

# signature SALAD & WRAPS

<b>AIN'T NO THANG</b>	<b>\$11.77</b>
romaine, bleu cheese, cauliflower, celery, crispy jalapeños, red cabbage, carrots, buffalo chicken & ranch dressing	
<b>BACK MOUNTAIN COBB</b>	<b>\$10.79</b>
iceberg, bacon, bleu cheese, hard boiled egg, tomatoes, oven roasted turkey & ranch dressing	
<b>CRUNCHY FRUIT &amp; FETA</b>	<b>\$10.47</b>
spinach, apples, grapes, oranges, pears, sunflower seeds feta cheese, candied walnuts & balsamic vinaigrette	
<b>GREEK</b>	<b>\$10.97</b>
romaine, artichokes, banana peppers, feta cheese, kalamata olives, cucumbers, tomatoes, red onions & greek dressing	
<b>ROMAN EMPIRE</b>	<b>\$10.67</b>
spinach, tomatoes, banana peppers, black olives, red onions, parmesan cheese, pepperoni, tri-colored rotini & italian dressing	
<b>SOUTHWEST</b>	<b>\$10.97</b>
romaine, avocado, banana peppers, corn, quinoa, black beans, cheddar cheese, tortilla strips & creamy southwest dressing	
<b>TACO</b>	<b>\$10.28</b>
romaine, cooper cheese, kidney beans, jalapeños, corn, tortilla strips, taco beef & taco sauce	
<b>THE CARDINI (CAESAR)</b>	<b>\$10.29</b>
romaine, grilled chicken, croutons, parmesan cheese & caesar dressing	
<b>THE CRAZY CAPRESE</b>	<b>\$9.78</b>
spinach, fresh basil, double tomatoes, double fresh mozzarella & balsamic vinaigrette	
<b>THE POWERHOUSE</b>	<b>\$10.07</b>
romaine, black beans, chickpeas, quinoa, double hard boiled egg, edamame, cheddar cheese & white balsamic vinaigrette	

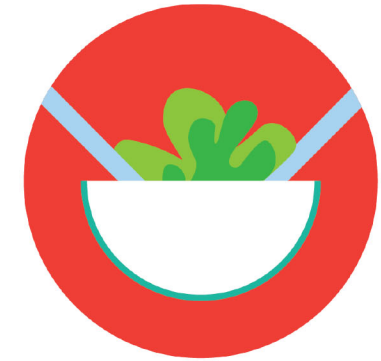
## EXTRAS

SOUP 8 OZ CUP.....	+ 3.99
16 OZ BOWL.....	+ 5.99

# signature GRAIN BOWLS

<b>ANCIENT SWEETNESS</b>	<b>\$10.47</b>
spinach, ancient grain, cheddar cheese, apples, raisins, chow mein noodles, grapes, oranges, sliced almonds & soy ginger dressing	
<b>FIVE-7-OH</b>	<b>\$11.17</b>
spinach, tri-colored rotini, bell peppers, bacon, chickpeas, cucumbers, fresh mozzarella, mushrooms, red onions & italian dressing	
<b>THE FAR EAST</b>	<b>\$10.27</b>
spinach, quinoa, broccoli, carrots, chow mein noodles, oranges, red cabbage, sliced almonds, edamame & sweet carrot ginger dressing	
<b>THE FARMHOUSE</b>	<b>\$9.87</b>
romaine, farro, black olives, cauliflower, peas, corn, cucumbers, hard boiled egg, pepper jack cheese & parmesan peppercorn dressing	
<b>THE GREEN MACHINE</b>	<b>\$13.17</b>
kale, farro, shrimp, avocado, peas, bell peppers, broccoli, celery, cucumbers, edamame & parmesan peppercorn dressing	
<b>THE IRON [WO]MAN</b>	<b>\$10.37</b>
arugula, quinoa, broccoli, beets, celery, peas, sunflower seeds, strawberries, goat cheese & soy ginger dressing	
<b>THE NEW WORLD</b>	<b>\$9.48</b>
spring mix, quinoa, bell peppers, corn, broccoli, carrots, fresh mozzarella, red cabbage & spicy verde dressing	
<b>UPSTREAM</b>	<b>\$14.17</b>
arugula, quinoa, salmon, avocado, fresh basil, bell peppers, corn, red onions, tomatoes & white balsamic vinaigrette	

CHIPS.....	+ 1.79
APPLESAUCE.....	+ 1.29
COOKIES.....	+ 2.29



# Red Leaf

## Salad Company

*Lettuce make it easy  
to eat healthy!*



[www.redleafsalad.com](http://www.redleafsalad.com)

## LOCATIONS:

31 Tunkhannock Hwy.,  
Dallas, PA 18612  
Phone: 570-310-1756

413 Arena Hub Plaza,  
Wilkes Barre, PA 18702  
Phone: 570-235-6958



# custom CREATIONS

## SALAD \$8.49

- GREENS
- 5 BASE TOPPINGS
- DRESSING

## WRAP \$8.49

- CHOICE OF WRAP  
spinach, garlic or tomato basil
- GREENS
- 5 BASE TOPPINGS
- DRESSING

## GRAIN BOWL \$8.49

- CHOICE OF GRAINS ancient grain, quinoa, farro or tri-colored rotini
- GREENS
- 5 BASE TOPPINGS
- DRESSING

## KIDS MEAL \$7.49

- GREENS
- 3 BASE TOPPINGS
- DRESSING
- APPLESAUCE

\*for kids 13 years old & under

 = BASE TOPPINGS

\*additional toppings as priced






















\*extra dressing +0.59

# GREENS








ROMAINE - ICEBERG  
SPINACH - ARUGULA  
SPRING MIX - KALE

# TOPPINGS


## FRUITS/VEGGIES

 APPLES	+ 0.69
ARTICHOKES	+ 1.49
AVOCADO	+ 1.69
 BANANA PEPPERS	+ 0.69
BEETS	+ 0.79
 BELL PEPPERS	+ 0.69
 BROCCOLI	+ 0.69
 CARROTS	+ 0.69
 CAULIFLOWER	+ 0.69
 CELERY	+ 0.69
 CORN	+ 0.69
CRAISINS	+ 0.99
 CUCUMBERS	+ 0.69
 GRAPES	+ 0.69
 JALAPEÑOS	+ 0.69
 MANDARIN ORANGES	+ 0.69
 MUSHROOMS	+ 0.69
 OLIVES	+ 0.69
black, green or kalamata	
 PEARS	+ 0.69
 PEAS	+ 0.69
 RED CABBAGE	+ 0.69
 RED ONIONS	+ 0.69
 ROASTED RED PEPPERS	+ 0.69
 STRAWBERRIES	+ 0.69
 TOMATOES	+ 0.69


## CRUNCH

CANDIED WALNUTS	+ 0.99
 CHOW MEIN NOODLES	+ 0.69
 CRISPY JALAPEÑOS	+ 0.69
 CROUTONS	+ 0.69
 CRUNCHY ONIONS	+ 0.69
PARMESAN CRISPS	+ 0.99
SLICED ALMONDS	+ 0.99
 SUNFLOWER SEEDS	+ 0.69
 TORTILLA STRIPS	+ 0.69
 WONTON STRIPS	+ 0.69




## PROTEINS

BACON	+ 1.69
BLACK BEAN BURGER	+ 2.29
CHICKEN grilled, jerk, buffalo, lemon garlic, sweet & spicy or cajun	+ 2.29
CHICKPEA BURGER	+ 2.29
 HARD BOILED EGG	+ 0.69
MARINATED TOFU	+ 1.09
PEPPERONI	+ 1.09
SALMON	+ 3.99
SESAME AHI TUNA	+ 3.99
SHRIMP	+ 2.99
TACO BEEF	+ 1.79
TUNA SALAD	+ 1.29
TURKEY	+ 2.29

## CHEESES

BLEU CHEESE	+ 0.99
 CHEDDAR	+ 0.69
 COOPER SHARP	+ 0.69
FETA CHEESE	+ 0.99
FRESH MOZZARELLA	+ 0.99
GOAT CHEESE	+ 1.09
PARMESAN	+ 0.79
 PEPPER JACK	+ 0.69

## BEANS/GRAINS/PASTA

ANCIENT GRAIN	+ 0.79
 BLACK BEANS	+ 0.69
 CHICKPEAS	+ 0.69
EDAMAME	+ 0.79
FARRO	+ 0.79
 KIDNEY BEANS	+ 0.69
TRI-COLORED ROTINI	+ 0.99
QUINOA	+ 0.79

# DRESSINGS

SWEET GINGER CARROT - BLEU CHEESE  
WHITE BALSAMIC VINAIGRETTE - CAESAR  
BALSAMIC VINAIGRETTE - SPICY VERDE  
PARMESAN PEPPERCORN - TACO SAUCE  
FRENCH - HONEY MUSTARD - RANCH  
SOY GINGER - STRAWBERRY VINAIGRETTE  
ITALIAN - GREEK - CREAMY SOUTHWEST  
THOUSAND ISLAND - HONEY CHIPOTLE  
FRESH SQUEEZED LEMON JUICE  
CLEAN CURRY VINAIGRETTE - EVOO  
BALSAMIC VINEGAR - RED WINE VINEGAR