

CREATE YOUR OWN MONSTER!

LG \$9.50 SM \$7.00

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

2 PICK YOUR GREENS

Romaine, Spinach, or Romaine & Spinach Blend

3 PICK FOUR TOPPINGS

Roma Tomatoes	Pepperoncinis
Red Peppers	Carrots
Red Onion	Black Olives
Green Onion	Dried Cranberries
Organic Black Beans	Capers
Cucumber	

CRUNCH

Garlic Croutons
Organic Pita Chips
Sunflower Seeds
Organic Corn Chips

CHEESE

Tillamook Cheddar
Feta
Bleu Cheese Crumbles
Parmesan

4 CHOOSE YOUR PROTEIN AND ADD MORE GOOD STUFF

All natural meats, gmo-free veggie proteins and other premium toppings are listed on the reverse side of this menu.

5 PICK YOUR DRESSING (EXTRA SIDE \$1.50, TAKE HOME A JAR \$7)

Our small batch scratch made dressings are made with healthy fats, with no added sugars, preservatives or anything artificial.

DF DAIRY FREE

V VEGAN

SGF SUGAR FREE

Santa Fe Ranch*
Avocado Ranch*
Vegan Ranch

DF V SGF

Vegan Santa Fe Ranch

DF V SGF

Grandma's Bleu Cheese*

Honey Mustard*

DF

Vegan Caesar

DF V SGF

Balsamic Vinaigrette

DF V

Red Wine Vinaigrette

DF V SGF

Keep It Simple

Olive Oil

DF V SGF

Red Wine Vinegar

DF V SGF

Balsamic Vinegar

DF V

Sriracha

DF V

Frank's Red Hot Sauce

DF V SGF

*consuming raw or undercooked foods can increase risk of foodborne illness

MELTS OUR LARGE FLOUR WRAP STUFFED, FOLDED UP AND GRILLED.

CLASSIC MELT \$11

Seasoned & Grilled Red Onion & Red Peppers, Tillamook Cheddar, Organic Black Beans, Organic Blue Corn Chips and a Blend of both Avocado and Santa Fe Ranch Dressings, Stuffed with Your Choice of Meat or Veggie Protein and Grilled Inside an Extra-Large Flour Wrap.

SPICY MELT \$11

Seasoned & Grilled Red Peppers, Red Onion & Pepperoncinis, Bleu Cheese Crumbles, Roasted Red Potatoes, Grandmas Bleu Cheese Dressing & Sriracha, Stuffed with Your Choice of Meat or Veggie Protein and Grilled Inside an Extra-Large Flour Wrap.

TURKEY BACON AVOCADO MELT \$12

Smoked Turkey, Bacon, Avocado, Tillamook Cheddar, Roma Tomatoes, Red Onion and Avocado Ranch Dressing, Stuffed and Grilled Inside an Extra-Large Flour Wrap.



MENU

GOURMET SALADS, WRAPS, MELTS

GLUTEN-FREE • VEGAN • KETO • WHOLE 30
ALLERGY FRIENDLY

NE ALBERTA

2231 NE ALBERTA ST
PORTLAND OR 97211
503.680.5622

SE DIVISION

5029 SE DIVISION ST
PORTLAND OR 97206
503.688.8500

BEAVERTON

4250 SW ROSE BIGGI AVE
BEAVERTON OR 97005
971.420.3287

www.gardenmonsters.net