

SALADWORKS®

MENU MAY VARY BY LOCATION

CREATE YOUR OWN

50-1200 cal

1

Create a salad, warm grain bowl or wrap
(whole wheat or white tortilla)

2

Choose your base
(greens, warm grains or both)

3

Add up to 5 ingredients
(add more for a little extra)

4

Top with a dressing
(or get it on the side)

SIGNATURES

Make it a salad, warm grain bowl or wrap
Choose a base of greens, warm grains or both



grilled chicken caesar

405 cal

romaine/iceberg blend, grilled chicken, sliced egg, parmesan cheese, housemade croutons
suggested dressing:
classic caesar



grilled chicken mediterranean

230 cal

super greens blend, grilled chicken, roasted cauliflower, diced red onions, feta cheese, sliced cucumbers, roasted red peppers
suggested dressing:
housemade lemon olive oil vinaigrette



southwest chipotle ranch

420 cal

romaine/iceberg blend, grilled chicken, fresh avocado, fire-roasted corn & bean medley, diced tomatoes, pepper jack cheese, tri-color tortilla strips
suggested dressing:
housemade chipotle ranch



avocado cobb

370 cal

romaine/iceberg blend, grilled chicken, diced tomatoes, fresh avocado, sliced egg, smoky bacon, bleu cheese
suggested dressing:
thousand island



asian crispy chicken

376 cal

super greens blend, sweet chili crispy chicken, mandarin oranges, sliced cucumbers, matchstick carrots, edamame, crispy wonton strips
suggested dressing:
sweet sesame



farmers market

320 cal

super greens blend, roasted turkey, roasted butternut squash, roasted brussels sprouts, smoky bacon, red grapes, feta cheese
suggested dressing:
balsamic vinaigrette



sophie's

310 cal

spring mix, grilled chicken, bleu cheese, dried cranberries, honey roasted pecans, diced apples
suggested dressing:
lite raspberry vinaigrette



classic greek

185 cal

romaine/iceberg blend, diced tomatoes, sliced cucumbers, kalamata olives, diced red onion, feta cheese
suggested dressing:
greek vinaigrette



roasted turkey club

290 cal

romaine/iceberg blend, radiatore pasta, roasted turkey, smoky bacon, diced tomatoes
suggested dressing:
ranch



bently

320 cal

romaine/iceberg blend, smoked ham, roasted turkey, sliced egg, diced tomatoes, provolone cheese
suggested dressing:
green goddess



smoky bbq crispy chicken

470 cal

romaine/iceberg blend, smoky bbq crispy chicken, diced tomatoes, sweet corn, cheddar cheese, onion crisps
suggested dressing:
ranch



buffalo bleu

310 cal

romaine/iceberg blend, grilled buffalo chicken, diced tomatoes, sliced banana peppers, bleu cheese, tri-color tortilla strips
suggested dressing:
creamy bleu cheese

All salads and warm grain bowls are served with a warm, fresh honey oat roll

MAKE IT THE WORKS

Add to your salad, warm grain bowl or wrap for a little extra

extra toppings 5-150 cal

extra premiums 50-205 cal

extra super premiums 40 cal



WRAP IT UP

Turn any signature into a wrap with your choice of whole wheat or white tortilla

All wraps are served with chips and a pickle

530-790 cal

SIGNATURE SANDWICHES



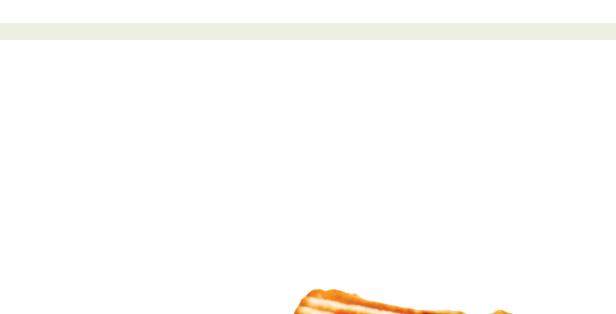
cranberry 'n pecan chicken salad

474 cal
housemade chicken salad made with honey roasted pecans, dried cranberries, chopped celery, spring mix, on hearty wheatberry



turkey 'n cheddar

655 cal
turkey medallions, spring mix, cheddar cheese, sliced tomatoes on hearty wheatberry, honey mustard



turkey bacon 'n ranch

720 cal
roasted turkey, smoky bacon, sliced tomato, spring mix, cheddar cheese, on hearty wheatberry, ranch



avocado blt

700 cal
smoky bacon, sliced tomato, spring mix, fresh avocado, on rustic white, green goddess

PANINI MELTS



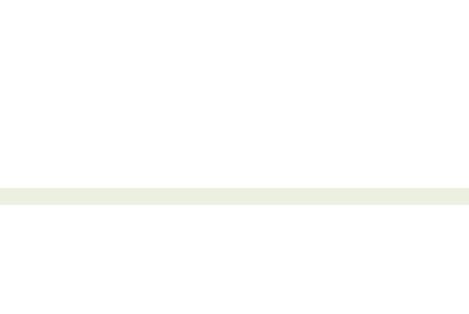
buffalo chicken

720 cal
grilled buffalo chicken, mozzarella cheese, on rustic white, creamy bleu cheese



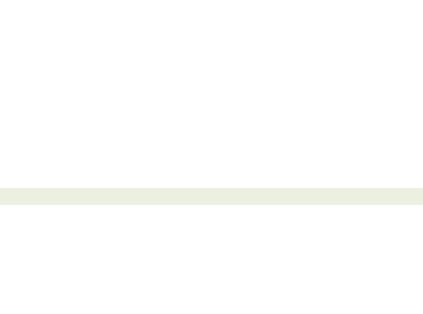
chipotle chicken 'n bacon

1020 cal
grilled chicken, smoky bacon, cheddar cheese, fresh avocado, on italian ciabatta, housemade chipotle ranch



tomato mozzarella 'n basil

657 cal
sliced tomatoes, mozzarella cheese, roasted red peppers, baby spinach, pesto, on rustic white, balsamic vinaigrette



turkey cheddar 'n bacon

860 cal
roasted turkey, smoky bacon, cheddar cheese, on italian ciabatta, thousand island

PICK 2 FOR YOU

240-650 cal

your choice of any two:

small soup • 1/2 salad • 1/2 sandwich
1/2 panini



SOUPS

70-640 cal

Ask about today's soups

SNACKS & DESSERTS

BEVERAGES

DESSERTS

DRINKS



KIDS WORKS

All kids works meals are served with a 100% juice box

build your own meal

120-345 cal

pick one item from each of our kids works menu categories

premiums

crispy chicken
smoky bbq crispy chicken
sweet chili crispy chicken
grilled chicken
roasted turkey
sliced egg
baked tofu
pepperoni

veggies

fresh broccoli
sliced cucumbers
edamame

grains

radiatore pasta
warm super grains blend
warm, fresh honey oat roll

fruits

mandarin oranges
diced apples
red grapes

dips 'n dressings

ranch
italian vinaigrette
classic caesar
smoky bbq sauce

CREATE YOUR OWN SALAD

120-345 cal
pick one base, three toppings and a dressing

KIDS WRAPS

510-650 cal
grilled chicken caesar | smoky bbq crispy chicken
half wrap served with a veggie, a fruit and a dip or dressing

GRILLED CHICKEN QUESADILLA

305-345 cal
served with a veggie, a fruit and a dip or dressing

KIDS FUELING KIDS

For each Kids Works meal purchased, we will donate \$0.10 to No Kid Hungry

For each Kids Works meal purchased between August 30, 2021 - August 30, 2022, Saladworks will donate \$0.10 to No Kid Hungry. WOWorks, the parent company of Saladworks, Frutta Bowls, The Simple Greek, and Garbanzo Mediterranean Fresh, commits to a minimum guaranteed donation of \$125,000.

NO KID HUNGRY

