



[www.saladspa.com](http://www.saladspa.com)

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For your convenience you may call or fax your order for pickup.  
Allow 15 minutes for preparation.



Nutritious, Delicious and Fast.™

# salads & wraps



## Spa Salads

- Small \$6.79
- Large \$7.99

## Wraps/Sandwiches

\$5.79

- Whole Wheat
- Sundried Tomato
- Spinach

### Choose your:

- 1 ▶ Lettuce base
- 2 ▶ Throw-ins
- 3 ▶ Protein / Gourmet Selection\*
- 4 ▶ Dressings

- \* Add \$1.99 for each Protein
- \* Add .50¢ for each Gourmet Selection

Our Salad Chef will Toss or Chop your salad to your specifications.

Nutritious, Delicious and Fast.

### Greenery

Salad | Wrap

- Romaine Lettuce
- Iceberg Lettuce
- Spinach
- Spring Mix

### Gourmet Selections .50¢

- Walnuts
- Almonds
- Dried Cranberries
- Chopped Egg
- Bocconcini
- Feta
- Avocado
- Sundried Tomatoes
- Asparagus
- Fruit \_\_\_\_\_

### Proteins \$1.99

Salad | Wrap

- Turkey Breast
- Grilled Chicken
- Tuna Salad
- Flaked Tuna
- Shrimp
- Crab
- Ham
- Tofu

Bread .39¢  
Extra Dressings .60¢

- Dressings on the side

### Throw-ins

### Veggies

Salad | Wrap

- Alfalfa Sprouts
- Artichoke Hearts
- Red Cabbage
- Green Onion
- Black Olives
- Red Pepper

### Crunchies Etc...

- Sunflower Seeds
- Crispy Noodles
- Mandarin Orange
- Croutons

Salad | Wrap

- Broccoli
- Tomato
- Carrot
- Celery
- Radish
- Beets
- Corn

- Raisins
- Bacon Bits
- Couscous

### Spa Signature™ Dressings\*

Salad | Wrap

- Asian Miso
- Spicy Peanut
- French
- Greek
- Ranch
- Caesar
- Honey Mustard
- Dijon Vinaigrette
- Thousand Island
- Creamy Italian
- Balsamic-Basil Vinaigrette
- Raspberry-Poppy Seed

\* All our dressings are home made daily with no trans-fats or preservatives.

Salad | Wrap

- Chick Peas
- Mushroom
- Cauliflower
- Cucumber
- Red Onion
- Hot Peppers

### Cheese

- Cheddar
- Mozzarella
- Parmesan

# SOUPS



## Soups

- Small \$3.99
- Large \$4.99

### Choose your:

- 1 ▶ Broth:
  - ▶ Tomato/Dill
  - ▶ Coriander (Cilantro)
- 2 ▶ Throw-ins
- 3 ▶ Protein\* / Gourmet Selection\*

\* Add \$1.99 for Protein  
 \* Add .50¢ for each Gourmet Selection

- Seasonal soup of the day \$3.99

### Throw-ins

- Rice
- Dill
- Carrots
- Lentil
- Coriander
- Celery
- Rice Noodles
- Green Onions
- Broccoli
- Barley

### Protein \*

- Grilled Chicken
- Shrimp
- Crab
- Ham
- Tofu

# smoothies yogurt fruit salads



## Fruit Salads / Yogurt

### Fruit Options

- Small \$2.99
- Large \$3.99

- Choose your:
- 1 ▶ Fruit / Yogurt
  - 2 ▶ Throw-ins

- Fat-Free Vanilla Yogurt
- Fat-Free Strawberry Yogurt
- Low-Fat Cottage Cheese
- Homemade Granola

- Watermelon
- Cantaloupe
- Honeydew
- Pineapple
- Kiwi
- Mango
- Grapes
- Raisins
- Coconut
- Almonds
- Walnuts
- Strawberry
- Mandarin Orange
- Orange
- Dried Cranberries
- Chocolate Chips
- Sunflower Seeds

## Spa-Berry™ Probiotic Frozen Yogurt \$4.99

- Vanilla
- Coffee
- Swirl

comes with two toppings of your choice

## Spa-licious™ Fruit Blends \$4.19

- ▶ Spa-Berry™
- ▶ Berry-Good for You™
- ▶ All About Mango™
- ▶ Punch of Pineapple™
- ▶ Java Julep™

### Choose your:

- 1 ▶ Base
- 2 ▶ Your fruit blend
- 3 ▶ Throw-ins

Additional fruit add .50¢  
 Additional throw-ins add .50¢

### Base:

- ▶ Low Fat Milk
- ▶ Soy Milk
- ▶ Water