# CHOICE GREENS

chopped salads • grain bowls • panini

# design your own salad $9.99

## 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 75¢

- 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
- jalapẽnos (roasted)
- jicama
- kalamata olives
- kidney beans
- mandarin oranges
- 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 . . . . . $3.89
- all-natural sonoran blackened chicken . . . . $3.89
- all-natural turkey . . . . . $3.49
- all-natural ham . . . . . $3.49
- all-natural genoa salami . . . . . $3.49
- oven-baked salmon . . . . . $5.99
- garlic herb grilled shrimp . . . . . $3.49
- baked tofu . . . . . $3.49
- albacore tuna . . . . . $3.49
- homemade albacore tuna salad . . . . . $3.49
- homemade chicken salad . . . . . $3.75

## step 4: CHOOSE YOUR DRESSING

- apple cider vinaigrette
- balsamic vinaigrette
- barbecue ranch
- chinese sesame
- 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 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 to any salad for 69¢*

# chopped classics

**ASIAN** organic spring mix, chinese noodles, broccoli, snap peas, almonds, mandarin oranges, with chinese sesame dressing . . . . . $10.65

**BBQ RANCH** iceberg lettuce, all-natural grilled chicken, cheddar cheese, roasted corn, tortilla strips, black beans, red onion, with barbecue ranch dressing. . . . . $14.55

**CHICKEN CAESAR** romaine lettuce, all-natural grilled chicken, shaved parmesan cheese, croutons, with classic caesar dressing . . . . . $12.85

**COBB** iceberg lettuce, all-natural grilled chicken, bleu cheese crumbles, avocado, peppered bacon, cheddar cheese, black olives, tomatoes, hard-boiled egg, with ranch dressing . . . . . $15.69

**HARVEST KALE** organic kale, dried cranberries, almonds, shaved parmesan, avocado, with balsamic vinaigrette dressing. . . . . $11.75

**MEDITERRANEAN** romaine lettuce, feta cheese, red onion, sun-dried tomatoes, kalamata olives, cucumber, roasted red peppers, with feta cheese vinaigrette dressing . . . . . $11.39

**ORCHARD APPLE** spinach, bleu cheese crumbles, apples, dried cranberries, caramelized walnuts, with fat-free raspberry vinaigrette. . . . . $9.99

**SOUTHWEST CHICKEN** romaine lettuce, all-natural grilled chicken, cheddar cheese, avocado, black olives, tortilla strips, tomatoes, black beans, with salsa ranch dressing . . . . . $15.55

**STRAWBERRY FIELDS** organic spring mix, strawberries, feta cheese, avocado, dried cranberries, almonds, with balsamic vinaigrette dressing. . . . . $11.45

**ROASTED BRUSSELS & BACON** organic spring mix, roasted brussels sprouts, peppered bacon, red onion, goat cheese, dried cranberries, with balsamic vinaigrette dressing . . . . . $11.95

# signature grain bowls (Served Warm)

**PROTEIN ADD-ONS $3.20 each:** • All-Natural Grilled Chicken • All-Natural Sonoran Blackened Chicken • Garlic Herb Grilled Shrimp • Baked Tofu

**FIESTA** 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 . . . . . $11.75

**EURO** 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 . . . . . $11.99

**POWER VEGGIE** 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 . . . . . $11.50

**TOSCANA** (served warm or cold) sautéed spinach, sun-dried tomatoes, artichoke hearts, kalamata olives, fresh mozzarella, garlic-scented olive oil, balsamic glaze with garden herbs, with couscous (pasta pearls) . . . . . $12.25

(over)

# entrée plates

| | | |
|---|---|---|
| **OVEN-BAKED NORWEGIAN ATLANTIC SALMON** | Served with roasted brussels sprouts and roasted corn with butter | $16.99 |
| **BRAISED BEEF** | Served with skin-on red garlic mashed potatoes and roasted corn with butter | $18.99 |
| **BAKED TOFU WITH GYOZA SAUCE** | Served with roasted brussels sprouts and roasted corn with butter | $13.99 |

# sandwiches

(Includes All-Natural Kettle Chips or Apple Slices)

| | | |
|---|---|---|
| **VIC'S ITALIAN** | all-natural ham, genoa salami, pepperoni, provolone cheese, romaine lettuce, tomato, red onion, italian dressing, on artisan italian bread | $12.79 |
| **TURKEY CLUB** | all-natural turkey, peppered bacon, white american cheese, romaine lettuce, tomato, mayonnaise, on artisan italian bread | $12.99 |
| **TUNA SALAD** | homemade albacore tuna salad, romaine lettuce, tomato, red onion, sprouts, on multigrain bread | $11.99 |
| **CHICKEN SALAD** | homemade chicken salad, romaine lettuce, tomato, sprouts, on multigrain bread | $12.25 |
| **VEGGIE CLASSIC** | cucumber, sprouts, tomato, red onion, roasted red peppers, provolone cheese, romaine lettuce, cilantro dressing, on multigrain bread | $11.25 |
| **BUILD-YOUR-OWN SANDWICH** | all-natural ham or turkey, choice of cheese, romaine lettuce, tomato, mayonnaise or spicy brown mustard, on choice of bread. | $12.25 |

# panini

(Includes All-Natural Kettle Chips or Apple Slices)

| | | HALF | WHOLE |
|---|---|---|---|
| **BBQ CHICKEN** | all-natural chicken breast, peppered bacon, cheddar cheese, red onion, barbecue sauce, on ciabatta. | $9.25 | $13.99 |
| **AVOCADO CLUB** | all-natural turkey, peppered bacon, cream cheese, avocado, sprouts, on ciabatta | $9.09 | $13.75 |
| **TUSCAN TURKEY** | all-natural turkey, provolone cheese, pesto, roasted red peppers, on ciabatta | $8.59 | $12.99 |
| **THE BLT** | peppered bacon, romaine lettuce, tomato, mayonnaise, on ciabatta | $7.99 | $11.99 |
| **THE CAPRESE** | fresh mozzarella, organic spring mix, tomato, sun-dried tomato spread, olive oil, on ciabatta | $8.59 | $12.99 |
| **THE FUEGO** | all-natural ham, pepper jack cheese, roasted jalapeños, sriracha mayo, on ciabatta | $8.59 | $12.99 |
| **GRILLED CHEESE** | white american and cheddar cheese, on classic white bread. (add tomato for 50¢, add peppered bacon or all-natural ham for $1.50) | N/A | $8.75 |
| | **GRILLED CHEESE WITH 6 OZ. ROASTED GARLIC TOMATO SOUP** | N/A | $11.25 |

# soups

(Served in Pewter Tureen)

| | HALF (6 oz.) | FULL (12 oz.) |
|---|---|---|
| **VEGETABLE** (vegan, gluten-free) | $3.49 | $6.98 |
| **CHICKEN NOODLE** | $3.49 | $6.98 |
| **ROASTED GARLIC TOMATO** | $3.49 | $6.98 |
| **SOUTHWEST CORN W/CHICKEN** | $3.49 | $6.98 |
| **BROCCOLI CHEDDAR** | $3.49 | $6.98 |

# 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

**$9.89**

**ADD-INS**

(No more than 2 recommended)

- black beans . . . . . 75¢
- broccoli . . . . . 75¢
- fresh garlic . . . . . 75¢
- green onion. . . . . 75¢
- roasted jalapeños . . . 75¢
- fried onion . . . . . 75¢
- tomatoes . . . . . 75¢
- bacon (peppered) . $1.25
- all-natural grilled chicken . . . . . $2.00

# beverages

**SODA** Choose from 100+ flavors from our Coca-Cola Freestyle Machine. . . $2.99

**ICED TEA** (regular & herbal) . . . . . $2.99

**LEMONADE** . . . . . $2.99

**BOTTLED WATER** . . . . . $2.25

**S. PELLEGRINO** . . . . . $3.49

**MILK 2%** . . . . . $2.25

# beer & wine

Assorted craft beers and Barefoot Vineyard wines **$4.75**

# 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 - price varies) . . . . . $6.75

**GRILLED CHEESE** white american cheese on kid-sized crustless classic white bread. . . . . $7.20

**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 . . . . . $7.20

**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 . . . . . $7.20

# sides

**HOMEMADE ALBACORE TUNA SALAD** . . . . . $3.49

**HOMEMADE CHICKEN SALAD** . . . . . $3.75

**APPLE SLICES** . . . . . $1.99

**ALL-NATURAL KETTLE CHIPS** (assorted flavors) . . . . . $1.99

# desserts

**CHOCOLATE CHUNK COOKIE** . . . $3.49

**SNICKERDOODLE COOKIE** . . . . . $3.49

**COCOA NIB BROWNIE** . . . . . $4.50

(over)