

SPECIALTY SALADS & WRAPS \$9.⁸⁹

my salad chop signature

romaine, iceberg, spring mix, spinach, chicken, avocado, sunflower seeds, roasted red peppers, parmesan (dressing recommendation: french) *

southwestern

romaine, chicken, corn, black beans, tomatoes, jalapeños, cheddar (southwest ranch) *

heartbeat

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

napa valley

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

asian

romaine, spinach, chicken, edamame, carrots, mushrooms, chow mein noodles (sesame ginger) *

bbq chicken

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

steakhouse

iceberg, grilled steak, tomatoes, cucumbers, red onions, bleu cheese (ranch) *

buffalo chicken

iceberg, spicy chicken, celery, carrots, tomatoes, bleu cheese (bleu cheese) *

green monster

spinach, kale, chicken, broccoli, cucumbers, avocado, edamame (lemon basil) *

cobb

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

sunny caesar

romaine, chicken, parmesan, apples, sunflower seeds, croutons (caesar) *

PASTA SALADS \$9.⁸⁹

spring chicken

3x rotini pasta, lite spring mix, chicken, apples, cranberries, sunflower seeds, feta (balsamic vinaigrette) *

shepherd's pasta pie

3x rotini pasta, lite spring mix, steak, bacon, bell peppers, peas, mozzarella (ranch) *

mad pasta

3x rotini pasta, lite iceberg, spicy chicken, bleu cheese, celery, tomatoes (bleu cheese) *

antipasta

3x rotini pasta, lite iceberg, salami, turkey, red onions, pepperoncini, black olives, mozzarella (italian) *

BUILD YOUR OWN \$7.⁶⁹

choose a green or wrap

romaine, iceberg, spinach, kale, spring mix, rotini pasta (add \$.50)

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

almonds	black olives	chow mein noodles
apples	bleu cheese	cilantro
artichoke hearts	broccoli	corn
beets	carrots	cranberries
bell peppers	celery	cucumbers
black beans	cheddar	edamame

feta cheese	peas
goat cheese	pepperoncini
green onions	quinoa w/ brown rice
hard-boiled eggs*	red onions
jalapeños	roasted red peppers
kalamata olives	rotini pasta
mozzarella	sunflower seeds
mushrooms	tomatoes
parmesan	walnuts

extras/proteins*

grilled steak add \$2.75		
honey smoked salmon add \$4		
half avocado add \$1.50		
add \$2.25:		
chicken	bacon	turkey
bbq chicken	salami	tofu
spicy chicken		

choose a dressing

house lite lemon	french
balsamic vinegar	fresh lemon juice
and extra	italian
virgin olive oil	ranch
bleu cheese	fat free ranch
caesar	southwest ranch
dijon-honey mustard	thousand island

sesame ginger
balsamic vinaigrette
lemon-basil
vinaigrette fat free
lime-cilantro vinaigrette
raspberry vinaigrette
red wine vinaigrette
roasted red pepper
vinaigrette



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* 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.