

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

BEVERAGES



SHACKS & DESSERTS

140-440 cal
chips • cookies • brownies • marshmallow treats

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

fruits

mandarin oranges
diced apples
red grapes

grains

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

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 \$.10 to No Kid Hungry



For each Kids Works meal purchased between August 30, 2021 - August 30, 2022, Saladworks will donate \$.10 to No Kid Hungry. WQWorks, the parent company of Saladworks, Frutta Bowls, The Simple Greek, and Garbanzo Mediterranean Fresh, commits to a minimum guaranteed donation of \$125,000.

