Create Your Own Salad - $11.50

(Check all that Apply)

Member Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Member #: \_\_\_\_\_\_\_\_\_\_\_\_

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 Member Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Member #: \_\_\_\_\_\_\_\_\_\_\_

***Fiddler Favorites***

***$11.50***

* **Classic Caesar**

*Romaine,*

*Parmesan, Crouton*

* **Power Grain Salad**

*Romaine, Quinoa,*

*Chia Seeds,*

*Avocado,*

*Grilled Vegetables, Tomatoes,*

*Balsamic Vinaigrette*

***Power Bowls***

* **A*çai Bowl*****$12**

*Açaí, Almond Milk,*

*Barrel Aged Maple Syrup,*

*Toasted Coconut,*

*Strawberries,*

*Blueberries and Bananas*

* **Pitaya Bowl $13**

*Pitaya, Coconut Milk, Banana, Pineapple, Honey*

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**Preparation**

* Fine Chopped
* Tortilla Wrap

**Condiments**

* Cherry Tomatoes
* Cucumber
* Carrots
* Artichoke Hearts
* Avocado
* Kalamata Olives
* Bell Peppers
* Banana Peppers
* Roasted Vegetables
* Corn
* Edamame
* Red Onions
* Strawberries
* Mandarin Oranges
* Apples
* Bacon

**Cheeses**

* Cheddar
* Blue Cheese
* Feta
* Goat Cheese
* Shaved Parmesan
* Fresh Mozzarella

**Grains & Seeds**

* Quinoa
* Chia Seeds
* Sunflower Seeds
* Hempseeds

**Crunch & Dried**

* Dried Fruits
* Pecans
* Croutons
* Almonds
* Walnuts

**Greens**

* Mixed Greens
* Romaine
* Iceberg
* Arugula
* Baby Spinach

**Dressing**

* Red Wine Vinaigrette
* Balsamic Vinaigrette
* Italian (Low Fat)
* Caesar
* Blue Cheese
* Ranch
* Honey Mustard
* Citrus Vinaigrette
* Chipotle Ranch

\*All dressing comes

on the side

**Protein Add-on**

* Grilled Chicken $5
* Griddled Shrimp $8
* 7oz. Flat-Iron Steak $12
* Salmon $10
* Seared Tuna $12
* Boiled Farm Egg $1

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* Tortilla Wrap

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