


DICED

est. 2015 | NC

-  **SALAD BOWL**  **1/2 SALAD
1/2 GRAINS**
 **GRAIN BOWL**  **WRAP**

*please let us know if you have an allergy

- CHOOSE A BASE**
choose one or mix & match
GREENS
romaine
spinach
artisan mix
kale
GRAINS
wild grain blend
brown rice
CHOOSE
spinach wrap
whole wheat wrap
gluten free wrap (+\$1)

- PICK A RECIPE OR CRAFT YOUR OWN**
choose a recipe from our menu or craft your own

- TOPPINGS & DRESSING**
top your meal with fresh ingredients, crunchies + dressing
+ \$1 per additional add on

HOUSEMADE DRESSINGS

All of our dressings are gluten free!

We craft all of our dressings in house.

We use real whole food ingredients.

CREAMY

avocado bacon ranch
buttermilk ranch
chipotle ranch
blue cheese
caesar
honey dijon
maple tahini [V]

LIGHT

greek feta
carrot ginger [V]
cilantro lime [V]
lemon basil [V]
strawberry poppy [V]
sweet chipotle [V]
white balsamic [V]

SIMPLE

olive oil
lemon juice
red wine vinegar
balsamic vinegar
bbq sauce
franks red hot
sriracha
salt + pepper

FAN FAVORITE



SOUTHWEST CRUNCH [GF]

321 calories
14g protein

[add grilled chicken +3 or grilled shrimp +4]
avocado, shredded cheddar, black beans,
grilled corn, tomato, red onion & tortilla strips
DRESSING: chipotle ranch or cilantro lime



SPICY THAI [V]

237 calories
12g protein

[add grilled shrimp +4 or crispy tofu +3]
edamame, carrots, purple cabbage, green
onion, cilantro, jalapeños, chow mein
noodles, & peanuts
DRESSING: carrot ginger + sriracha



GREEK GODDESS

175 calories
7g protein

[add grilled chicken +3]
kalamata olives, feta cheese, onion, tomato,
cucumbers, banana peppers & croutons
DRESSING: greek feta or lemon basil



CHICKEN OR SHRIMP CAESAR

255 calories
36g protein

grilled chicken or grilled shrimp, shaved
parmesan & croutons
DRESSING: caesar



AVOCADO BLTO

225 calories
9g protein

[add grilled chicken +3]
avocado, applewood bacon, tomato,
pickled onion & croutons
DRESSING: avocado bacon ranch or
white balsamic



THE COBB [GF]

515 calories
48g protein

grilled chicken, applewood bacon, avocado,
crumbled blue cheese, tomato & egg
DRESSING: buttermilk ranch or
avocado bacon ranch

FAN FAVORITE



TRIPLE THREAT

436 calories
38g protein

grilled steak, grilled chicken, applewood
bacon, shredded cheddar, jalapeños, red &
banana peppers, cucumbers, crispy onions &
tortilla strips
DRESSING: sweet chipotle or avocado
bacon ranch



HARVEST CRUNCH [GF] [V]

222 calories
10g protein

[add crispy tofu +3]
roasted brussels sprouts, beets, chickpeas,
roasted sweet potatoes, cucumbers, roasted
mushrooms, broccoli & sunflower seeds
DRESSING: lemon basil or maple tahini



BLACK & BLUE

381 calories
32g protein

grilled steak, crumbled blue cheese,
roasted mushrooms, tomato, cucumber &
crispy onions
DRESSING: blue cheese or white
balsamic



DAISY DUKE

326 calories
24g protein

sliced roasted turkey, bacon, shredded
cheddar, farm fresh egg, red onion,
tomato & croutons
DRESSING: honey dijon or buttermilk
ranch



MANGO PARADISE [GF]

338 calories
8g protein

[add grilled chicken +3]
feta cheese, strawberries & apples, mango,
craisins, walnuts & sunflower seeds
DRESSING: white balsamic or
strawberry poppyseed



HEARTY VEGAN [GF] [V]

321 calories
14g protein

hearts of palm, avocado, purple cabbage,
carrots, black beans, grilled corn, cilantro &
tortilla strips
DRESSING: sweet chipotle or cilantro
lime



BUFFALO/BBQ CHOP

360 calories
35g protein

grilled chicken, shredded cheddar, red
onion, tomato, purple cabbage, carrots,
croutons & crispy onions
DRESSING: buttermilk ranch + BBQ
or buffalo sauce



SHRIMP & GRAINS [GF]

483 calories
46g protein

grilled shrimp, avocado, shredded
parmesan, quinoa, edamame & almonds
DRESSING: lemon basil or olive oil +
lemon juice



WRAP IT UP!

ANY OF OUR RECIPES CAN BE MADE
INTO A WRAP OR GRAIN BOWL!
Choose spinach, whole wheat or gluten
free wrap. For a grain bowl, choose
between our wild grain blend or brown rice.

[GF] gluten-free [V] vegan

WANT TO CRAFT YOUR OWN?

Details on the back!

CRAFT YOUR OWN

Includes protein + 4 fresh ingredients

1

CHOOSE AN OPTION:

veggie		grilled steak	+4
grilled chicken	+3	crispy tofu	+3
grilled shrimp	+4	bacon or turkey	+2

*please let us know if you have an allergy

2

CHOOSE YOUR BASE AND/OR WRAP

SALADS & BOWLS

choose one or mix & match

romaine	brown rice
spinach	wild grain blend
kale	1/2 greens + 1/2 grains
artisan mix	

WRAPS

includes base choice

whole wheat
spinach
gluten-free (+\$1)

3

CHOOSE 4 FRESH INGREDIENTS

+\$1 for each additional ingredient

FRESH VEGGIES & FRUITS

apples	cucumber	purple cabbage
avocado	edamame	red onion
banana peppers	farm fresh egg	red peppers
beets	grape tomatoes	roasted broccoli
black beans	green onion	roasted brussels sprouts
carrots	grilled corn	roasted mushrooms
cilantro	jalapeños	roasted sweet potatoes
craisins	kalamata olives	strawberries
crispy chickpeas	mango	tri-colored quinoa

CRUNCHIES

croutons	peanuts [GF]
crispy chickpeas [GF]	slivered almonds [GF]
crispy onions	sunflower seeds [GF]
crispy jalapeños	tortilla strips [GF]
chinese noodles	walnuts [GF]

CHEESE

blue cheese
cheddar
feta cheese
mozzarella
parmesan

TASTY DICED FACTS



We are an NC locally owned & grown restaurant. When you eat at DICED, you are supporting local!



Your steak is grass-fed, your shrimp is phosphate-free, your chicken is antibiotic & hormone-free, and your tofu is organic & non-gmo. The integrity of your ingredients matters!



We prepare every single ingredient in house, including grilling your proteins, and roasting your veggies.



All of your dressings are crafted in-house using real whole high-integrity ingredients, and are gluten free!



Join our community! Follow @dicednc on Instagram, share your best salad photos and tag us!



ORDER ONLINE!
www.dicedsalads.com



CONTACT: info@dicedsalads.com