

## CHOOSE YOUR SPECIALTY SALAD

### the signature *gluten-free* \$9.99

romaine, iceberg, spinach, chicken, avocado, sunflower seeds, mixed bell peppers, parmesan ( *house-made lite lemon* ) \*

### napa valley *gluten-free* \$10.25

romaine, spring mix, chicken, apples, celery, cranberries, walnuts, bleu cheese ( *raspberry vinaigrette* ) \*

### giving leaf *gluten-free* \$10.25

iceberg, turkey, cranberries, beets, walnuts, goat cheese ( *house-made red wine vinaigrette* ) \*

### steakhouse *gluten-free* \$10.75

iceberg, steak, tomatoes, cucumbers, red onions, bleu cheese ( *house-made ranch* ) \*

### bbq chicken *gluten-free* \$10.25

romaine, bbq chicken, bacon, tomatoes, avocado, cheddar ( *dijon-honey mustard* ) \*

### heartbeat *gluten-free* \$10.49

spinach/kale, chicken, artichoke hearts, beets, quinoa, red onion, almonds ( *balsamic vinegar and extra virgin olive oil* ) \*

### cobb *gluten-free* \$10.49

romaine, chicken, tomatoes, egg, bacon, avocado ( *dijon-honey mustard* ) \*

### italian *gluten-free* \$10.25

iceberg, salami, mixed bell peppers, mozzarella, peppercini, black olives ( *italian* ) \*

### shrimp caesar \$12.99

romaine and kale, shrimp, fresh herb mix, parmesan, croutons ( *caesar* ) \*

### protein up *gluten-free* \$14.99

spinach, salmon, broccoli, edamame, parmesan, walnuts, sunflower seeds, black beans ( *house-made lemon-basil vinaigrette* ) \*

### mediterranean *vegan and gluten-free* \$9.69

romaine and spring mix, mixed bell peppers, fresh herb mix, kalamata olives, cucumbers, peppercini, red onion ( *house-made balsamic vinaigrette* ) \*

### southwestern *gluten-free* \$10.25

romaine, chicken, corn, black beans, tomatoes, jalapeños, cheddar ( *house-made southwest ranch* ) \*

### green monster *gluten-free* \$10.25

spinach, kale, chicken, broccoli, cucumbers, avocado, edamame ( *house-made lemon-basil vinaigrette* ) \*

### buffalo chicken *gluten-free* \$10.25

iceberg, spicy chicken, celery, carrots, tomatoes, bleu cheese ( *house-made bleu cheese dressing* ) \*

### asian \$10.25

romaine, spinach, chicken, edamame, carrots, mushrooms, chow mein noodles, green onion ( *sesame ginger* ) \*  
*also great with balsamic tofu (vegan) instead of chicken*

## CHOOSE YOUR STYLE

*substitutions welcome and toppings on the side available*

chopped salad / pasta salad / tortilla wrap / quinoa bowl

add \$.60

plain, tomato, spinach,  
or jalapeño cheddar

add \$1.05

## ORDER ONLINE AT MYSALADCHOP.COM



\* these items may be served raw or undercooked, or contain raw or undercooked ingredients. consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. our restaurant offers products with peanuts, tree nuts, soy, milk, eggs, wheat, as well as those that are non-vegan. while we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat allergies, or those that are vegan.

## BUILD YOUR OWN \$8.49

**chopped salad** / **pasta salad** / **tortilla wrap** / **quinoa bowl**  
add \$.60 / add \$1.05

**choose a green** romaine, iceberg, spinach, kale, spring mix

**choose up to 4 ingredients** (over 4 add \$.50 each)

almonds	broccoli	cucumbers	jalapeños	peas
apples	carrots	hard-boiled eggs *	mozzarella	pepperoncini
artichoke hearts	celery	edamame	mushrooms	sunflower seeds
black beans	cheddar	feta cheese	black olives	tomatoes
beets	chow mein noodles	goat cheese	kalamata olives	walnuts
mixed bell peppers	corn	green onions	red onions	
bleu cheese	cranberries	fresh herb mix	parmesan	

### proteins\*

half avocado (vegan) add \$1.50	honey smoked salmon add \$6	shrimp add \$4 grilled steak add \$3	add \$2.25: bacon balsamic tofu (vegan) baked chicken	bbq chicken spicy chicken turkey salami
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### choose a dressing

bleu cheese (house-made)	fresh lemon juice	southwest ranch (house-made)	lime-cilantro vinaigrette (house-made)
caesar	lite lemon (house-made)	sesame ginger	raspberry vinaigrette
dijon-honey mustard	ranch (house-made)	balsamic vinaigrette (house-made)	red wine vinaigrette (house-made)
italian	fat free ranch	lemon-basil vinaigrette (house-made)	roasted red pepper vinaigrette

**DENVER PLACE: 999 18TH ST / 303.728.9839**

**CENTENNIAL DTC: 12201 E ARAPAHOE RD / 303.993.7430**

## VALUE COMBO

\$3.25 **add a drink, and  
chips or dessert**

## EXTRAS

**add croutons** \$.25

**fountain drink** \$2.10

**soup** \$3.89

**chips** \$1.50

**brownie** \$1.50



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