



- Solo
- \$6.99
- Opus
- \$8.99

**Whatever Makes You Sing"  
Salad Order Form**

Please Place Name Here

**Pick 2 Greens:**

- Organic Spring Mix
- Organic Baby Spinach
- Romaine       Organic Arugula
- Organic Kale

**Pick Your Vegetables:**  Avocado (\$0.99 extra)

- Mushrooms     Tomatoes
- Onions     Carrots     Cucumber
- Peppers     Surprise Topping

**Pick Your Gourmets: (Solo -2) (Opus -3)**

- Chick Peas                       Daily Grain
- Sundried Tomatoes     Artichokes
- Roasted Red Peppers

**Pick 2 Crunchy Items:**

- Sunflower Seeds       Flax Seeds
- Croutons                       Chow Mein

**Pick 2 Sweet/Salty Items**

- Black Olives     Green Olives
- Cranberries     Raisins

**Choose 1 Cheese:**

- Cheddar                       Feta
- Parmesan                       Asiago
- Goat Cheese

**Protein (Solo -1)      (Opus -2)**

- Chicken      |       Double Chicken
- Tuna            |       Double Tuna
- Egg            |       Double Egg
- Hemp Hearts     Double Hemp Hearts

**Dressing     Tossed OR     On the Side**

- Kara's "Zing" our famous house dressing
- Poppy Seed                       Herb Vinaigrette
- Toasted Sesame     Italian
- Black Raspberry     Oily Caesar (No Anchovy)
- Creamy Caesar     Ranch
- Lemon/Olive Oil     Balsamic/Olive Oil

**ALL Extra Items are an Extra 0.99**



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