

At Salata, we are completely customizable.

order online at salata.com/order

choose

Salads are served with bread. Salad wraps are served with pita chips.

All prices include tax.

salad
\$8

sm salad
\$7

salad wrap
\$7

Calorie declarations are available on our salad line,
in our nutritional brochure, or at salata.com.

customize

choose your
toppings

choose your
dressing

add your
protein*

complete

complete your meal with a soup, dessert, & drink

soups

cup \$3 bowl \$4

tomato basil [380/570 cal]

tortilla [60/90 cal]

broccoli [150/225 cal]

w/salad or salad wrap

cup \$2 bowl \$3

desserts

cookies & brownies \$1

[140-260 cal]

drinks

teas & lemonades \$2

[0-110 cal]

Choose from over 50 toppings to add to your salad or salad wrap!

	added calories		
	wrap	small salad	salad
lettuces			
salata mix	5	10	15
romaine	5	10	15
spring mix	5	10	15
spinach	5	10	15
kale	15	35	70

vegetables			
carrots	5	10	15
cucumber	0	5	10
tomato	5	10	15
broccoli	5	10	15
mushroom	0	5	10
bell pepper	0	5	10
jicama	5	10	15
snow peas	5	10	15
radish	0	5	10
celery	0	5	10
red onion	5	10	15
bean sprouts	5	10	15
sun-dried tomatoes	20	40	60
cabbage	0	5	10
alfafa sprouts	0	0	5
cilantro	0	0	5
corn	15	30	45
beets	5	10	15
black beans	15	25	35
green peas	10	20	30
black olives	15	30	45
kidney beans	15	25	40
chick peas	20	35	50
green olives	20	40	60
jalapeños	5	10	15
banana peppers	0	5	10
pepperoncini	0	5	10
artichoke hearts \$1		40	
avocado \$1		60	

fruits			
pineapple	10	15	20
strawberries	5	10	15
mandarin orange	5	10	15
apples	10	15	20
grapes	10	15	20
raisins	40	80	120
dried cranberries	25	45	60

cheese & nuts			
mixed cheese	30	60	90
feta cheese	25	45	60

	added calories		
	wrap	small salad	salad
cheese & nuts			
blue cheese	25	45	60
parmesan cheese	35	70	100
walnuts	45	90	120
almonds	40	80	120
pumpkin seeds	25	50	70

other			
pasta	40	80	120
chopped egg	25	45	60
chopped bacon	35	70	110
croutons	15	30	45
sesame sticks	30	60	90
baked pita strips	100	190	220

dressings			
fresh herb vinaigrette	300	300	600
butter milk ranch	250	250	500
ginger lime	270	270	540
classic caesar	250	250	500
chipotle ranch	210	210	420
balsamic vinaigrette	290	290	580
honey mustard	250	250	500
lemon vinaigrette	300	300	600
fat-free mango	35	35	70
fat-free sundried tomato	15	15	30

protein \$3/\$2			
falafel	130	130	200
quinoa	80	80	160
baked tofu	170	170	350
grilled chicken	120	120	230
pesto chicken	150	150	300
asian bbq chicken	160	160	310
spicy chipotle chicken	130	130	250

premium protein \$4/\$3			
krabmeat	100	100	200
salmon	80	80	160
seafood mix	120	120	240
shrimp	45	45	90

breads & tortillas			
basil asiago roll	120		
multigrain roll	170		
whole wheat tortilla	310		
southwestern tortilla	310		
cool cucumber tortilla	310		
thai ginger tortilla	320		
texas bbq tortilla	320		

*Proteins are an additional charge.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Prices and items subject to change without notice and may vary between location.

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