CREATE-YOUR-OWN
CHOPPED SALAD

NAME: ________________________________  □ Dine-In  □ Take Out

CHOOSE YOUR SIZE:  □ Medium | 13  □ Large | 15

HOW DO YOU LIKE IT? □ Chopped  □ Not Chopped

CHOOSE YOUR GREENS: Choose 1
□ Main Course Mix  □ Hearts of Romaine

CHOOSE YOUR PROTEIN: Choose 1 [+4 / additional protein]
□ Blackened Chicken  □ Tofu  □ Smoked Turkey
□ Grilled Chicken  □ Roasted Seitan  □ Shrimp [+1]

ACCOMPANIMENTS: Choose 4 [+ .5 / additional item]
□ Apples  □ Sunflower Seeds  □ Radishes
□ Bacon [+ .5]  □ Candied Walnuts  □ Red Onions
□ Beets  □ Carrots  □ Pepitas (Pumpkin Seeds)
□ Black Beans  □ Chickpeas  □ Artichoke Hearts
□ Broccoli  □ Cucumber  □ Avocado [+ .5]
□ Flax Seeds  □ Mushrooms  □ Hard Boiled Egg
□ Dried Cranberries  □ Kalamata Olives  □ Tomatoes

ADD CHEESE: Choose 1
□ Bleu Cheese  □ Feta  □ Grated Parmesan

TOPPINGS: Choose 2 [+ .5 / additional item]
□ Alfalfa Sprouts  □ Croutons  □ Crispy Tortillas
□ Crispy Noodles  □ Tobacco Onions

DRESSINGS: Choose 1
□ Toasted Walnut  □ Citrus  □ Roasted Grape
□ Balsamic  □ Caesar  □ Carrot-Ginger