

As Fresh as it Gets

Leafy Greens, Crunchy Veggies and Gorgeous Grains



Farmher's
Field

sodexo
It all starts with the everyday

Create your own salad

Make your selections. We will toss it to order.

\$8.52

Greens

Pick 1	cal	portion
Spring Lettuce Mix	20	2 cups
Romaine		

Toppings

	cal	portion
Matchstick Carrots	35	1 oz
Red Cabbage	9	1 oz
Grape Tomatoes	0	1 oz
Red Onion	10	1 oz
Craisins / Raisins	60	1 oz
Cucumber	0	1 oz
Mandarin Oranges	15	1 oz
Fresh Pineapple	14	1 oz
Tri-Color Quinoa	40	cup ¼
Peppers	20	1 oz

Protein

Pick 1	cal	portion
Popcorn Chicken	210	2 oz
Grilled Chicken	70	2 oz

Crunch

	cal	portion
Croutons	120	1 oz
Corn Tortilla Chips	160	1 oz
Sunflower Seeds	102	1 oz

Cheese

Pick 1	cal	portion
Shredded Cheddar	20	1 Tbsp
Feta	35	2 Tbsp

Dressings

	cal	portion
Citrus Vinaigrette	140	1 oz
Red Pepper Caesar	140	1 oz
Caesar	95	1 oz
Avocado Chipotle Ranch	140	1 oz
Ranch	135	1 oz
Balsamic Vinaigrette	110	1 oz
Red Wine Vinaigrette	100	1 oz