

- HOMEMADE ALBACORE TUNA SALAD** . . . . . \$2.99
- HOMEMADE CHICKEN SALAD** . . . . . \$2.99
- APPLE SLICES** . . . . . \$1.29
- ALL-NATURAL KETTLE CHIPS** (assorted flavors) . . . . . \$1.29

**desserts** **CHOCOLATE CHUNK COOKIE** . . . \$2.75  
**LEMON BLUEBERRY COOKIE** . . . \$2.25  
**BROWNIE** . . . . . \$1.75

(over)