

# restaurant menu

Texas, Georgia, Oklahoma and Louisiana locations

## choose

Choose your salad and pick from over 50 toppings, then customize it with our signature dressings and proteins, including vegan and gluten-free options.

Salads and wraps are served with whole grain croissants or baked pita chips.

**regular salad** \$8

**small salad** \$7

**wrap** \$7

## complete

Finish off your meal with a soup, dessert or drink.

**soup** 8 oz cup \$3 / 12 oz bowl \$4

tomato basil 320/480 cal

broccoli 120/180 cal

chipotle white bean 90/160 cal

**cookies** \$1

chocolate chunk 190 cal

oatmeal raisin 170 cal

white chocolate macadamia nut 200 cal

peanut butter 200 cal

**drinks** \$2

raspberry lemonade 150 cal/20 fl oz

peach lemonade 150 cal/20 fl oz

prickly pear limeade 150 cal/20 fl oz

black china tea 0 cal

plum cinnamon tea 0 cal

tropical green tea 0 cal

## additions

add protein/premium protein to your soup \$2/\$3

add soup with your salad or wrap \$2/\$3

salata™  
salad kitchen



# pick from over 50 tasty toppings

	calories		
	wrap	small salad	salad
<b>lettuces</b>			
salata mix	15	15	40
romaine	20	20	40
spring mix	10	10	15
spinach	15	15	20
kale	25	25	30
<b>vegetables</b>			
carrots	5	5	10
cucumbers	5	5	5
broccoli	5	5	5
mushrooms	0	0	5
tomatoes	5	5	10
green bell peppers	5	5	5
jitama	10	10	10
snow peas	5	5	10
radishes	0	0	5
edamame	25	25	30
red onions	10	10	10
bean sprouts	5	5	5
sun-dried tomatoes	45	45	50
cabbage	5	5	5
pea sprouts	15	15	15
cilantro	0	0	0
corn	15	15	30
beets	10	10	10
kidney beans	20	20	30
green peas	10	10	20
black olives	25	25	50
black beans	15	15	25
chick peas	15	15	25
green olives	30	30	60
fresh jalapeños	5	5	5
banana peppers	5	5	5
pepperoncini	5	5	10
artichoke hearts \$1		40	
avocado \$1		80	
<b>fruits</b>			
pineapples	10	10	15
strawberries	5	5	10
mandarin oranges	20	20	25
apples	10	10	20
grapes	15	15	25
raisins	50	50	100
dried cranberries	50	50	100

	wrap	small salad	salad
<b>cheese and nuts</b>			
mixed cheese	60	60	110
feta cheese	45	45	45
blue cheese	50	50	50
parmesan cheese	45	45	100
walnuts	60	60	60
almonds	40	40	40
pumpkin seeds	50	50	50
<b>other</b>			
pasta	50	50	50
chopped egg	35	35	35
chopped bacon	35	35	35
<b>dressings</b>			
fresh herb vinaigrette			290
buttermilk ranch			240
ginger lime vinaigrette			300
classic caesar			290
spicy chipotle ranch			230
balsamic vinaigrette			320
honey mustard			260
lemon vinaigrette			310
fat-free mango			40
fat-free sun-dried tomato			15
<b>protein \$3</b>			
falafel			130
quinoa			140
baked tofu			230
herb-marinated chicken			190
pesto chicken			240
asian bbq chicken			200
spicy chipotle chicken			190
<b>premium protein \$4</b>			
herb-marinated krabmeat			170
baked salmon			260
seafood mix			180
herb-marinated shrimp			140
pit-smoked turkey			110
<b>breads and tortillas</b>			
multigrain croissant			120
whole wheat tortilla			310
southwestern tortilla			310
cool cucumber tortilla			280
thai ginger tortilla			310
texas bbq tortilla			310
croutons	60	60	100
sesame sticks	60	60	130
baked pita chips			70

# restaurant menu

California locations

## choose

Choose your salad and pick from over 50 toppings, then customize it with our signature dressings and proteins, including vegan and gluten-free options.

Salads and wraps are served with whole grain croissants or baked pita chips.

**regular salad** \$9.50    **small salad** \$8.50    **wrap** \$8.50

## complete

Finish off your meal with a soup, dessert or drink.

**soup** 8 oz cup \$4 / 12 oz bowl \$5

tomato basil 320/480 cal

broccoli 120/180 cal

chipotle white bean 90/160 cal

**cookies** \$1.50

chocolate chunk 190 cal

oatmeal raisin 170 cal

white chocolate macadamia nut 200 cal

peanut butter 200 cal

**drinks** \$3

raspberry lemonade 150 cal/20 fl oz

peach lemonade 150 cal/20 fl oz

prickly pear limeade 150 cal/20 fl oz

black china tea 0 cal

plum cinnamon tea 0 cal

tropical green tea 0 cal

## additions

add protein/premium protein to your soup \$3/\$4

add soup with your salad or wrap \$3/\$4

salata™  
salad kitchen



# pick from over 50 tasty toppings

	calories		
	wrap	small salad	salad
<b>lettuces</b>			
salata mix	15	15	40
romaine	20	20	40
spring mix	10	10	15
spinach	15	15	20
kale	25	25	30
<b>vegetables</b>			
carrots	5	5	10
cucumbers	5	5	5
broccoli	5	5	5
mushrooms	0	0	5
tomatoes	5	5	10
green bell peppers	5	5	5
jitama	10	10	10
snow peas	5	5	10
radishes	0	0	5
edamame	25	25	30
red onions	10	10	10
bean sprouts	5	5	5
sun-dried tomatoes	45	45	50
cabbage	5	5	5
pea sprouts	15	15	15
cilantro	0	0	0
corn	15	15	30
beets	10	10	10
kidney beans	20	20	30
green peas	10	10	20
black olives	25	25	50
black beans	15	15	25
chick peas	15	15	25
green olives	30	30	60
fresh jalapeños	5	5	5
banana peppers	5	5	5
pepperoncini	5	5	10
artichoke hearts \$1		40	
avocado \$1		80	
<b>fruits</b>			
pineapples	10	10	15
strawberries	5	5	10
mandarin oranges	20	20	25
apples	10	10	20
grapes	15	15	25
raisins	50	50	100
dried cranberries	50	50	100

	wrap	small salad	salad
<b>cheese and nuts</b>			
mixed cheese	60	60	110
feta cheese	45	45	45
blue cheese	50	50	50
parmesan cheese	45	45	100
walnuts	60	60	60
almonds	40	40	40
pumpkin seeds	50	50	50
<b>other</b>			
pasta	50	50	50
chopped egg	35	35	35
chopped bacon	35	35	35
<b>dressings</b>			
fresh herb vinaigrette			290
buttermilk ranch			240
ginger lime vinaigrette			300
classic caesar			290
spicy chipotle ranch			230
balsamic vinaigrette			320
honey mustard			260
lemon vinaigrette			310
fat-free mango			40
fat-free sun-dried tomato			15
<b>protein \$3.50</b>			
falafel			130
quinoa			140
baked tofu			230
herb-marinated chicken			190
pesto chicken			240
asian bbq chicken			200
spicy chipotle chicken			190
<b>premium protein \$4.50</b>			
herb-marinated krabmeat			170
baked salmon			260
seafood mix			180
herb-marinated shrimp			140
pit-smoked turkey			110
<b>breads and tortillas</b>			
multigrain croissant			120
whole wheat tortilla			310
southwestern tortilla			310
cool cucumber tortilla			280
thai ginger tortilla			310
texas bbq tortilla			310
croutons	60	60	100
sesame sticks	60	60	130
baked pita chips			70

Ingredients may change periodically. Products may vary by location. Reference our nutritional brochure or salata.com for additional information. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information provided by USDA National Nutrient Database.

# restaurant menu

Florida locations

## choose

Choose your salad and pick from over 50 toppings, then customize it with our signature dressings and proteins, including vegan and gluten-free options.

Salads and wraps are served with whole grain croissants or baked pita chips.

**regular salad** \$9

**small salad** \$8

**wrap** \$8

## complete

Finish off your meal with a soup, dessert or drink.

**soup** 8 oz cup \$3 / 12 oz bowl \$4

tomato basil 320/480 cal

broccoli 120/180 cal

chipotle white bean 90/160 cal

**cookies** \$1

chocolate chunk 190 cal

oatmeal raisin 170 cal

white chocolate macadamia nut 200 cal

peanut butter 200 cal

**drinks** \$2.50

raspberry lemonade 150 cal/20 fl oz

peach lemonade 150 cal/20 fl oz

prickly pear limeade 150 cal/20 fl oz

black china tea 0 cal

plum cinnamon tea 0 cal

tropical green tea 0 cal

## additions

add protein/premium protein to your soup \$2/\$3

add soup with your salad or wrap \$2/\$3

salata™  
salad kitchen



# pick from over 50 tasty toppings

	calories		
	wrap	small salad	salad
<b>lettuces</b>			
salata mix	15	15	40
romaine	20	20	40
spring mix	10	10	15
spinach	15	15	20
kale	25	25	30
<b>vegetables</b>			
carrots	5	5	10
cucumbers	5	5	5
broccoli	5	5	5
mushrooms	0	0	5
tomatoes	5	5	10
green bell peppers	5	5	5
jitama	10	10	10
snow peas	5	5	10
radishes	0	0	5
edamame	25	25	30
red onions	10	10	10
bean sprouts	5	5	5
sun-dried tomatoes	45	45	50
cabbage	5	5	5
pea sprouts	15	15	15
cilantro	0	0	0
corn	15	15	30
beets	10	10	10
kidney beans	20	20	30
green peas	10	10	20
black olives	25	25	50
black beans	15	15	25
chick peas	15	15	25
green olives	30	30	60
fresh jalapeños	5	5	5
banana peppers	5	5	5
pepperoncini	5	5	10
artichoke hearts \$1		40	
avocado \$1		80	
<b>fruits</b>			
pineapples	10	10	15
strawberries	5	5	10
mandarin oranges	20	20	25
apples	10	10	20
grapes	15	15	25
raisins	50	50	100
dried cranberries	50	50	100

	wrap	small salad	salad
<b>cheese and nuts</b>			
mixed cheese	60	60	110
feta cheese	45	45	45
blue cheese	50	50	50
parmesan cheese	45	45	100
walnuts	60	60	60
almonds	40	40	40
pumpkin seeds	50	50	50
<b>other</b>			
pasta	50	50	50
chopped egg	35	35	35
chopped bacon	35	35	35
<b>dressings</b>			
fresh herb vinaigrette			290
buttermilk ranch			240
ginger lime vinaigrette			300
classic caesar			290
spicy chipotle ranch			230
balsamic vinaigrette			320
honey mustard			260
lemon vinaigrette			310
fat-free mango			40
fat-free sun-dried tomato			15
<b>protein \$3</b>			
falafel			130
quinoa			140
baked tofu			230
herb-marinated chicken			190
pesto chicken			240
asian bbq chicken			200
spicy chipotle chicken			190
<b>premium protein \$4</b>			
herb-marinated krabmeat			170
baked salmon			260
seafood mix			180
herb-marinated shrimp			140
pit-smoked turkey			110
<b>breads and tortillas</b>			
multigrain croissant			120
whole wheat tortilla			310
southwestern tortilla			310
cool cucumber tortilla			280
thai ginger tortilla			310
texas bbq tortilla			310
croutons	60	60	100
sesame sticks	60	60	130
baked pita chips			70

# restaurant menu

Illinois locations

## choose

Choose your salad and pick from over 50 toppings, then customize it with our signature dressings and proteins, including vegan and gluten-free options.

Salads and wraps are served with whole grain croissants or baked pita chips.

**regular salad** \$8

**small salad** \$7

**wrap** \$7

## complete

Finish off your meal with a soup, dessert or drink.

**soup** 8 oz cup \$3 / 12 oz bowl \$4

tomato basil 320/480 cal

broccoli 120/180 cal

chipotle white bean 90/160 cal

**cookies** \$1

chocolate chunk 190 cal

oatmeal raisin 170 cal

white chocolate macadamia nut 200 cal

peanut butter 200 cal

**drinks** \$2.50

raspberry lemonade 150 cal/20 fl oz

peach lemonade 150 cal/20 fl oz

prickly pear limeade 150 cal/20 fl oz

black china tea 0 cal

plum cinnamon tea 0 cal

tropical green tea 0 cal

## additions

add protein/premium protein to your soup \$2/\$3

add soup with your salad or wrap \$2/\$3

salata™  
salad kitchen



# pick from over 50 tasty toppings

	calories		
	wrap	small salad	salad
<b>lettuces</b>			
salata mix	15	15	40
romaine	20	20	40
spring mix	10	10	15
spinach	15	15	20
kale	25	25	30
<b>vegetables</b>			
carrots	5	5	10
cucumbers	5	5	5
broccoli	5	5	5
mushrooms	0	0	5
tomatoes	5	5	10
green bell peppers	5	5	5
jitama	10	10	10
snow peas	5	5	10
radishes	0	0	5
edamame	25	25	30
red onions	10	10	10
bean sprouts	5	5	5
sun-dried tomatoes	45	45	50
cabbage	5	5	5
pea sprouts	15	15	15
cilantro	0	0	0
corn	15	15	30
beets	10	10	10
kidney beans	20	20	30
green peas	10	10	20
black olives	25	25	50
black beans	15	15	25
chick peas	15	15	25
green olives	30	30	60
fresh jalapeños	5	5	5
banana peppers	5	5	5
pepperoncini	5	5	10
artichoke hearts \$1		40	
avocado \$1		80	
<b>fruits</b>			
pineapples	10	10	15
strawberries	5	5	10
mandarin oranges	20	20	25
apples	10	10	20
grapes	15	15	25
raisins	50	50	100
dried cranberries	50	50	100

	wrap	small salad	salad
<b>cheese and nuts</b>			
mixed cheese	60	60	110
feta cheese	45	45	45
blue cheese	50	50	50
parmesan cheese	45	45	100
walnuts	60	60	60
almonds	40	40	40
pumpkin seeds	50	50	50
<b>other</b>			
pasta	50	50	50
chopped egg	35	35	35
chopped bacon	35	35	35
<b>dressings</b>			
fresh herb vinaigrette			290
buttermilk ranch			240
ginger lime vinaigrette			300
classic caesar			290
spicy chipotle ranch			230
balsamic vinaigrette			320
honey mustard			260
lemon vinaigrette			310
fat-free mango			40
fat-free sun-dried tomato			15
<b>protein \$3</b>			
falafel			130
quinoa			140
baked tofu			230
herb-marinated chicken			190
pesto chicken			240
asian bbq chicken			200
spicy chipotle chicken			190
<b>premium protein \$4</b>			
herb-marinated krabmeat			170
baked salmon			260
seafood mix			180
herb-marinated shrimp			140
pit-smoked turkey			110
<b>breads and tortillas</b>			
multigrain croissant			120
whole wheat tortilla			310
southwestern tortilla			310
cool cucumber tortilla			280
thai ginger tortilla			310
texas bbq tortilla			310
croutons	60	60	100
sesame sticks	60	60	130
baked pita chips			70