

# DICED

est. 2015 | Raleigh, NC

\*prices available on the large menu

1



SALAD BOWL



1/2 SALAD  
1/2 GRAINS



GRAIN BOWL



WRAP

\*please let us know if you have an allergy - all recipes can be modified to accommodate

2

## CHOOSE A BASE

choose one or mix & match

### GREENS

romaine  
spinach  
artisan mix  
kale

### GRAINS

wild grain blend  
brown rice

## WRAP

\*includes base choice

### CHOOSE

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

3

## PICK A RECIPE OR CRAFT YOUR OWN

choose a recipe from our menu or craft your own

4

## TOPPINGS & DRESSING

top your meal with fresh ingredients, crunchies + dressing  
+ \$1 per additional add on

## HOUSEMADE DRESSINGS

We craft all of our dressings in house using 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

All of our dressings are gluten free!

[GF] gluten-free [V] vegan

### FAN FAVORITE



## SOUTHWEST CRUNCH [GF]

270 calories  
12g protein

[add grilled chicken +3.50 or grilled shrimp +4.50]  
avocado, shredded cheddar, black beans, grilled corn, grape tomato, red onion & tortilla strips

DRESSING: chipotle ranch or cilantro lime



## CHICKEN OR SHRIMP CAESAR

180 calories  
22g protein

grilled chicken or grilled shrimp, shaved parmesan & croutons

DRESSING: caesar

### FAN FAVORITE



## SHRIMP & GRAINS [GF]

315 calories  
28g protein

grilled shrimp, avocado, shredded parmesan, quinoa, edamame & almonds

DRESSING: lemon basil or olive oil + lemon juice



## DAISY DUKE

330 calories  
27g protein

sliced roasted turkey, bacon, shredded cheddar, farm fresh egg, red onion, grape tomato & croutons

DRESSING: honey dijon or buttermilk ranch

### FAN FAVORITE



## BUFFALO/BBQ CHOP

300 calories  
23g protein

grilled chicken, shredded cheddar, grape tomato, purple cabbage, carrots, red onion, croutons & crispy onions

DRESSING: ranch + BBQ or ranch + buffalo sauce



## GREEK GODDESS

150 calories  
8g protein

[add grilled chicken +3.50]  
kalamata olives, feta cheese, onion, grape tomato, cucumbers, banana peppers & croutons

DRESSING: greek feta or lemon basil

### FAN FAVORITE



## THE COBB [GF]

410 calories  
38g protein

grilled chicken, applewood bacon, avocado, crumbled blue cheese, grape tomato & egg

DRESSING: buttermilk ranch or avocado bacon ranch



## HARVEST CRUNCH [GF] [V]

220calories  
10g protein

[add crispy tofu +3.50]  
roasted brussels sprouts, beets, chickpeas, roasted sweet potatoes, cucumbers, roasted mushrooms, broccoli & sunflower seeds

DRESSING: lemon basil or maple tahini



## MANGO PARADISE [GF]

315 calories  
20g protein

[add grilled chicken +3.50]  
feta cheese, strawberries, green apples, mango, raisins, walnuts & sunflower seeds

DRESSING: white balsamic or strawberry poppyseed



## TRIPLE THREAT

405 calories  
43g protein

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

DRESSING: sweet chipotle or avocado bacon ranch

### FAN FAVORITE

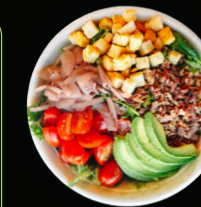


## SPICY THAI [V]

215 calories  
7g protein

[add grilled shrimp +4.50 or crispy tofu +3.50]  
edamame, carrots, purple cabbage, green onion, cilantro, jalapeños, chow mein noodles, & peanuts

DRESSING: carrot ginger + sriracha



## AVOCADO BLTO

160 calories  
7g protein

[add grilled chicken +3.50]  
avocado, applewood bacon, grape tomato, pickled onion & croutons

DRESSING: avocado bacon ranch or white balsamic



## BLACK & BLUE

290 calories  
24g protein

grilled steak, crumbled blue cheese, roasted mushrooms, tomato, cucumber & crispy onions

DRESSING: blue cheese or white balsamic

### FAN FAVORITE



## HEARTY VEGAN [GF] [V]

250 calories  
10g protein

hearts of palm, avocado, purple cabbage, carrots, black beans, grilled corn, cilantro & tortilla strips

DRESSING: sweet chipotle or cilantro lime



## 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 4 FREE fresh ingredients



1

## CHOOSE AN OPTION:

veggie		grilled steak	+4.50
grilled chicken	+3.50	crispy tofu	+3.50
grilled shrimp	+4.50	bacon	+2.50
		turkey	+3.00

\*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

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



ORDER ONLINE!  
www.dicedsalads.com

CONTACT: info@dicedsalads.com

## THANK YOU


for voting us BEST 2 straight years!




best salad



best salad  
lunch spot  
vegetarian/vegan

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!