



1400 Park St Hartford CT

Build Your Own Salad

small \$9.95 large \$14.95

1

CHOOSE UP TO 3 GREENS

Mixed Greens - Iceburg - Romaine - Butter
Spinach - Kale - Arugula

2

CHOOSE UP TO 5 TOPPINGS

Tortilla Strips - Onions Strings - Cucumbers - Croutons
Sunflower Seeds - Pumpkin Seeds - Egg - Radish
Garbanzo Beans - Grapes - Apple - Quinoas - Onion
Broccoli - Olives - Tomato - Corn & Black Beans - Carrots
Artichokes - Cauliflower - Beets - Cabbage - Peppers - Jalapenos
Oranges - Mozzarella Balls - Avocado - Jack & Cheddar
Mozzarella - Cran Rasins - Blue Cheese Crumbles - Feta - Almonds
Candied Pecans - Mozzarella - Goat Cheese

3

ADD PROTEIN

Grilled Chicken Breast
Tempeh - Salmon - Steak - Bacon

Soup

cup \$5.00

bowl \$6.75

bread bowl \$8.75

Soup of the Day
Chicken Tortellini
Cream of Broccoli
Tomato Basil

Salad

Triple Scoop sm 10.50 lg 14.00
3 scoops (mix & match) of our daily scoops on top of a garden fresh salad

Spicy Caesar sm 10.50 lg 14.00
romaine, grilled chicken, jack & cheddar and tortilla chips

Beeted Cob sm 10.50 lg 14.00
garden salad topped with bacon, grilled chicken, jack & cheddar cheese, egg, avocado and onion strings

Garbanzo sm 10.50 lg 14.00
arugula topped with garbanzo beans, tomatoes, mozzarella balls, avocado, and fresh basil

Crunchy Greek sm 9.75 lg 13.00
garden salad topped with kalamata olives, feta and lemon zest potato crutons

Staci's Chaos sm 9.95 lg 13.50
mixed greens, topped with oranges, rasins, feta, diced tomatoes, kalamata olives