

**DESIGN YOUR OWN** SALAD or WRAP  
Includes **FIVE** of your favorite **TOSS-INS** \$6.99



**START** WITH ANY COMBINATION OF GREENS

- |                   |                |              |
|-------------------|----------------|--------------|
| Baby Field Greens | Romaine Hearts | Baby Spinach |
| Baby Arugula      | Kale Mix       |              |

**TOSS-IN** Rotated Daily, FIVE CHOICES  
**VEGGIES & MORE**

- |                       |            |                  |
|-----------------------|------------|------------------|
| Banana Peppers        | Corn       | Olives           |
| Black Bean Corn Salsa | Cucumbers  | Red Onions       |
| Broccoli              | Edamame    | Fresh Peppers    |
| Beets                 | Egg        | Chopped Tomatoes |
| Carrots               | Egg Whites | Grape Tomatoes   |
| Chick Peas            |            |                  |

Additional **TOSS-INS** .59

**FRUIT**

- Apples
- Dried Cranberries
- Mandarin Oranges
- Golden Raisins

**CRUNCH**

- Croutons
- Sunflower Seeds
- Tortilla Strips
- Wonton Crisps

**ADD-IN** ANY OF THE FOLLOWING

**PROTEIN** \$2.49

Blackened, Pesto, Roasted Chicken, Tuna (mixed with apples, dried cranberries and mayo), Smoked Turkey

**CHEESE** \$1.49

Blue, Cheddar, Feta, Goat, Fresh Mozzarella, Shaved Parmesan

**GOURMET ITEM** \$1.49

Almonds, Avocado, Smoked Bacon, Roasted Portobello Mushrooms, Quinoa, Sun-Dried Tomatoes, Walnuts

**DRESS** IT UP

**CLASSIC**

- Balsamic Vinaigrette **GF**
- Blue Cheese **GF**
- Buttermilk Ranch **GF**
- Extra Virgin Olive Oil **GF**
- Greek Vinaigrette **GF**
- Thousand Island
- Caesar

**BOLD**

- Asian Sesame Ginger
- Citrus Chipotle **GF**
- Pomegranate Acai Vinaigrette **GF**
- Chipotle Lime **GF**

**LIGHT**

- Balsamic Vinegar **GF**
- Honey Dijon Mustard **LF**
- Raspberry Vinaigrette **FF GF**
- Red Wine Vinegar

**CATERING** **ONLINE ORDERING** **DELIVERY**

tossed.com

\* Before placing your order, please inform your Tossed® Team Member or Catering Director if a guest in your party has a food allergy. Special dietary needs may be accommodated, separately packaged and labeled.

**GF** Gluten Free **FF** Fat Free **LF** Low Fat

**SALADS** FRESH & MADE-TO-ORDER

**Southwest Blackened Chicken**



with romaine hearts, feta, black bean corn salsa, avocado, chopped tomatoes, tortilla strips and citrus chipotle dressing \$9.99

**Chicken Caprese**

Romaine hearts, blackened chicken, avocado, chopped tomatoes, fresh mozzarella and balsamic vinaigrette \$9.99

**Greek**

Romaine hearts, grape tomatoes, cucumbers, olives, feta, fresh peppers, red onions and greek vinaigrette \$8.99

**Caesar**

Romaine hearts, shaved parmesan, croutons and caesar dressing \$6.99  
ADD Chicken \$2.49



**Asian Chicken**



Romaine hearts, roasted chicken, edamame, carrots, almonds, mandarin oranges, wonton crisps and asian sesame ginger dressing \$9.99

**Garden**

Baby field greens, grape tomatoes, cucumbers, carrots, golden raisins, sunflower seeds and fat free raspberry vinaigrette \$6.99  
ADD Chicken \$2.49

**Tuna Salad**

(Mixed with apples, dried cranberries and mayo), baby field greens, avocado, carrots, cucumbers and honey balsamic vinaigrette \$9.99

**Apple Walnut**

with romaine hearts, roasted chicken, crumbled blue cheese, golden raisins and honey balsamic vinaigrette \$9.99

**GOURMET WRAPS** ADD CHIPS .59

**Blackened Chicken**

with avocado, black bean corn salsa, tortilla strips, romaine hearts and citrus chipotle dressing \$8.99

**Smoked Turkey BLT**

with romaine hearts and mayo \$8.99

**Tuna Salad**

(Mixed with apples, dried cranberries and mayo), baby arugula and chopped tomatoes \$8.99

**Choice of Wraps**

- Tomato Basil
- Whole Wheat
- Flour
- Spinach

**Roasted Chicken Portobello**

with baby spinach, onions and balsamic vinaigrette \$8.99

**Roasted Chicken & Goat Cheese**

with smoked bacon, baby arugula and balsamic vinaigrette \$8.99

**Pesto Chicken**

with fresh mozzarella, sun-dried tomatoes, baby field greens and balsamic vinaigrette \$8.99



**V** Vegetarian



### SMOOTHIES NO SUGAR ADDED & DAIRY-FREE \$6.99

Mango Pineapple Blast  
with banana

Peanut Butter Crunch  
with banana, soy milk and granola

Banana Berry Bliss  
with strawberries

Green Dream  
Avocado, baby spinach, pineapple  
and ginger



Naturally sweetened with dates!

#### Beverages

Fountain Drinks \$1.99  
Bottled Water \$1.99

#### Sweets & Treats

Brownie Bites \$0.59  
Chips \$1.99

## lettuce CATER your next event

FRESH, MADE TO ORDER

### SALADS / GOURMET WRAPS

LIGHTEN THINGS UP WITH OUR  
SWEET TREATS  
PLATTERS



Letteuce  
CATER

#### WHERE ARE WE

GET OUR INFO  
FOR A LOCATION  
NEAREST YOU!



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Your Own  
FRANCHISE

For more FRANCHISING info., scan the QR CODE or visit [tossed.com](http://tossed.com)!



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