

# SALAD STUDIO

***Due to USDA scale regulations, salads will no longer be sold by weight, effective 4/1/2026.***

## Small

garden salad \$5.29  
salad with protein \$6.99

## Large

garden salad \$7.29  
salad with protein \$8.99

extra meat \$2.99

### Step 1

choose your greens

|            |         |
|------------|---------|
| romaine    | cal. 5  |
| spring mix | cal. 5  |
| spinach    | cal. 10 |

### Step 2

choose your protein

|                 |          |
|-----------------|----------|
| turkey          | cal. 90  |
| ham             | cal. 160 |
| crispy chicken  | cal. 300 |
| grilled chicken | cal. 180 |
| tuna salad      | cal. 160 |
| chicken salad   | cal. 290 |

### Step 3

choose your veggies

|             |         |
|-------------|---------|
| cucumber    | cal. 4  |
| tomato      | cal. 10 |
| carrot      | cal. 10 |
| onions      | cal. 10 |
| peppers     | cal. 5  |
| black beans | cal. 25 |

### Step 4

choose your toppings

|                 |         |
|-----------------|---------|
| croutons        | cal. 35 |
| banana peppers  | cal. 5  |
| olives          | cal. 35 |
| hard boiled egg | cal. 90 |
| shredded cheese | cal. 90 |

### Step 5

choose your dressing

Italian  
French  
Caesar

balsamic vinaigrette  
blue cheese  
ranch

*2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available upon request.*