

ALL SALADS AND MELTS START
VEGETARIAN AND INCLUDE YOUR
CHOICE OF HOT-OFF-THE-GRILL
MEATS OR VEGGIE PROTEIN [3 OZ]

“SKIP THE PROTEIN” AND SAVE \$3

GLUTEN-FREE? SKIP THE CROUTONS,
PITA CHIPS AND WRAPS. VEGAN?
KETO? WE HAVE TO-GO MENUS FOR
BOTH OR VIEW THEM ONLINE.

TO-GO SALADS ARE SERVED TOSSED
& READY TO EAT. REQUEST A “NO TOSS”
IF ENJOYING YOUR MEAL LATER.

SEE THE REVERSE SIDE OF THE MENU
TO “CREATE YOUR OWN MONSTER.”

1 CHOOSE YOUR SIZE



WHOLE 48 OZ - OR - HALF 24 OZ

2 CHOOSE SALAD BOWL OR WRAP (+ \$0.50)

3 CHOOSE YOUR SALAD

CAESAR THE GREAT

Romaine Lettuce, Grated Parmesan, Croutons, Lemon (by Request) & Creamy Vegan Caesar Dressing (Try it “Buffalo Style” for Some Heat).

HALF \$9.50 WHOLE \$12.50 WHOLE DOUBLE PROTEIN \$15.50

THE COLOSSAL COBB

Romaine Lettuce, Roma Tomatoes, Black Olives, Free-Range Chopped Egg, Bleu Cheese Crumbles, Croutons & Avocado Ranch Dressing.

HALF \$10.50 WHOLE \$13.50 WHOLE DOUBLE PROTEIN \$16.50

THE MACHO TACO

Romaine Lettuce, Roma Tomatoes, Organic Black Beans, Black Olives, Green Onion, Tillamook Cheddar, Organic Blue Corn Chips & Santa Fe Ranch Dressing.

HALF \$10.50 WHOLE \$13.50 WHOLE DOUBLE PROTEIN \$16.50

THE HERCULES

Romaine and Spinach Blend, Roma Tomatoes, Black Olives, Red Onion, Red Peppers, Feta, Cucumber, Carrots, Pepperoncinis, Organic Pita Chips & Red Wine Vinaigrette.

HALF \$10.50 WHOLE \$13.50 WHOLE DOUBLE PROTEIN \$16.50

THE PAUL BUNYAN

Romaine and Spinach Blend, Red Peppers, Red Onion, Roasted Red Potatoes (Served Warm), Croutons & Grandma’s Bleu Cheese Dressing.

HALF \$9.50 WHOLE \$12.50 WHOLE DOUBLE PROTEIN \$15.50

THE KING OF CLUBS

Romaine Lettuce, Roma Tomatoes, Black Olives, Free-Range Chopped Egg, Tillamook Cheddar, Croutons & Honey Mustard Dressing.

HALF \$9.50 WHOLE \$12.50 WHOLE DOUBLE PROTEIN \$15.50

THE OREGON TRAIL

Romaine & Spinach Blend, Dried Cranberries, Sunflower Seeds, Roma Tomatoes, Red Onion, Bleu Cheese Crumbles & Balsamic Vinaigrette

HALF \$9.50 WHOLE \$12.50 WHOLE DOUBLE PROTEIN \$15.50

4 ADD MORE GOOD STUFF

VEGAN

- Avocado \$2
- Gluten-Free Croutons \$2
- Marinated Artichoke Hearts \$2
- Roasted Red Potatoes (Served Warm) \$2
- Organic Black Beans \$1.50
- Vegan Parmesan \$2

VEGETARIAN

- Free-Range Chopped Egg \$2
- Cheddar \$1.50
- Parmesan \$1.50
- Feta \$1.50
- Bleu Crumbles \$1.50
- Crunchy Cheese Bites \$2

5 CHOOSE YOUR PROTEIN

ALL GRILLED WITH ORGANIC COCONUT OIL & SEASONED
TO PERFECTION [ADDITIONAL PROTEIN - \$3 EACH]

LOCAL MEATS

- Grilled Chicken
- Grass-Fed Beef +\$0.50
- Bacon

NON-GMO VEGGIE PROTEIN

- Vegan Chicken
- Soy Curls
- Organic Tofu