

Design your own salad or crepe wrap 6.95

Go to tossed.com to find the nutritional info for your design!

1 Choose any combination of lettuces

Baby Field Greens, Romaine Hearts, Baby Spinach, Baby Arugula, Iceberg Lettuce

2 Toss-in four of your favorite items

additional items .50

Black Bean Corn Salsa
Broccoli
Carrots
Celery
Chick Peas
Corn
Cucumbers
Egg
Egg Whites
Jicama
Red Onions
Sugar Snap Peas
Chopped Tomatoes
Grape Tomatoes
Fresh Peppers
Roasted Peppers
Roasted Onions

Veggies and More

Fruit

Crunch

Apples
Dried Cranberries
Mandarin Oranges
Pineapple
Golden Raisins
Strawberries

Croutons
Plantain Chips
Sunflower Seeds
Tortilla Strips
Wonton Crisps

3 Mix-in any of the following items

Protein

Cheese

Gourmet Items

Roasted Chicken 1.95
BBQ Chicken 1.95
Blackened Chicken 1.95
Pesto Chicken 1.95
Tarragon Chicken Salad 2.95
Smoked Turkey 1.95
Black Forest Ham 1.95
Tossed® Tuna (mixed with dried cranberries, apples and mayo) 2.95
Cayenne Shrimp 3.95

Blue 1.00
Cheddar 1.00
Feta 1.00
Goat 1.50
Fresh Mozzarella 1.50
Shaved Parmesan 1.50

Shiitake Mushrooms 1.50
Roasted Portobello Mushrooms 1.50
Smoked Bacon 1.50
Kalamata Olives* 1.25
Avocado 1.50
Mango 1.50
Sun-dried Tomatoes 1.00
Almonds 1.00
Tofu 1.95
Walnuts 1.25

4 Dress it up with one of the following

Classic

Bold

Light

Tossed® Sherry Wine Vinaigrette
Tossed® Balsamic Vinaigrette
Blue Cheese
Buttermilk Ranch
Caesar
Honey Sesame
Thousand Island
Two Virgins (extra virgin olive oil and freshly squeezed lemon juice)
Extra Virgin Olive Oil

Citrus Chipotle
Dijon Mustard Vinaigrette
Honey Balsamic Vinaigrette
Kalamata Olive* Vinaigrette
Lemon Basil Vinaigrette
Strawberry Balsamic Vinaigrette

Fat Free Cucumber Dill
Fat Free Honey Dijon
Fat Free Raspberry Vinaigrette
Balsamic Vinegar
Red Wine Vinegar
Freshly Squeezed Lemon Juice

Salads

Fresh and made-to-order.

Caesar Salad 5.95
Romaine hearts, shaved parmesan and croutons with caesar dressing
Chicken add 1.95 Cayenne Shrimp add 3.95

Apple Walnut Salad 9.45
Romaine hearts, roasted chicken, apples, crumbled blue cheese, walnuts and golden raisins with honey balsamic vinaigrette

Spinach Salad 6.95
Baby spinach, crumbled blue cheese, strawberries and almonds with fat free raspberry vinaigrette

BBQ Chicken Salad 8.95
Romaine hearts, BBQ chicken, corn, chopped tomatoes, roasted onions, jicama, cheddar and tortilla strips with citrus chipotle dressing

Summer Salad 7.95
Baby field greens, corn, grape tomatoes, cucumbers, golden raisins, strawberries and plantain chips with strawberry balsamic vinaigrette

Southwest Blackened Chicken Salad 9.45
Romaine hearts, blackened chicken, feta, black bean corn salsa, avocado, chopped tomatoes and tortilla strips with citrus chipotle dressing

Tossed® Tuna Salad 9.45
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 9.45
Baby field greens, roasted chicken, goat cheese, almonds, mango, jicama, cucumbers and dried cranberries with Tossed® sherry wine vinaigrette

Tossed® Chef Salad 9.45
Romaine hearts, smoked bacon, smoked turkey, cheddar, apples, egg and croutons with honey balsamic vinaigrette



Greek Salad* 7.95
Baby field greens, grape tomatoes, cucumbers, kalamata olives, feta, fresh peppers and red onions with two virgins dressing

Cayenne Shrimp Salad 9.45
Romaine hearts, cayenne shrimp, avocado, grape tomatoes, roasted onions, black bean corn salsa and tortilla strips with citrus chipotle dressing

Asian Chicken Salad 7.95
Romaine hearts, roasted chicken, carrots, almonds, mandarin oranges, sugar snap peas and wonton crisps with honey sesame dressing

Vegetarian Salad 5.95
Baby field greens, grape tomatoes, cucumbers, carrots, golden raisins and sunflower seeds with fat free raspberry vinaigrette

Cobb Salad 9.45
Baby field greens, romaine hearts, roasted chicken, grape tomatoes, avocado, smoked bacon, roasted onions and crumbled blue cheese with blue cheese dressing

Crepe Wraps

Freshly made whole wheat, fat free crepes. Served with chips.

Turkey Crepe Wrap 7.95
Smoked turkey, smoked bacon, romaine hearts and chopped tomatoes with mayo

Blackened Chicken Crepe Wrap 8.95
Blackened chicken, avocado, black bean corn salsa, tortilla strips and romaine hearts with citrus chipotle dressing

Pesto Chicken Crepe Wrap 8.95
Pesto chicken, fresh mozzarella, sun-dried tomatoes and baby field greens with lemon basil vinaigrette

Tofu Crepe Wrap 7.95
Tofu, carrots, sugar snap peas, shiitake mushrooms and romaine hearts with honey sesame dressing



Tossed® Tuna Crepe Wrap 7.95
Tuna Salad (mixed with apples, dried cranberries and mayo), baby arugula and chopped tomatoes

Chicken Portobello Crepe Wrap 8.95
Roasted chicken, roasted portobello mushrooms, roasted onions and baby spinach with Tossed® balsamic vinaigrette

BBQ Chicken Crepe Wrap 8.95
BBQ chicken, cheddar, jicama, corn, tortilla strips and romaine hearts with buttermilk ranch dressing

Turkey Cheddar Crepe Wrap 8.95
Smoked turkey, cheddar, avocado, almonds and baby spinach with buttermilk ranch dressing

Chicken and Goat Cheese Crepe Wrap 8.95
Roasted chicken, smoked bacon, goat cheese and baby arugula with kalamata olive* vinaigrette

Sandwiches

Ciabatta or multi-grain bread. Served with chips.

Tarragon Chicken Salad Sandwich 8.45
Tarragon chicken salad, romaine hearts and tomatoes with dijon mustard vinaigrette

Turkey and Avocado Sandwich 8.95
Smoked turkey, cheddar, tomatoes, avocado and baby field greens with fat free honey dijon dressing

Caprese Sandwich 8.95
Fresh mozzarella, tomatoes and basil with extra virgin olive oil

Tossed® Tuna Sandwich 7.95
Tuna salad (mixed with apples, dried cranberries and mayo), baby arugula and tomatoes

Roast Beef Sandwich 8.95
Roast beef, roasted peppers and baby arugula with thousand island dressing



Assorted Beverages, Desserts and Smoothies

Fountain Drinks 1.87
Iced Tea 1.87
Lemonade 1.87
Hot Coffee or Tea 1.87
Bottled Spring Water 1.87

Cookies 1.95
Brownies 1.95
Fruit Salad 3.95
With fat free yogurt 4.95

Banana, Raspberry, Mango, Strawberry
Any combination 3.95
With fat free yogurt 4.95

Panini

Ciabatta or multi-grain bread. Served with chips.

Roasted Chicken Panini 7.95
Roasted chicken, roasted peppers and baby field greens with Tossed® balsamic vinaigrette

Pesto Chicken Panini 8.45
Pesto chicken, roasted peppers and shaved parmesan

Roasted Veggie Panini 7.95
Roasted portobello mushrooms, roasted peppers, roasted onions and shaved parmesan

Smoked Turkey and Cheddar Panini 8.45

Tossed® Tuna Salad and Cheddar Panini 8.45
Tuna salad (mixed with apples, dried cranberries and mayo), and cheddar

Roast Beef Panini 8.95
Roast beef, roasted onions and low fat swiss with cucumber wasabi dressing

Tomato, Basil and Feta Panini 6.95
Tomatoes, basil and feta with extra virgin olive oil

Turkey Reuben Panini 8.95
Smoked turkey, sauerkraut and low fat swiss with thousand island dressing

Ham and Swiss Panini 8.95
Black forest ham, romaine hearts, tomatoes and low fat swiss with horseradish sauce

Chicken, Blue Cheese and Apple Panini 8.95
Roasted chicken, baby spinach, crumbled blue cheese, apples and smoked bacon with fat free honey dijon dressing



**Before placing your order, please inform your cashier if a person in your party has a food allergy

*May contain pits or pit fragments

✓ vegetarian

*May contain pits or pit fragments

✓ vegetarian

*May contain pits or pit fragments

CLASSIC SALADS

Choose from:
Caesar Salad, Spinach Salad, Summer Salad, Greek Salad, Vegetarian Salad

6.95 per person

GOURMET SALADS

Choose from:
Chicken Caesar Salad, Apple Walnut Salad, BBQ Chicken Salad, Southwest Blackened Chicken Salad, Cayenne Shrimp Salad, Asian Chicken Salad, Cobb Salad, Tossed® Chef Salad, Tossed® Signature Salad, Tossed® Tuna Salad

8.95 per person



CREPE WRAP & SANDWICH PLATTER

8.95 per person

THE EXECUTIVE

10.95 per person

Combination of CLASSIC SALADS and a CREPE WRAP & SANDWICH PLATTER.

THE EXECUTIVE with Dessert

11.95 per person

Combination of CLASSIC SALADS and a CREPE WRAP & SANDWICH PLATTER. Served with Chips.

THE PRESIDENTIAL

12.95 per person

Combination of GOURMET SALADS and a CREPE WRAP & SANDWICH PLATTER. Served with Chips.

THE PRESIDENTIAL with Dessert

13.95 per person

Combination of GOURMET SALADS and a CREPE WRAP & SANDWICH PLATTER. Served with Chips.

DESSERT SMALL 8-15 people 29
LARGE 16-25 people 49

Assortment of bite-sized cookies and brownies

Call Ahead

Save some time!

Call in your order and we'll have it ready for pick up.

Online Ordering

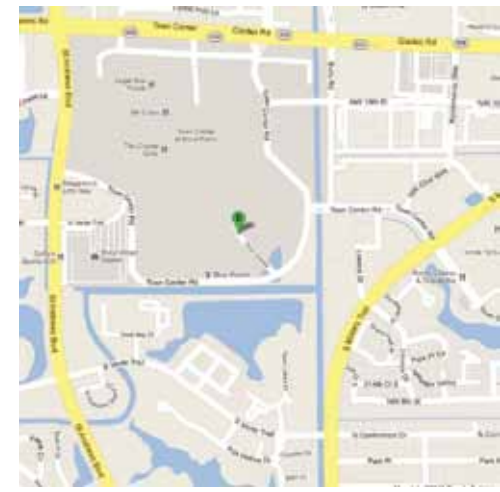
Easy. Fast. Convenient.

Place your order at **tossed.com**.

Delivery

Why wait in line?

Place your order online or by phone and have it delivered.



Town Center Mall at Boca Raton

6000 Glades Rd.

Boca Raton, FL 33431

☎ 561.544.3144

☎ 561.544.3140

Monday-Saturday 10a-9p

Sunday 12p-6p

tossed.com



For franchising information

visit **tossed.com**

or call us at **866.314.8677**

NEW LEAF PAPER®
ENVIRONMENTAL BENEFITS STATEMENT of using post-consumer waste fiber vs. virgin fiber

Tossed Franchise Corporation saved the following resources by using 1000 pounds of Imagination, made with 100% recycled fiber and 100% post-consumer waste, processed chlorine free, designated Ancient Forest Friendly™ and manufactured with electricity that is offset with Green-e® certified renewable energy certificates.

trees	water	energy	solid waste	greenhouse gases
13 fully grown	5924 gallons	4 Million BTUs	360 pounds	1230 pounds

Calculations based on research by Environmental Defense Fund and other members of the Paper Task Force.

www.newleafpaper.com



tossed

garden fresh salads, crepe wraps + sandwiches |

tossed.com