

Salads

TURN ANY SALAD INTO A WRAP

bacon 1 tofu 2 chicken 3 turkey 3 shrimp 3.5 blackened tuna 4 steelhead trout 4

► Southwest 8.95

avocado, black beans, corn, tomato, shaved onion, pepper jack, blue corn chips, romaine, mixed greens, jalapeño lime dressing

600 cal. gluten-free, vegetarian

Spinach Club 9.25

avocado, shaved onion, egg, bacon, white cheddar, spinach, creole honey mustard dressing

493 cal. gluten-free

Caprese 9.25

grape tomatoes, mozzarella, croutons, basil, arugula, mixed greens, lemon basil vinaigrette, balsamic reduction

363 cal. vegetarian

Chopped Cobb 9.25

avocado, tomato, bacon, egg, cucumber, blue cheese, romaine, dijon aioli

399 cal. gluten-free

Quinoa, Kale & Corn 8.95

carrot, corn, roasted brussel sprouts, quinoa, sheep's milk feta, kale, arugula, roasted tomato vinaigrette

476 cal. gluten-free, vegetarian

Vegan Quinoa, Kale & Corn 8.95

ditch the feta for baked tofu

459 cal. gluten-free, vegan

Beet Street 8.95

roasted beets, carrot, goat cheese, honey roasted walnuts, mixed greens, romaine, citrus vinaigrette

429 cal. gluten-free, vegetarian

► Truffle Caesar 7.25

parmesan-reggiano, croutons, romaine, truffle caesar dressing

283 cal.



Wraps

CHOICE OF WHOLE WHEAT, SPINACH OR TOMATO TORTILLA

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► Thai Peanut: Chicken or Shrimp 8.5/9.5

roasted chicken or gulf shrimp, basil, cilantro, carrot, cucumber, peanuts, spinach, spicy thai peanut sauce

526/480 cal.

BBQ Chicken 8.95

roasted chicken, pepper jack, jicama, corn, tomato, blue corn chips, romaine, pineapple bbq sauce and dijon aioli

700 cal.

Turkey & Avocado 9.5

sliced turkey, avocado, bacon, shaved onion, romaine, mixed greens, dijon aioli

553 cal.

Avocado Hummus:

Tofu or Chicken 8.25/9.25

housemade hummus, avocado, tomato, cucumber, romaine, lemon basil vinaigrette, with baked tofu **VE** or croutons and roasted chicken

654/725 cal.



Soups & More

Soups

visit our website for weekly specials and updates

Snacks

seasonal fruit, pesto pasta, seaweed salad and more

Chips & Cookies

freshly baked Willa Jean cookies, pop chips, pita chips and more

Drinks

housemade lemonades, freshly brewed iced tea and more

Cold Pressed Juice

8 | *our juices contain only 100% raw vegetables and fruits*

Generation Kale

kale, grapes, apple, orange, cucumber, lemon

24 Carrot Gold

carrot, apple, orange, ginger, beet, lime

Seasonal Salads

Heirloom Tomato & Ricotta 8.95

heirloom cherry tomatoes, whipped ricotta, red onion, honey roasted walnuts, basil, arugula, mixed greens, olive oil, balsamic reduction

gluten-free, vegetarian

Yes Yuzu 12.95

blackened tuna, mango, pickled red onion, cilantro, avocado, cucumber, pepitas, mixed greens, romaine, yuzu chili dressing

Steelhead Ranch 12.25

roasted steelhead, cucumber, grape tomatoes, pickled red onion, croutons, dill, quinoa, mixed greens, arugula, herbed ranch dressing

Summer House 8.95

louisiana peaches, dried cranberries, goat cheese, walnuts, mixed greens, fig balsamic vinaigrette

gluten-free, vegetarian

Warm Bowls*

TURN ANY BOWL INTO A SALAD OR WRAP

Mushroom Elote 9.95

roasted portobello mushrooms, roasted peppers, corn, pickled red onion, cilantro, queso fresco, mississippi brown and red rice, arugula, mixed greens, jalapeno lime dressing

gluten-free, vegetarian

Wagyu Barbacoa 11.95

raines farm louisiana wagyu barbacoa, corn, grape tomato, red onion, cabbage, blue corn chips, arugula, mississippi brown and red rice, sweet corn dressing

gluten-free

Ginger Teriyaki Chicken 10.95

roasted chicken, carrots, edamame, roasted peppers, cilantro, sliced almonds, mississippi brown and red rice, kale, mixed greens, miso ginger dressing, teriyaki glaze

gluten-free

*AVAILABLE AT OUR FRERET ST. LOCATION

Build Your Own

8.75 | SALAD OR WRAP

Pick Some Greens

arugula
baby spinach

kale 1
mixed greens

romaine

Make It Special

SELECT UP TO 4 - 1 EACH ADDITIONAL

avocado
beets, roasted
black beans
blue corn chips
brussels, roasted
carrots
corn
cranberries, dried
croutons

cucumbers
egg
heirloom cherry
tomatoes 1.50
jicama
mango
onion, red
onion, white
peaches

peanuts
pepitas
pickled red onion
red peppers, roasted
seaweed salad
tomatoes
tomatoes, grape
walnuts, honey roasted

CHEESE

blue
feta
goat
mozzarella
parmesan-reggiano
pepper jack
whipped ricotta
white cheddar

Add Some Protein & Premiums

bacon 1
chicken 3
gulf shrimp 3.5

hummus 2
quinoa 2
steelhead trout 4

tofu, baked 2
tuna, seared 4
turkey 3

Drizzle Some Dressing

citrus vinaigrette
gluten-free, vegan
creole honey mustard
gluten-free, vegetarian

dijon aioli
gluten-free, vegetarian

herbed ranch

gluten-free
fig balsamic vinaigrette
gluten-free, vegan

jalapeño lime dressing
gluten-free, vegetarian
lemon basil vinaigrette
gluten-free, vegan

pineapple bbq sauce
gluten-free, vegetarian
roasted tomato vinaigrette
gluten-free, vegan

spicy thai peanut sauce
vegetarian

truffle caesar dressing
gluten-free

yuzu chili dressing
vegan