# CREATE-YOUR-OWN <br> CHOPPED SALAD <br> NAME: <br> $\qquad$ <br> Dine-In <br> $\qquad$ Take Out <br> CHOOSE YOUR SIZE: <br> Medium I 13 <br> Large I 15 <br> HOW DO YOU LIKE IT? $\square$ Chopped <br> $\square$ Not Chopped 

## CHOOSE YOUR GREENS: Choose 1

$\square$ Main Course MixHearts of Romaine

## CHOOSE YOUR PROTEIN: Choose 1 [+4 / additional protein]

| $\square$ Blackened Chicken $\quad \square$ Tofu | $\square$ Smoked Turkey |  |
| :--- | :--- | :--- |
| $\square$ Grilled Chicken | $\square$ Roasted Seitan | $\square$ Shrimp [+1] |
| $\square$ Curried Chicken Salad [+1] $\square$ Hanger Steak [+5] | $\square$ Salmon [+5] |  |

ACCOMPANIMENTS: Choose 4 [ +5 / additional item]

| $\square$ Apples | $\square$ Sunflower Seeds | $\square$ Radishes |
| :--- | :--- | :--- |
| $\square$ Bacon [+.5] | $\square$ Candied Walnuts | $\square$ Red Onions |
| $\square$ Beets | $\square$ Carrots | $\square$ Pepitas (Pumpkin Seeds) |
| $\square$ Black Beans | $\square$ Chickpeas | $\square$ Artichoke Hearts |
| $\square$ Broccoli | $\square$ Cucumber | $\square$ Avocado [+.5] |
| $\square$ Flax Seeds | $\square$ Mushrooms | $\square$ Hard Boiled Egg |
| $\square$ Dried Cranberries | $\square$ Kalamata Olives | $\square$ Tomatoes |

ADD CHEESE: Choose 1
$\square$ Bleu Cheese
$\square$ Feta
$\square$ Grated Parmesan

TOPPINGS: Choose 2 [ +.5 / additional item]
Alfalfa Sprouts
$\square$ Crispy NoodlesCroutons
$\square$ Crispy Tortillas

DRESSINGS: Choose 1Toasted Walnut
$\square$ Roasted Grape
$\square$ Carrot-Ginger

