

seasons



BUILD YOUR OWN SALAD

79 ¢ per oz

GREENS

Baby Spinach	5 cal
Mixed Greens	5 cal
Chopped Romaine	5 cal
Fresh Baby Arugula	5 cal

VEGETABLES

Sliced Cucumbers	5 cal
Red Grape Tomatoes	5 cal
Shredded Carrots	10 cal
Fresh Green Peppers	5 cal
Red Onion	10 cal
Fresh Broccoli Florets	10 cal
Sliced Fresh Mushrooms	10 cal

FRUIT

Diced Red Apple	15 cal
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BEANS

Low Sodium Garbanzo Beans	20 cal
Dark Red Kidney Beans	40 cal

PROTEIN

Chunk White Tuna	35 cal
Chicken Breast	40 cal
Honey Glazed Tofu	30 cal

CHEESE

Shredded Cheddar	110 cal
Blue Cheese	100 cal

DRESSING

Garden Ranch	200 cal
Blue Cheese	200 cal
Italian	160 cal
Balsamic	130 cal

SEASONAL FAVES

FALL FARRO SALAD (40 cal)

Farro tossed with toasted pecans, apples, butternut squash and cider vinaigrette

ANTIPASTO SALAD (60 cal)

Assorted Italian meats, provolone, kalamata olives, pepperoncini, onions and peppers, tossed in a neapolitan dressing

NORTH AFRICAN TABOULEH SALAD (30 cal)

Bulgur wheat combined with ripe tomatoes, fresh parsley and mint, lemon juice and olive oil

ASIAN PINEAPPLE SLAW (50 cal)

Shredded Napa cabbage, sweet pineapple, and fresh cilantro tossed in a tangy sweet chili and rice vinegar dressing

TUSCAN WHITE BEAN SALAD (90 cal)

Cannellini beans tossed with peppers, onions, olives, fresh herbs, lemon, and a red wine vinaigrette

MEAL PLAN OPTION

14 oz Salad, 2 Dressing packets, and a Fountain Drink

Additional Dressing Packet \$1.19

