



**WE CATER.  
WE DELIVER.**



**CONTACT US!**

**SORRENTO VALLEY**

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**MISSION VALLEY**

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**GREENSPOT KID'S**

*Ages 11 & Under*

**Turkey Cheese Rollup \$5**

**Mac & Cheese \$4**

**Chicken Nuggets \$4**

**Kid's Salad \$4**

**BEVERAGES**

**Fresh Brewed Iced Tea \$2**

**Greenspot Lemonade \$2**

**Spindrift Sparkling Water \$2.5**

**Vita Coco Coconut Water \$4**

**San Pellegrino Mineral Water \$2.5**

**Local Organic Kombucha \$5**

**Honest Kids Organic Juice Box \$1**

**Smart Water 500mL \$2 1L \$3**

**IN A HURRY?  
WE'VE GOT YOU COVERED!**  
Order Online at greenspot salad.com  
We'll Have it Ready for You to Pick Up

**LOVE REAL FOOD.**

GREENSPOTSALAD.COM

**greenspot**  
SaladCompany

# SALADS

» Double Your Greens For \$2  
All Proteins Are Available A La Carte On Any Salad

## SUPERFOOD \$8

Baby Spinach, Shredded Kale, Broccoli, Roasted Sweet Potato, Quinoa, Avocado, Olive Oil and Lemon Juice  
+ Sweet Chili Tofu \$2

## ENSENADA \$8

Romaine Lettuce, Spring Mix, Tomato, Red Onion, Sweet Corn, Roasted Red Pepper, Avocado, Cilantro Citrus Dressing  
+ Grass-fed Steak \$4

## COBB \$8.5

Romaine Lettuce, Tomato, Shredded Carrot, Hard Boiled Egg, Smoked Bacon Crumbles, Avocado, Blue Cheese Dressing  
+ Buffalo Grilled Chicken \$3

## ROASTED VEGGIE \$8.5

Spring Mix, Roasted Red Pepper, Grilled Zucchini, Balsamic Roasted Mushroom, Roasted Carrot, Roasted Seasonal Vegetable, Olive Oil and Red Wine Vinegar  
+ Ahi Tuna \$4

## GREEK \$8

Romaine Lettuce, Tomato, Cucumber, Red Onion, Kalamata Olive, Feta, Greek Vinaigrette  
+ Citrus Grilled Chicken Breast \$3

## CAESAR \$7

Romaine Lettuce, Shaved Parmesan Cheese, Parmesan Herb Croutons, Creamy Caesar Dressing  
+ Citrus Grilled Chicken Breast \$3

## BISTRO \$8

Spring Mix, Seasonal Apples, Dried Cranberries, Blue Cheese Crumbles, Walnuts, Balsamic Vinaigrette  
+ Roasted Turkey Breast \$3

## CUSTOM SALAD \$7.5

Choose Any Greens,  
Up to 4 Toppings + Dressing  
Extra Toppings Basic \$1.50 Select \$1

# WRAPS

## CALIFORNIA TURKEY \$9.5

Roasted Turkey Breast, Spring Mix, Tomato, Red Onion, Shredded Cheddar Cheese, Avocado, Buttermilk Ranch Dressing

## BLT CHICKEN CAESAR \$9

Citrus Grilled Chicken, Romaine Lettuce, Tomato, Shaved Parmesan Cheese, Smoked Bacon Crumbles, Creamy Caesar Dressing

## MARGHERITA CHICKEN \$9

Citrus Grilled Chicken, Spring Mix, Tomato, Red Onion, Mozzarella, Fresh Basil, White Balsamic Basil Vinaigrette

## VEGAN MARKET \$7

Spring Mix, Cucumber, Shredded Carrot, Fresh Bell Pepper, Sprouts, Avocado, Tahini Goddess Dressing

## BUFFALO CHICKEN \$9

Buffalo Grilled Chicken, Romaine Lettuce, Shredded Carrot, Celery, Blue Cheese Crumbles, Green Onion, Blue Cheese Dressing

## BANH MI TOFU \$8

Sweet Chili Roasted Tofu, Baby Spinach, Asian Pickles, Jalapeno, Fresh Cilantro, Sweet Chili Aioli

## STEAKHOUSE \$10.5

Grass-fed Steak, Baby Spinach, Red Bell Pepper, Sliced Mushroom, Red Onion, Shaved Parmesan Cheese, Parmesan Peppercorn Dressing

## CUSTOM WRAP \$6.5

Choose Any Greens,  
Up to 4 Toppings + Dressing  
Proteins Priced A La Carte  
Extra Toppings Basic \$1.50 Select \$1

# BOWLS

## BAJA STEAK \$13

Grass-fed Steak, Brown Rice, Baby Spinach, Salsa Fresca, Corn, Bell Pepper, Black Bean, Avocado, Fresh Cilantro, Smoked Jalapeno Dressing

## HARVEST CHICKEN \$12

Citrus Grilled Chicken, Quinoa, Shredded Kale, Seasonal Apples, Roasted Sweet Potato, Dried Cranberries, Walnuts, Green Onion, Apple Cider Vinaigrette

## GREAT PACIFIC AHI \$12.5

Ahi Tuna, Brown Rice, Shredded Kale, Asian Pickles, Edamame, Avocado, Toasted Sesame Seeds, Green Onion, Sesame Ginger Dressing

## POWERPLANT TOFU \$10

Sweet Chili Tofu, Quinoa, Baby Spinach, Garbanzo Bean, Shredded Carrot, Sliced Almonds, Sprouts, Green Onion, Tahini Goddess Dressing

## ZA'ATAR CHICKEN \$12.5

Citrus Grilled Chicken, Brown Rice, Shredded Kale, Tomato, Red Onion, Grilled Zucchini, Roasted Carrot, Feta, Za'atar Spice Blend, Lemon Wedges, Olive Oil, Red Wine Vinegar

## CUSTOM BOWL \$8.5

Choose any Greens and Grains  
Up to 4 Toppings + Dressing  
Proteins Priced A La Carte  
Extra Toppings Basic \$1.50 Select \$1

## » ADD SOUP OR A POTATO TO ANY MEAL

Basic \$2 or Upgrade to Select \$3



# CUSTOM SHOP

## GREENS OR GRAINS

Romaine Lettuce  
Shredded Kale  
Spring Mix  
Baby Spinach  
Quinoa  
Brown Rice

## BASIC TOPPING \$1.50

Grape Tomato, Cucumber, Shredded Carrot, Red Onion, Sweet Corn, Broccoli, Black Bean, Garbanzo Bean, Edamame, Jalapeno, Seasonal Apple, Sprouts, Bell Pepper, Celery, Parmesan Herb Crouton

## PROTEINS

Sweet Chili Roasted Tofu \$2  
Citrus Grilled Chicken Breast \$3  
Buffalo Grilled Chicken \$3  
Herb Roasted Turkey Breast \$3  
Grass-fed Steak \$4  
Ahi Tuna \$4

» All Proteins are Antibiotic and Hormone Free

## DRESSINGS

Buttermilk Ranch, Blue Cheese, Creamy Caesar, Cilantro Citrus, Parmesan Peppercorn, Greek Vinaigrette, Balsamic Vinaigrette, Tahini Goddess, Smoked Jalapeno, Sesame Ginger, Sweet Chili Aioli, Cajun Remoulade, White Balsamic Basil Vinaigrette, Apple Cider Vinaigrette, Low Fat Vinaigrette, Olive Oil, Selection of Vinegars, Lemon Juice

## SELECT TOPPING \$1

Kalamata Olive, Quinoa, Marinated Artichoke Heart, Fresh Mushroom, Balsamic Roasted Mushroom, Asian Pickles, Roasted Red Pepper, Roasted Carrot, Salsa Fresca, Roasted Seasonal Vegetable, Roasted Sweet Potato, Grilled Zucchini, Shredded Cheddar, Feta Crumbles, Shaved Parmesan, Mozzarella, Blue Cheese Crumbles, Dried Cranberries, Walnuts, Sliced Almonds, Hard Boiled Egg, Smoked Bacon Crumbles, Avocado

# SOUPS & POTATOES

BASIC

## ROASTED POTATO WEDGES

Russet Potato Wedges, Roasted in Olive Oil and Spices, served with Dressing for Dipping  
Regular (6pcs.) \$3 Family (18pcs) \$8

## BAKED POTATO \$3

Baked Russet Potato served with Butter, Sour Cream, Salt, and Pepper

## CUP OF SOUP \$3

8oz. Tomato Basil Bisque, Vegan Chili, and Soup of the Day

SELECT

## LOADED POTATO \$4

Baked Russet Potato topped with Smoked Bacon Crumbles, Cheddar Cheese, Sour Cream, and Green Onion

## BUFFALO POTATO WEDGES \$4

Roasted Russet Potato Wedges topped with Crumbled Blue Cheese, Green Onion, and Buffalo Hot Sauce, served with Blue Cheese Dressing  
Add Buffalo Grilled Chicken \$3

## BOWL OF SOUP \$4

12oz. Tomato Basil Bisque, Vegan Chili, and Soup of the Day

LOVE REAL FOOD.

ALL PROTEINS ARE ANTIBIOTIC AND HORMONE FREE