



DESIGN YOUR OWN SALAD or WRAP
Includes **FOUR** of your favorite **TOSS-INS** \$6.99
ADD a CUP OF SOUP \$2.99



START WITH ANY COMBINATION OF GREENS
Baby Field Greens Romaine Hearts Baby Spinach Baby Arugula Iceberg

TOSS-IN FOUR CHOICES

- VEGGIES & MORE**
Banana Peppers Cucumbers
Black Bean Corn Salsa Egg
Broccoli Egg Whites
Carrots Jicama
Celery Mushrooms
Chick Peas Red Onions
Corn

Additional **TOSS-INS** .49

- Roasted Onions
Sugar Snap Peas
Fresh Peppers
Roasted Peppers
Chopped Tomatoes
Grape Tomatoes

FRUIT

- Apples
Dried Cranberries
Mandarin Oranges
Golden Raisins
Strawberries

CRUNCH

- Croutons
Sunflower Seeds
Tortilla Strips
Wonton Crisps

ADD-IN ANY OF THE FOLLOWING

PROTEIN		CHEESE		GOURMET ITEMS	
BBQ Chicken	\$1.99	Blue	.99	Almonds	.99
Blackened Chicken	\$1.99	Cheddar	.99	Avocado	\$1.49
Pesto Chicken	\$1.99	Feta	.99	Smoked Bacon	\$1.49
Roasted Chicken	\$1.99	Goat	\$1.49	Edamame	.99
Cayenne Shrimp	\$3.99	Fresh Mozzarella	\$1.49	Mango	\$1.49
Tuna (mixed with apples, dried cranberries and mayo)	\$2.99	Shaved Parmesan	\$1.49	Roasted Portobello Mushrooms	\$1.49
Smoked Turkey	\$1.99			Kalamata Olives	\$1.29
				Tofu	\$1.99
				Sun-Dried Tomatoes	.99
				Walnuts	\$1.49

DRESS IT UP

CLASSIC	BOLD	LIGHT
GF Balsamic Vinaigrette	GF Asian Sesame Ginger	GF Balsamic Vinegar
GF Blue Cheese	GF Citrus Chipotle	GF Fat Free Honey Dijon
GF Buttermilk Ranch	GF Honey Balsamic	GF Fat Free Raspberry
Caesar	Vinaigrette	Vinaigrette
GF Extra Virgin Olive Oil	Thousand Island	Red Wine Vinegar

* 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.

GOURMET WRAPS ADD CHIPS .59

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

BBO Chicken
with cheddar, jicama, corn, tortilla strips, romaine hearts and buttermilk ranch \$8.99

Smoked Turkey BLT
with smoked bacon, romaine hearts, chopped tomatoes and mayo \$7.99

Smoked Turkey & Cheddar
with avocado, almonds, baby spinach and buttermilk ranch \$8.99

Tofu
with carrots, sugar snap peas, mushrooms, romaine hearts and asian sesame ginger dressing \$7.99

Roasted Chicken & Goat Cheese
with smoked bacon, baby arugula and balsamic vinaigrette \$8.99

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



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

Roasted Chicken Portobello
with roasted onions, baby spinach and balsamic vinaigrette \$8.99

Choice of Wraps Tomato Basil | Whole Wheat | Traditional | Spinach | Freshly made, Whole Wheat Crepe

Lettuce

TOSSIN' UP YOUR W/ NEIGHBORHOOD FRESH, MADE-TO-ORDER SALADS, ARTISANAL GOURMET WRAPS, SANDWICHES, AND HOT SOUPS!

CATER

Ciabatta | Multi-Grain | Rustic, sliced | 9-Grain, sliced **Choice of Breads**

GRILLED PANINI ADD CHIPS .59

Roasted Chicken
with roasted peppers, baby field greens and balsamic vinaigrette \$8.49

Tuna Salad & Cheddar
(Mixed with apples, dried cranberries and mayo) \$8.49

Roast Beef & Cheddar
with roasted onions, and buttermilk ranch \$8.99

Pesto Chicken
with roasted peppers and shaved parmesan \$8.49

DYO Grilled Cheese
Choose your favorite bread and a cheese \$4.99
TOSS-IN and **ADD-IN** for more flavor!

Roasted Chicken, Blue Cheese & Apple
with baby spinach, smoked bacon and fat free honey dijon \$8.99

Smoked Turkey & Cheddar
with fat free honey dijon \$8.49

Black Forest Ham & Swiss
with romaine hearts, sliced tomato and fat free honey dijon \$8.99



Roasted Veggie
with portobello mushrooms, peppers, onions and shaved parmesan \$8.49

BREAKFAST CREATE YOUR OWN SCRAMBLE \$4.99

Served until 11am

CHOOSE EGGS OR EGG WHITES IN...
BOWL | GOURMET WRAP | SANDWICH

TOSS-IN TWO CHOICES

- Baby Spinach
Black Bean Corn Salsa
Mushrooms
Red Onions
Roasted Onions

Additional **TOSS-INS** .99

- Fresh Peppers
Roasted Peppers
Chopped Tomatoes
Grape Tomatoes
Smoked Bacon

ADD-IN some flavor!

- Black Forest Ham
Blue Cheese
Cheddar Cheese
Feta Cheese
Shaved Parmesan

Light Breakfast Fare

Croissant	\$1.99	Assorted Muffins	\$1.99
Assorted Danishes	\$2.29	Oatmeal	\$2.99

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

tossed.com



ARTISANAL SANDWICHES ADD CHIPS .59

Smoked Turkey & Avocado
with cheddar, tomatoes, baby field greens and fat free honey dijon \$8.99

Smoked Turkey BLT
with smoked bacon, romaine hearts on sliced tomato and topped lightly with mayo \$7.99

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

Caprese
Fresh mozzarella, tomatoes, basil with balsamic vinegar and extra virgin olive oil \$8.99

Roast Beef & Cheddar
with romaine hearts, cucumbers, sliced tomato, red onions and topped lightly with mayo \$8.99

Black Forest Ham & Swiss
with romaine hearts, sliced tomato and fat free honey dijon \$8.99

Ciabatta | Multi-Grain | Rustic, sliced | 9-Grain, sliced **Choice of Breads**

ADD _____
a cup of
SOUP
TO ANY
ENTRÉE \$2.99



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 \$8.99

BBO Chicken
with romaine hearts, corn, chopped tomatoes, roasted onions, jicama, cheddar, tortilla strips and citrus chipotle dressing \$9.99

Caesar
Romaine hearts, shaved parmesan, croutons and caesar dressing \$5.99
ADD Chicken \$1.99 ADD Cayenne Shrimp \$3.99

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

Cayenne Shrimp
with romaine hearts, avocado, grape tomatoes, roasted onions, black bean corn salsa, tortilla strips and citrus chipotle dressing \$9.99

Cobb
Romaine hearts, roasted chicken, crumbled blue cheese, grape tomatoes, avocado, smoked bacon, roasted onions and blue cheese dressing \$9.99

Asian Chicken
Romaine hearts, roasted chicken, carrots, almonds, mandarin oranges, sugar snap peas, 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 \$7.99
ADD Chicken \$1.99 ADD Cayenne Shrimp \$3.99

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

Mango Cranberry
with baby field greens, roasted chicken, goat cheese, almonds, jicama, cucumbers, dried cranberries and sherry wine vinaigrette \$9.99

Chef
Romaine hearts, smoked bacon, smoked turkey, cheddar, apples, egg, croutons and honey balsamic vinaigrette \$9.99

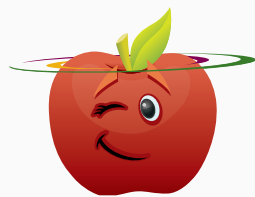
Strawberry Spinach
with baby spinach, crumbled blue cheese, almonds and fat free raspberry vinaigrette \$6.99

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

HOT SOUPS Ask about our daily selections CUP \$3.99 BOWL \$5.99

GF Broccoli & Cheese	Chili with Beans	Vegetable Medley	New England Clam Chowder
V Minestrone	Potato	Lobster Bisque	GF Chicken Tortilla
Chicken Noodle Homestyle	Tomato Bisque	Corn Chowder	
	Pasta Fagioli	Italian Wedding	

V Vegetarian **C** Signature Items **GF** Gluten-Free



Our LO SPROUTS Twelve and under



Sandwiches are served on White or Whole Grain bread with your choice of a cookie, chips or a delicious red apple

V Grilled Cheese \$3.99

Design Your Own \$4.99
Choice of lettuce, one protein, two **TOSS-INS** and any dressing

Caesar Salad \$3.99 ADD Chicken .99

Smoked Turkey & Cheddar Sandwich \$5.99

Roast Beef & Cheddar Sandwich \$5.99

Black Forest Ham & Swiss Sandwich \$5.99

V PB & J Sandwich \$3.99

V Fruit Salad \$2.99



Sweets & Snacks

Fresh Fruit Salad \$3.99
Brownies \$1.99
Cookies \$1.99
Chips \$1.29

Beverages

Fountain Drinks \$1.89
Iced Tea \$1.89
Lemonade \$1.89
Coffee REGULAR \$1.59 LARGE \$1.99
Assorted Bottled Beverages \$1.99
Bottled Water \$1.89



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