

Salads

Apple Walnut Salad Romaine hearts, roasted chicken, apples, crumbled blue cheese, walnuts and golden raisins with honey balsamic vinaigrette

✓ **Spinach Salad** Baby spinach, crumbled blue cheese, strawberries and almonds with fat free raspberry vinaigrette

BBQ Chicken Salad Romaine hearts, BBQ chicken, corn, chopped tomatoes, roasted onions, jicama, cheddar and tortilla strips with citrus chipotle dressing

✓ **Summer Salad** Baby field greens, corn, grape tomatoes, cucumbers, golden raisins, strawberries and plantain chips with strawberry balsamic vinaigrette

Southwest Blackened Chicken Salad Romaine hearts, blackened chicken, feta, black bean corn salsa, avocado, chopped tomatoes and tortilla strips with citrus chipotle dressing

✓ **Greek Salad*** Baby field greens, grape tomatoes, cucumbers, kalamata olives, feta, peppers and red onions with two virgins dressing

Cayenne Shrimp Salad Romaine hearts, cayenne shrimp, avocado, grape tomatoes, roasted onions, black bean corn salsa and tortilla strips with citrus chipotle dressing

Asian Chicken Salad Romaine hearts, roasted chicken, carrots, almonds, mandarin oranges and sugar snap peas with honey sesame dressing

✓ **Vegetarian Salad** Baby field greens, grape tomatoes, cucumbers, carrots, golden raisins and sunflower seeds with fat free raspberry vinaigrette

Cobb Salad Baby field greens, romaine hearts, roasted chicken, grape tomatoes, avocado, smoked bacon, roasted onions and crumbled blue cheese

Tossed® Tuna Salad Baby field greens, tuna salad (mixed with apples, dried cranberries and mayo), avocado, carrots and cucumbers with fat free cucumber dill dressing

Tossed® Signature Salad Baby field greens, roasted chicken, goat cheese, almonds, mango, jicama, cucumbers and dried cranberries with Tossed® sherry wine vinaigrette

Tossed® Chef Salad Romaine hearts, smoked bacon, smoked turkey, cheddar, apples and egg with honey balsamic vinaigrette

*may contain pit or pit fragments

Design your own Salad

Choose any combination of lettuces

Choose any toss-ins (except croutons and wonton crisps)

Choose any gourmet items

Choose any dressing (except thousand island or blue cheese dressing)

This menu is offered only as a "guideline" of suggested appropriate menu items for people who need a wheat-free, gluten-free restricted diet. Menu items and ingredients may change at any time. Staff may have not been thoroughly trained. We cannot guarantee that cross contamination may not occur. Not all locations have the same ingredients and methods of preparation. Ask detailed questions to the restaurant manager and disclose if you have individual food sensitivities before you make a final decision. No responsibility is assumed by Tossed® for any errors in labeling or changes in ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions and activities of the suppliers, distributors, and purveyors of said ingredients and products.