

house-designed salads

corfu

seasonal lettuce, house-dried tomatoes, marinated artichokes, pickled red onion, garbanzos, kalamata olives, feta cheese, *champagne vinaigrette*

caesar

chopped romaine & kale, house-dried tomatoes, roasted garlic, rosemary crouton, *caesar dressing*

grove

mixed baby greens, apple, dried cranberries, shaved fennel, candied walnuts, faro, blue cheese *balsamic vinaigrette*

siesta

shredded kale, quinoa, black beans, hominy, jicama, tomato, spiced pepitas, avocado *citrus jalapeño dressing*

geisha

shredded cabbage, soba noodles, pickled ginger, carrots, radish, edamame, oranges, wasabi peas *sesame miso dressing*

cobb chopped romaine, tomatoes, avocado, pickled mushrooms, hard-boiled egg, blue cheese, smoked bacon, roasted chicken *green goddess dressing*

baja cobb

chopped romaine & mixed greens, roasted corn, tomatoes, black beans, pepper jack cheese, avocado, hard-boiled egg, smoked bacon, roasted chicken, tortilla strips *bbq ranch*

kids design

romain lettuce, 3 toss-ins, roasted chicken or bacon

design your own

choose your greens

pick up to 5 toss-ins, plus your choice of dressing

warm bowls

coyote

toss-made turkey chorizo, romain lettuce, cilantro-lime brown rice, black beans, corn pico de gallo, avocado *paprika crema & cilantro lime vinaigrette*

harvest

mixed grains, red cabbage, roasted bell peppers, onion, zucchini, yellow squash, carrots
choice of vegetarian, roasted sliced chicken, roasted salmon *walnut basil pesto*

basic

mixed grains, walnut basil tossed cabbage, steamed seasonal vegetable
choice of roasted sliced chicken, roasted marinated tofu, roasted salmon *walnut basil pesto*



SALADS BY DESIGN

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protein toss-ins

add protein to any salad

free-range, antibiotic & hormone free

roasted **chicken**

roasted angus **tri-tip**

applewood smoked **bacon**

maple **ham**

sopressata **salami**

roasted **salmon**

roasted **shrimp**

spanish white **anchovies**

marinated **tofu**

hard-boiled **egg**

house-made dressings

selections may vary daily

champagne vinaigrette

creamy italian

sesame miso

caesar

pomegranate vinaigrette

balsamic vinaigrette

buttermilk ranch

green goddess

citrus jalapeño

poppy seed

cilantro lime vinaigrette

white balsamic vinaigrette

lemon mint vinaigrette

thousand island

bbq ranch

house-baked goodies

rosemary focaccia

chocolate chunk cookies

cranberry oatmeal cookies

baker's special flavor

soup

selection varies daily

small

large

quart

soup & salad combo

small caesar & small soup

non-alcoholic beverages

water

spindrift seltzers

bundaberg sodas

humm kombuchas

joe's tea & lemonade

beer & wine

selections available for dine-in



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SAN CARLOS • CALIFORNIA

The Toss prepares eggs, milk, soybeans, wheat, peanuts, tree nuts and fish in-house. Our operations involve shared cooking and preparation areas and the possibility exists for food items to come in contact with other food products. We are unable to guarantee that any menu item can be completely free of allergens.