

CREATE YOUR OWN MONSTER

INCLUDES BED OF GREENS & 4 FREE TOPPINGS \$6.00

NAME:

1 BOWL OR WRAP

- For Here Bowl
- To Go Bowl

- or -

- Flour Wrap (g)
(add \$.50)

SELECT YOUR GREENS (Feel Free to Mix it Up!)

- Romaine
- Spinach
- Spring Mix
(Seasonal)

2 CHOOSE YOUR 4 TOPPINGS

(ADDITIONAL TOPPINGS \$.50)

VEGGIES

- Roma Tomatoes
- Green Peppers
- Red Peppers
- Red Onion
- Green Onion
- Cucumber
- Pepperoncinis
- Carrots
- Black Olives
- Pickles

CRUNCH

- Garlic Croutons (g)
- Organic Pita Chips (g)
- Sunflower Seeds
- Organic Corn Chips

CHEESE

- Tillamook Cheddar
- Feta
- Bleu Crumbles

THE REST

- Organic Black Beans
- Chopped Egg
- Dried Cranberries

3 ALL NATURAL MEATS

SMALL \$2 LARGE \$4

- Grilled Chicken Small Large
- Roasted Turkey Small Large
- Pork Italian Sausage Small Large
- Grass Fed Steak Small Large
- Bacon \$1

PROTEIN ALTERNATIVES

SMALL \$2 LARGE \$4

- Vegan Chicken Small Large
- Organic Grilled Tofu Small Large
- Grilled Soy Curls Small Large

4 ADD THE WORKS

- Oven Roasted Baby Red Potatoes \$1.50
- Roasted Garlic Black Pepper Almonds \$1.50
- Artichoke Hearts \$1.00
- Fresh Avocado \$1.00
- Extra Dressing \$.75

SMASH IT!

- Bacon & Pepperoncinis \$1.50

5 DRESS YOUR MONSTER

Dressings Made From Scratch

- Avocado Ranch (SF, SGF)
- Santa Fe Ranch (SF, SGF)
- Grandma's Bleu Cheese (SF)
- Honey Mustard (SF, DF)
- Vegan Ranch (DF, V, SF, SGF)
- Vegan Santa Fe Ranch (DF, V, SF, SGF)
- Sweet N' Spicy
Sesame Ginger (V, DF)
- Balsamic Vinaigrette (DF, V, SF, SGF)
- Red Wine Vinaigrette (DF, V, SF, SGF)
- Olive Oil (DF, V, SF, SGF)
- Balsamic Vinegar (DF, V, SF, SGF)
- Red Wine Vinegar (DF, V, SF, SGF)

• SF: Soy Free

• DF: Dairy Free

• V: Vegan

• SGF: Sugar Free
(EXTRA DRESSING \$.75)