

gf=gluten-free | df=dairy-free | v=vegan

Salads *(make any salad a wrap)*

CLASSICS

Caesar (458 cal)

kale, romaine, croutons, parmesan, tomato, fried garlic chips, caesar dressing \$9.95

Greek gf (428 cal)

spring mix, romaine, chickpeas, tomato, cucumber, olives, feta, dill tzatziki, meyer-lemon herb dressing \$9.95

Beet & Goat Cheese (350 cal)

spinach, roasted beets, goat cheese, raw beets, apples, seasonal local fruit, health grain mix, cashews, grapefruit-honey vinaigrette \$9.95



Watermelon & Feta gf (312 cal)

spring mix, watermelon, tomato, dried cranberries, sun sprouts, cashews, feta, roasted shallot balsamic \$9.95

Thai gf, df (294 cal)

arugula, green papaya, carrot, cashews, tomato, cilantro, mint, red onion, thai-lemongrass vinaigrette \$9.95

Cobb gf (503 cal)

spinach, romaine, bacon, blue cheese, avocado, boiled egg, spicy broccoli, tomato, green goddess dressing \$9.95

ADD SOME PROTEIN!

chicken breast tossed with meyer lemon and herb dressing \$4 (184 cal)

citrus-poached sustainable shrimp \$4 (132 cal)

ginger-baked tofu \$3 (82 cal)

baked quinoa falafel \$4 (176 cal)

pastrami-seasoned seared ahi,

tamari \$8 (182 cal)

gf=gluten-free | df=dairy-free | v=vegan

CHEF INSPIRED

Buckwheat Noodle df, v (265 cal)

spring mix, carrot, wasabi peas, radish, avocado, bell pepper, local sprouts, miso-ginger dressing \$9.95

Roasted Kabocha Squash & Strawberry Salad gf (404 cal)

spinach, arugula, kabocha squash, strawberries, feta, almonds, quinoa, roasted shallot balsamic vinaigrette \$9.95

Paniolo gf (422 cal)

spring mix, avocado, cheddar, crimini mushroom, bacon, purple sweet potatoes, spicy broccoli, chipotle-cilantro vinaigrette \$9.95

HEALTH INSPIRED

Garden Lo-Cal gf, df, v (91 cal)

kale, spinach, bell pepper, carrot, raw beets, cucumber, local sprouts, tomato, avocado-lime dressing \$9.95

Super Salad gf, df, v (252 cal)

kale, spinach, purple sweet potato, raw beets, spicy brussel sprouts, raw corn, almonds, avocado-lime dressing \$9.95

Kumu Farms Papaya Salad (367 cal)

half sunrise non-gmo organic papaya, health grain mix, feta cheese, dried cranberries, almonds, corn, mint, strawberries, lemon & olive oil \$9.95

Build Your Own Salad

\$9.95

STEP 1:

Choose Your Base

kale, arugula, spring mix, spinach, or romaine

STEP 2:

Choose Your Dressing + 5 Ingredients!

DRESSINGS all are gluten-free

cilantro-smoked chili v
miso-ginger v
roasted shallot balsamic v
green goddess
meyer lemon herb v

creamy ranch
blue cheese
classic caesar
grapefruit-honey v
thai lemongrass
avocado-lime v

BASICS

olive oil
squeeze of lemon & oil
balsamic vinegar
red wine vinegar

INGREDIENTS

apples
avocado
bacon
beets raw
beets roasted
spicy broccoli
carrots
chickpeas
cilantro and mint
corn raw
crimini mushrooms
croustons
cucumber
dried cranberries
boiled eggs
fried garlic chips
green papaya

kabocha squash
kalamata olives
kim chee banana peppers
local sprouts
papaya
pineapple
purple sweet potato
purple cabbage
red bell pepper
red onion
radish
roasted eggplant
spicy brussel sprouts
strawberry
tomato
watermelon

CHEESE, NUTS, SEEDS, & GRAINS

blue cheese
cheddar shredded
feta
goat cheese
parmesan
almonds slivered
cashews
quinoa
health grain mix
buckwheat noodle
wasabi pea

STEP 3:

Add a protein or super finish for extra!

super finish – chia seed, bee pollen, hemp seed, flax seed, nutritional yeast \$1