

(make any salad a wrap)

# Salads & Grain Bowls

## CLASSICS

**Caesar** (458 cal) \$9.95  
kale, romaine, croutons, parmesan, tomato, fried garlic chips, caesar dressing

**Greek** gf (428 cal) \$9.95  
spring mix, romaine, chickpeas, tomato, cucumber, olives, feta, dill tzatziki, meyer-lemon herb dressing

**Beet & Goat Cheese** (350 cal) \$9.95  
spinach, roasted beets, goat cheese, raw beets, apples, seasonal local fruit, health grain mix, cashews, lilikoi-mango dressing

**Watermelon & Feta** gf (312 cal) \$9.95  
spring mix, watermelon, tomato, dried cranberries, sun sprouts, cashews, feta, roasted shallot-balsamic

**Thai** gf, df (294 cal) \$9.95  
arugula, green papaya, carrot, cashews, tomato, cilantro, mint, red onion, thai-lemongrass vinaigrette

**Cobb** gf (503 cal) \$10.95  
romaine, bacon, blue cheese, avocado, boiled egg, spicy broccoli, tomato, green goddess dressing

## GRAIN BOWLS

**Ancient Grain Bowl** gf (796 cal) \$8.95  
quinoa, purple cabbage, tomato, cucumbers, curry golden raisins, herbs, kalamata olives, hummus, feta, meyer lemon dressing, tzatziki

**Seasonal "Fall" Grain Bowl** (715 cal) \$8.95  
health grain mix, kale, purple potato, kabocha squash, raw corn, spicy broccoli, dried cranberries, roasted shallot-balsamic dressing

**Kumu Farms Papaya Salad** (367 cal) \$9.95  
half sunrise non-gmo organic papaya, health grain mix, feta cheese, dried cranberries, almonds, corn, mint, strawberries, lemon & olive oil

## CHEF INSPIRED

**Buckwheat Noodle** df, v (265 cal) \$9.95  
spring mix, carrot, wasabi peas, radish, avocado, bell pepper, local sprouts, miso-ginger dressing

**Maui Goddess** gf (634 cal) \$9.95  
romaine, apples, strawberries, purple sweet potato, cashews, curry golden raisins, blue cheese, green goddess dressing

**Super Salad** gf, df, v (252 cal) \$9.95  
kale, spinach, purple sweet potato, raw beets, spicy brussel sprouts, raw corn, almonds, avocado-lime dressing

**Roasted Kabocha Squash & Strawberry Salad** gf (404 cal) \$9.95  
spinach, arugula, kabocha squash, strawberries, feta, almonds, quinoa, roasted shallot-balsamic vinaigrette

**Paniolo** gf (422 cal) \$9.95  
spring mix, avocado, cheddar, crimini mushroom, bacon, purple sweet potatoes, spicy broccoli, chipotle-cilantro vinaigrette

