

Farmher's Field

Create Your Own Salad

Make your selections. We will toss it to order.

\$9.99

Greens

Pick 1

Romaine	10 cal	1 cup
Spring Mix with Kale	5 cal	1 cup

Protein

Pick 1

Hard Boiled Egg	80 cal	1 egg
Grilled Chicken	75 cal	Each

Dressing

Pick 1

Honey Mustard Dressing	130 cal	2 Tbsp
Ranch Dressing	130 cal	2 Tbsp
Italian Salad Dressing	25 cal	2 Tbsp
Robusto Caesar Salad Dressing	130 cal	2 Tbsp

Toppings

Pick 4

Black Olives	25 cal	¼ cup
Chickpeas	40 cal	¼ cup
Fresh Tomatoes	10 cal	¼ cup
Red Onions	15 cal	¼ cup
Cucumber	5 cal	¼ cup
Julienne Green Pepper	0 cal	¼ cup

Cheese

Pick 1

Feta Cheese	20 cal	1 Tbsp
Shredded Cheddar Cheese	20 cal	1 Tbsp
Shredded Parmesan Cheese	20 cal	1 Tbsp

Crunch

Pick 2

Craisins	50 cal	1 Tbsp
Tortilla Strips	40 cal	¼ cup
Crumbled Bacon	45 cal	1 Tbsp
Croutons	70 cal	¼ cup

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



Mindful



Vegetarian



Vegan



Plant Based