

signature SALAD & WRAPS

AIN'T NO THANG	\$10.27
romaine, bleu cheese, cauliflower, celery, crispy jalapeños, red cabbage, carrots, buffalo chicken & ranch dressing	
BACK MOUNTAIN COBB	\$9.29
iceberg, bacon, bleu cheese, hard boiled egg, tomatoes, oven roasted turkey & ranch dressing	
CRUNCHY FRUIT & FETA	\$8.97
spinach, apples, grapes, oranges, pears, sunflower seeds feta cheese, candied walnuts & balsamic vinaigrette	
GREEK	\$9.47
romaine, artichokes, banana peppers, feta cheese, kalamata olives, cucumbers, tomatoes, red onions & greek dressing	
ROMAN EMPIRE	\$9.17
spinach, tomatoes, banana peppers, black olives, red onions, parmesan cheese, pepperoni, tri-colored rotini & italian dressing	
SOUTHWEST	\$9.47
romaine, avocado, banana peppers, corn, quinoa, black beans, cheddar cheese, tortilla strips & creamy southwest dressing	
TACO	\$8.78
romaine, cooper cheese, kidney beans, jalapeños, corn, tortilla strips, taco beef & taco sauce	
THE CARDINI (CAESAR)	\$8.79
romaine, grilled chicken, croutons, parmesan cheese & caesar dressing	
THE CRAZY CAPRESE	\$8.28
spinach, fresh basil, double tomatoes, double fresh mozzarella & balsamic vinaigrette	
THE POWERHOUSE	\$8.57
romaine, black beans, chickpeas, quinoa, double hard boiled egg, edamame, cheddar cheese & white balsamic vinaigrette	

EXTRAS

BOTTLED WATER.....	+ 1.49
SNAPPLE 16 OZ.....	+ 1.79
SNAPPLE 18 OZ.....	+ 1.99
CORE.....	+ 1.99
KOMBUCHA.....	+ 5.99

signature GRAIN BOWLS

ANCIENT SWEETNESS	\$8.97
spinach, ancient grain, cheddar cheese, apples, raisins, chow mein noodles, grapes, oranges, sliced almonds & soy ginger dressing	
FIVE-7-OH	\$9.67
spinach, tri-colored rotini, bell peppers, bacon, chickpeas, cucumbers, fresh mozzarella, mushrooms, red onions & italian dressing	
THE FAR EAST	\$8.77
spinach, quinoa, broccoli, carrots, chow mein noodles, oranges, red cabbage, sliced almonds, edamame & sweet carrot ginger dressing	
THE FARMHOUSE	\$8.37
romaine, farro, black olives, cauliflower, peas, corn, cucumbers, hard boiled egg, pepper jack cheese & parmesan peppercorn dressing	
THE GREEN MACHINE	\$11.67
kale, farro, shrimp, avocado, peas, bell peppers, broccoli, celery, cucumbers, edamame & parmesan peppercorn dressing	
THE IRON [WO]MAN	\$8.87
arugula, quinoa, broccoli, beets, celery, peas, sunflower seeds, strawberries, goat cheese & soy ginger dressing	
THE NEW WORLD	\$7.98
spring mix, quinoa, bell peppers, corn, broccoli, carrots, fresh mozzarella, red cabbage & spicy verde dressing	
UPSTREAM	\$12.67
arugula, quinoa, salmon, avocado, fresh basil, bell peppers, corn, red onions, tomatoes & white balsamic vinaigrette	

SOUP 8 OZ CUP.....	+ 3.99
16 OZ BOWL.....	+ 5.99
CHIPS.....	+ 0.99
YOGURT.....	+ 1.29
APPLESAUCE.....	+ 1.29
COOKIES.....	+ 1.99

rev. 06.2020



Red Leaf

Salad Company

*Lettuce make it easy
to eat healthy!*



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 \$6.99

- GREENS
- 5 BASE TOPPINGS
- DRESSING

WRAP \$6.99

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

GRAIN BOWL \$6.99

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

KIDS MEAL \$5.99

- GREENS
- 3 BASE TOPPINGS
- DRESSING
- YOGURT OR 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