

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

3

GRAINS

wild grain blend brown rice

WRAP

*includes base choice

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

[GF] gluten-free [V] vegan

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



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

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

FAN FAVORITE



CHICKEN OR SHRIMP CAESAR

255 calories 36g protein

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



noodles, & peanuts

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

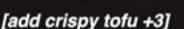
grilled steak, grilled chicken, applewood bacon, shredded cheddar, jalapeños, red & banana peppers, cucumbers, crispy onions & tortilla strips

DRESSING: sweet chipotle or avocado bacon ranch



HARVEST CRUNCH [GF] [V]

222 calories 10g protein



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

FAN FAVORITE



DAISY DUKE

326 calories 24g protein

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



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



ranch

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.

WANT TO CRAFT YOUR OWN?

Details on the back!

CRAFT YOUR OWN

Includes protein + 4 fresh ingredients

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

CHOOSE YOUR BASE AND/OR WRAP

SALADS & BOWLS

choose one or mix & match

romaine spinach

wild grain blend 1/2 greens + 1/2 grains

kale artisan mix

WRAPS

includes base choice

whole wheat spinach

gluten-free (+\$1)

CHOOSE 4 FRESH INGREDIENTS

brown rice

+\$1 for each additional ingredient

FRESH VEGGIES & FRUITS

apples
avocado
banana peppers
beets
black beans
carrots
cilantro
craisins
crispy chickpeas

cucumber
edamame
farm fresh egg
grape tomatoes
green onion
grilled corn
jalapeños
kalamata olives
mango

purple cabbage
red onion
red peppers
roasted broccoli
roasted brussels sprouts
roasted mushrooms
roasted sweet potatoes
strawberries
tri-colored quinoa

CRUNCHIES

croutons
crispy chickpeas [GF]
crispy onions
crispy jalapeños
chinese noodles

peanuts [GF] slivered almonds [GF] sunflower seeds [GF] tortilla strips [GF] walnuts [GF]

CHEESE

blue cheese cheddar feta cheese mozzarella parmesan





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





ık is grass-fed, your

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



