

# create your own

Full Creation 7.99  
Jr. Creation 5.99

## step 1

Choose from Our Sensible Sizing™

FULL Creation with any of our 40+ “throw-in” choices

JR. Creation with up to 4 “throw-in” choices

Each Additional “throw-in” 50 cents

## step 2

Pick One of Our Fresh Lettuce Mixes

Iceberg · Romaine · Spring Mix · Spinach

## step 3

Choose Your Favourite  
‘Throw-In’ Ingredients

|                    |                      |
|--------------------|----------------------|
| Alfalfa Sprouts    | Green Peas           |
| Artichoke Hearts   | Hard Boiled Egg      |
| Asparagus          | Black Olives         |
| Avocado            | Mandarin Oranges     |
| Bacon Bits         | Mushrooms            |
| Blue Cheese        | Parmesan Cheese      |
| Broccoli           | Pepperoncini Peppers |
| Caramelized Onions | Portobello           |
| Carrots            | Potatoes             |
| Canadian Cheddar   | Raisins              |
| Celery             | Red Onion            |
| Chickpeas          | Roasted Red Peppers  |
| Chow mein Noodles  | Sliced Almonds       |
| Corn               | Sundried Tomatoes    |
| Croutons           | Sunflower Seed       |
| Cucumbers          | Tomatoes             |
| Dried Cranberries  | Tortilla Chips       |
| Feta Cheese        | Walnuts              |
| Green Bell Peppers | Zucchini             |

## step 4

Make it a Hearty Salad  
with a Protein!

Add 2.00 per item:

Lite Veggie Tuna Salad    Roasted Turkey

Chicken Salad            Tofu

Black Forest Ham

Add 2.50 per item:

Grilled Steak            Spicy Buffalo Chicken

Grilled Chicken        Teriyaki Chicken

Add 3.50 per premium item:

Wild Alaskan Salmon    Fresh cooked Shrimp

## step 5

Dress Up Your Salad!

|                     |                               |
|---------------------|-------------------------------|
| Asian Sesame        | Parmesan Caesar Vinaigrette   |
| Blue Cheese         | Ranch                         |
| Caesar              | Raspberry Vinaigrette         |
| Cucumber Dill       | Spring Herb Italian           |
| Honey Herb & Dijon  | Sundried Tomato & Black Olive |
| Mediterranean Greek | Sweet Onion                   |
| Modena Balsamic     | Extra Virgin Olive Oil        |
| Pear & Blue Cheese  | Balsamic Vinegar              |
| Poppy Seed Light    | Red wine vinegar              |

## step 6

Chopped or Tossed?

Chopped – Get more out of every bite

Tossed – Traditional tossed salad

Ingredients may change seasonally

## soups ..... 3<sup>59</sup>

We serve a minimum of two selections per day.  
Our soups are prepared daily.

|                     |                       |
|---------------------|-----------------------|
| Broccoli Cheddar    | Coconut Curry Chicken |
| Garden Vegetable    | Roasted Garlic Tomato |
| Mushroom Bisque     | Chicken Noodle        |
| Boston Clam Chowder | Chili                 |

## desserts

Fresh Baked Cookies Bites ..... 1.29

Fresh Baked Cookies ..... 1.49

## beverages

Bottled Pop ..... 1.69

Bottled Water ..... 1.49

Aquafina+

G2 / Gatorade ..... 2.19

Iced Teas ..... 1.69

Can Pop ..... 1.19



salad creations  
fresh is fabulous

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# take out menu



# featured salads

All salads come with Joystix

**Heart Lover** ..... Full 6<sup>99</sup> Jr 5<sup>99</sup>

Spring Mix lettuce, tomatoes, red onions, carrots, cucumbers and almonds

**“Chic to be Greek”** ..... Full 7<sup>99</sup> Jr 6<sup>99</sup>

Romaine lettuce, feta cheese, red onions, black olives, tomatoes, pepperoncini peppers and croutons

**“Hail to Caesar”** ..... Full 6<sup>99</sup> Jr 5<sup>99</sup>

Romaine lettuce, parmesan cheese and croutons in Caesar dressing  
with Chicken 2.50 with Salmon or shrimp 3.50

**Chinese Chopstick** ..... Full 8<sup>99</sup> Jr 7<sup>99</sup>

Spring mix lettuce, grilled teriyaki chicken, mandarin oranges, chow mein noodles and Asian sesame dressing

**Steak & Blue** ..... Full 9<sup>99</sup> Jr 7<sup>99</sup>

Romaine lettuce, red onions, green bell peppers, crumbled blue cheese and grilled steak

**The Tuna “Chop”** ..... Full 7<sup>99</sup> Jr 6<sup>99</sup>

Iceberg lettuce, tender flaky tuna salad, red onions and tomatoes

**Canadian Cobb** ..... Full 10<sup>99</sup> Jr 9<sup>99</sup>

Romaine lettuce, ham, bacon, cheddar cheese, hard boiled egg, tomatoes, red onions, carrots, roasted red peppers and croutons

**Santa Fe Chicken** ..... Full 9<sup>99</sup> Jr 8<sup>99</sup>

Iceberg lettuce, grilled chicken, cheddar cheese, tomatoes, corn, red onions, carrots, green bell peppers and sunflower seeds

**Chopped Turkey Club** ..... Full 8<sup>99</sup> Jr 6<sup>99</sup>

Iceberg lettuce, tender turkey breast, tomatoes, bacon bits and red onion

**Wild Alaskan Salmon** ..... Full 9<sup>99</sup> Jr 8<sup>99</sup>

Spinach, wild Alaskan salmon, tomatoes, carrots, red onions, sunflower seeds, feta cheese and balsamic vinaigrette

**Baja Salad** ..... Full 8<sup>99</sup> Jr 6<sup>99</sup>

Iceberg and romaine lettuces, tomatoes, red onions, corn, black olives, cheddar cheese, fresh salsa and tortilla chips topped with warm chili

**The Chopped Ten Veggie** ..... Full 7<sup>99</sup> Jr 6<sup>99</sup>

Iceberg lettuce, green bell peppers, red onions, mushrooms, broccoli, artichoke hearts, cucumber, chickpeas, tomatoes, carrots and croutons



# fresh wraps

**Spicy Buffalo Chicken Caesar** ..... 9<sup>99</sup>

Buffalo chicken, hard-boiled egg, tomatoes, bacon bits, parmesan cheese, romaine lettuce, hot sauce, croutons and Caesar dressing

**Steak & Cheddar Wrap** ..... 8<sup>99</sup>

Grilled Steak on romaine lettuce topped with red onions, green bell peppers, mushrooms, cheddar cheese and Sweet Onion dressing

**Tuna Salad** ..... 6<sup>99</sup>

Tuna salad with romaine lettuce, alfalfa sprouts, red onions and Asian Sesame dressing

**Cucumber Dill Chicken Salad** ..... 6<sup>99</sup>

Chicken salad, tomatoes, carrots, cucumbers, romaine lettuce and Cucumber Dill dressing

**Turkey BLT** ..... 7<sup>99</sup>

Turkey, red onions, tomatoes, bacon bits, cheddar cheese, romaine lettuce and Honey Herb and Dijon dressing

**Grilled Chicken Fajitas** ..... 9<sup>99</sup>

Grilled chicken, tomatoes, red onions, green bell peppers, cheddar cheese, romaine lettuce, hot sauce, croutons and Creamy Ranch dressing

**Baja Salad Burrito** ..... 7<sup>99</sup>

Romaine lettuce with tomatoes, corn, black olives, cheddar cheese, warm chili and ranch dressing

**Roasted Vegetable Wrap** ..... 9<sup>99</sup>

Romaine lettuce, roasted red peppers, sundried tomatoes, Portobello mushrooms, artichoke hearts, grilled zucchini, asparagus, feta cheese, drizzled with olive oil and balsamic vinegar

**make it hot!** These wraps available heated

ingredients for success  
franchise opportunities available

