

Fresh Salads

Includes chicken or tofu

Cobb 510 Cal.

Avocado, bacon, hard boiled egg, tomatoes, green onions, blue cheese crumbles, romaine, mixed greens

Chicken or Tofu Tofu +10 Cal.

Creamy Blue Cheese 320 Cal.

Ranch Available 200 Cal.



Greek 280 Cal.

Kalamata olives, cucumbers, tomatoes, red onions, green onions, feta cheese, romaine, mixed greens

Chicken or Tofu Tofu +10 Cal.

Creamy Greek 210 Cal.

Buffalo Chicken 360 Cal.

Buffalo chicken, banana peppers, carrots, celery, tomatoes, croutons, romaine

Creamy Blue Cheese 320 Cal.

Thai 180 Cal.

Red peppers, carrots, cucumbers, red cabbage, romaine

Chicken or Tofu Tofu +10 Cal.

Thai Peanut 300 Cal.

BBQ Ranch 400 Cal.

Avocado, pico de gallo, corn, black beans, tortilla strips, pepper jack cheese, romaine, mixed greens

Chicken or Tofu Tofu +10 Cal.

BBQ Ranch 160 Cal.

EXTRA PROTEIN

EXTRA Chicken 110 Cal.

EXTRA Buffalo Chicken 210 Cal.

EXTRA Tofu 120 Cal.

ADD Steak 140 Cal.

Make it a wrap!

Adds 280-390 Cal.



Caesar 300 Cal.

Parmesan cheese, croutons, romaine

Chicken or Tofu Tofu +10 Cal.

Caesar 320 Cal.

Roasted Autumn 460 Cal.

Sweet potatoes, Brussels sprouts, candied pecans, dried cranberries, grated Parmesan cheese, romaine

Chicken or Tofu Tofu +10 Cal.

Balsamic Vinaigrette 290 Cal.

Jalapeño Ranch 410 Cal.

Bacon, pickled red onions, corn, tomatoes, pepper jack cheese, romaine, mixed greens

Chicken or Tofu Tofu +10 Cal.

Jalapeño Ranch 210 Cal.

Kids Salad 130 Cal.

Carrots, cucumbers, croutons, romaine

Ranch 200 Cal.

Breakfast

MON-FRI 6:30 - 10:30 AM

SAT-SUN 7:00 - 11:00 AM

All burritos include a side of Traditional Salsa or Salsa Verde 10-15 Cal. each

Southwest 480 Cal.

Egg, turkey sausage, pepper jack cheese, roasted poblano peppers

Bacon, Egg & Cheese 630 Cal.

Turkey Sausage, Egg & Cheese 560 Cal.

Fiesta 650 Cal.

Egg, potatoes, turkey sausage, pepper jack cheese, pico de gallo, tortilla strips



Traditional 630 Cal.

Egg, potatoes, bacon, pepper jack cheese

Make it a bowl!
Subtract 260 Cal.



NEW! Hot Coffee

14 oz. 5 Cal.

Served until 2pm

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. While some items are indicated as gluten-free or dairy-free, we are not an allergen-free facility and items are at risk for cross contamination. Dressing calorie counts are based on a full packet.

Nutrition information provided includes one portion of chicken. For allergen and additional nutritional information on any item, please visit saladandgo.com.

Drinks

House-made Lemonade 24 oz.

Traditional 330 Cal.

Cucumber Mint 180 Cal.

Frozen Strawberry 290 Cal.

NEW Blueberry Basil 230 Cal.

Arnold Palmer 24 oz.

Traditional 170 Cal.

Cucumber Mint 90 Cal.

Iced Tea 24 oz.

Black 0 Cal.

Mango Green 0 Cal.

Cucumber Mint Lemonade



Cold Brew 24 oz. 0 Cal.

Add half-and-half 90 Cal.

Add almond milk 15 Cal.

Add oat milk 35 Cal.

Add flavor shot of caramel, hazelnut, vanilla, sugar-free vanilla 0-80 Cal.



Sides

Protein Box

Chicken or Tofu 110-120 Cal.

Choice of 2 Sides 0-340 Cal.

Ranch 200 Cal.

Cup of Minestrone Soup 110 Cal.

