

SPROUTS DESIGNED SALADS

CAESAR

ROMAINE, CROUTONS, PARMESAN w/ CAESAR

LARGE \$5.50 REGULAR \$4.50 HANDHELD SALAD \$5.00

w/ GRILLED CHICKEN LARGE \$8.00 REGULAR \$7.00 HANDHELD SALAD \$7.50

w/ GRILLED CHICKEN & BACON LARGE \$8.75 REGULAR \$7.75 HANDHELD SALAD \$8.00

CALIFORNIA

SPINACH, APPLE, CARROT, GOAT CHEESE, MANDARIN, MUSHROOM, WALNUTS w/ POPPYSEED

LARGE \$7.50 REGULAR \$5.50 HANDHELD SALAD \$6.50

COBB

ROMAINE, GRILLED CHICKEN, AVOCADO, BLUE CHEESE, EGG, TOMATO w/ RANCH

LARGE \$8.75 REGULAR \$7.50 HANDHELD SALAD \$8.00

EAST COAST

SPRING MIX, ALMONDS, APPLE, DRIED CRANBERRY, GOAT CHEESE w/ BALSAMIC VINAIGRETTE

LARGE \$8.00 REGULAR \$6.00 HANDHELD SALAD \$7.00

FALAFEL

ICEBERG, FALAFEL, CHIC PEAS, CUCUMBER, GOAT CHEESE, TOMATO w/ OLIVE OIL VINAIGRETTE

LARGE \$8.50 REGULAR \$7.25 HANDHELD SALAD \$7.50

FARMERS

ICEBERG, ASPARAGUS, BROCCOLI, CARROT, CELERY, CORN, CUCUMBER, GREEN PEPPER, MUSHROOM, RED ONION, TOMATO w/ GARDEN HERB

LARGE \$7.50 REGULAR \$6.00 HANDHELD SALAD \$6.50

FRUITY

SPRING MIX, APPLE, DRIED CRANBERRY, MANDARIN, PINEAPPLE, PUMPKIN SEEDS, RAISIN w/ CITRUS KIWI

LARGE \$7.00 REGULAR \$5.25 HANDHELD SALAD \$6.00

GREEK

ICEBERG, BLACK OLIVES, CUCUMBER, FETA CHEESE, RED ONION, TOMATO w/ GREEK

LARGE \$6.50 REGULAR \$5.00 HANDHELD SALAD \$5.50

w/ GRILLED CHICKEN LARGE \$8.75 REGULAR \$7.50 HANDHELD SALAD \$8.00

GRILLED SALMON

SPRING MIX, GRILLED SALMON, CELERY, CHIC PEAS, CUCUMBER, RED ONION, RED PEPPER w/ SWEET ONION VINAIGRETTE

LARGE \$9.00 REGULAR \$7.75 HANDHELD SALAD \$8.50

GRILLED VEGETABLES

SPINACH, GRILLED VEGETABLES, MOZZARELLA, TOFU, TOMATO w/ BALSAMIC VINAIGRETTE

LARGE \$8.00 REGULAR \$6.75 HANDHELD SALAD \$7.00

ORIENTAL CHICKEN

SPRING MIX, GRILLED CHICKEN, BEAN SPROUTS, CASHEWS, CELERY, MANDARIN, ORIENTAL NOODLES w/ SESAME THAI VINAIGRETTE

LARGE \$8.75 REGULAR \$7.50 HANDHELD SALAD \$8.00

SHRIMP CITRUS

SPRING MIX, GRILLED SHRIMP, ASPARAGUS, CUCUMBER, MANDARIN, RED ONION, TOMATO w/ CHARDONNAY VINAIGRETTE

LARGE \$9.00 REGULAR \$7.75 HANDHELD SALAD \$8.50

STEAK & POTATO

ROMAINE, GRILLED STEAK, RED POTATO, ASIAGO, GREEN ONION, TOMATO w/ HONEY DIJON

LARGE \$8.75 REGULAR \$7.50 HANDHELD SALAD \$8.00

STEAK THAI

SPRING MIX, GRILLED STEAK, BEAN SPROUTS, CORN, GREEN ONION, ORIENTAL NOODLES, TOMATO w/ SESAME THAI VINAIGRETTE

LARGE \$8.75 REGULAR \$7.50 HANDHELD SALAD \$8.00

CHICKEN TEX-MEX

ICEBERG, GRILLED CHICKEN, BLACK BEANS, CORN, CORN CRISPS, JALAPENO, MONTEREY JACK w/ CHIPOTLE

LARGE \$8.75 REGULAR \$7.50 HANDHELD SALAD \$8.00

TUNA SALAD

SPRING MIX, TUNA SALAD, CUCUMBER, GREEN ONION, RED PEPPER, TOMATO w/ OLIVE OIL VINAIGRETTE

LARGE \$7.00 REGULAR \$6.00 HANDHELD SALAD \$6.00

SPROUTS DESIGNED FLATBREADS

BOMBAY

SWEET CURRY SPREAD, GRILLED STEAK, JALAPENO, PINEAPPLE, MONTEREY JACK

LARGE \$6.50 REGULAR \$4.50

BRUSCHETTA

CREAMY PESTO SPREAD, RED ONION, TOMATO, FETA CHEESE

LARGE \$5.00 REGULAR \$3.50

CAMPER

DIJON HORSERADISH SPREAD, BACON, RED ONION, TOMATO, CHEDDAR

LARGE \$6.50 REGULAR \$4.50

CARIBBEAN

SWEET CURRY SPREAD, GRILLED CHICKEN, RAISIN, RED ONION, MOZZARELLA

LARGE \$6.50 REGULAR \$4.50

MEDITERRANEAN

ROASTED RED PEPPER SPREAD, MUSHROOM, SUNDRIED TOMATO, GOAT CHEESE

LARGE \$5.00 REGULAR \$3.50

MEXICANA

ANCHO CHIPOTLE SPREAD, GRILLED CHICKEN, GREEN ONION, TOMATO, CHEDDAR

LARGE \$6.50 REGULAR \$4.50

PHILLI

DIJON HORSERADISH SPREAD, GRILLED STEAK, MUSHROOM, RED ONION, MOZZARELLA

LARGE \$6.50 REGULAR \$4.50

SOUTHERNER

ROASTED RED PEPPER SPREAD, GRILLED CHICKEN, JALAPENO, RED PEPPER, MONTEREY JACK

LARGE \$6.50 REGULAR \$4.50

THE TRIO

ANCHO CHIPOTLE SPREAD, CHEDDAR, MONTEREY JACK, MOZZARELLA

LARGE \$5.00 REGULAR \$3.50

5th AVENUE

CREAMY PESTO SPREAD, APPLE, ASPARAGUS, WALNUTS, GOAT CHEESE

LARGE \$5.00 REGULAR \$3.50

BUFFALO CHICKEN

B.B.Q. SPREAD, GRILLED CHICKEN, MUSHROOM, RED ONION, MONTEREY JACK

LARGE \$6.50 REGULAR \$4.50

B.B.Q STEAK

B.B.Q. SPREAD, GRILLED STEAK, GREEN ONION, TOMATO, MOZZARELLA

LARGE \$6.50 REGULAR \$4.50

SOUP DU JOUR

LARGE \$4.50 REGULAR \$2.50

SELF DESIGNED SALAD

STEP 1: CHOOSE YOUR BASE

STEP 2: CHOOSE 4 TRADITIONAL TOPPINGS

STEP 3: CHOOSE A DRESSING

LARGE \$5.50

ADD: TRADITIONAL \$0.50

ADD: PREMIUM \$1.00

ADD: DELUXE (PRICES VARY)

EXTRA DRESSING \$0.50

REGULAR \$4.50

ADD: TRADITIONAL \$0.25

ADD: PREMIUM \$0.50

ADD: DELUXE (PRICES VARY)

EXTRA DRESSING \$0.25

BASE

LETTUCE

ICEBERG

ROMAINE

SPINACH

SPRING MIX

TRADITIONAL

FRUIT / VEGETABLES

APPLE

ASPARAGUS

BEAN SPROUTS

BLACK OLIVES

BROCCOLI

CARROT

CELERY

CORN

CUCUMBER

GREEN OLIVES

GREEN ONION

GREEN PEPPER

JALAPENO

MANDARIN

MUSHROOM

PINEAPPLE

RAISIN

RED ONION

RED PEPPER

RED POTATO

TOMATO

PROTEIN ALTERNATIVE

BLACK BEANS

CHIC PEAS

EGG

DRIED GOODS

CORN CRISPS

CROUTONS

ORIENTAL NOODLES

PUMPKIN SEEDS

SUNFLOWER SEEDS

PREMIUM

CHEESE

ASIAGO

BLUE CHEESE

CHEDDAR

FETA CHEESE

GOAT CHEESE

MONTEREY JACK

MOZZARELLA

PARMESAN

FRUIT / VEGETABLES

AVOCADO

DRIED CRANBERRY

SUNDRIED TOMATO

NUTS

ALMONDS

CASHEWS

WALNUTS

DELUXE

VEGETARIAN

FALAFEL \$2.00

GRILLED VEGETABLES \$1.50

TOFU \$1.00

COLD PROTEIN

BACON \$1.00

CHICKEN \$1.50

TUNA SALAD \$1.50

HOT PROTEIN

GRILLED CHICKEN \$2.75

GRILLED SALMON \$3.00

GRILLED SHRIMP \$3.00

GRILLED STEAK \$2.75

DRESSING

REGULAR

BLUE CHEESE

CAESAR

CHIPOTLE

FRENCH

GARDEN HERB

GREEK

HONEY DIJON

ITALIAN

RANCH

SWEET ONION VINAIGRETTE

LIGHT

BALSAMIC VINAIGRETTE

CHARDONNAY VINAIGRETTE

CITRUS KIWI

ITALIAN

OLIVE OIL VINAIGRETTE

POPPYSEED

RANCH

RASPBERRY VINAIGRETTE

SESAME THAI VINAIGRETTE

TANGERINE BALSAMIC

BALSAMIC VINEGAR

RED WINE VINEGAR

WHITE WINE VINEGAR

EXTRA VIRGIN OLIVE OIL