

house-designed salads

corfu

seasonal lettuce, sundried tomatoes, marinated artichokes, pickled red onion, garbanzos, kalamata olives, feta cheese,
champagne vinaigrette

caesar

chopped romaine & kale, sundried tomatoes, roasted garlic, rosemary crouton,
caesar dressing

grove

mixed 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

carlito

seasonal lettuce, celery, tomatoes, hearts of palm, pepperoncini, mozzarella, sopressata salami
creamy italian dressing

waldorf chicken

seasonal lettuce, apple, grapes, celery, golden raisins, walnuts, mandarin oranges
poppy seed dressing

zesty

crown leaf, green cabbage, diced mango, roasted corn, red bell pepper, pumpkin seeds, feta cheese, avocado
zesty chipotle dressing

athens greek

romaine, red bell pepper, tomato, cucumber, red onion, kalamata olives, feta cheese
champagne vinaigrette

samurai

mixed greens, red cabbage, soba noodles, carrots, radish, edamame, oranges, slivered almonds
sesame miso dressing

spicy beef

crown leaf lettuce, cabbage, red bell pepper, tomato, chopped peanuts, avocado, green onion, cilantro
spicy vietnamese dressing

chef

chopped romaine, tomato, garbanzos, carrots, cucumber, swiss cheese, hard-boiled egg, maple ham, roasted chicken
thousand island dressing

choose your greens

pick up to 5 toss-ins, plus your choice of dressing
available in-house only, no phone orders please

protein toss-ins

add protein to any salad

free-range, antibiotic & hormone free

roasted **chicken**

roasted angus **skirt steak**

applewood smoked **bacon**

maple **ham**

sopressata **salami**

roasted **salmon**

roasted **shrimp**

spanish white **anchovies**

marinated **tofu**

hard-boiled **egg**



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
thousand island
bbq ranch
spicy chipotle
spicy vietnamese
thousand island

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, or
roasted salmon
walnut basil pesto

basic

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

house-baked goodies

rosemary **focaccia**

chocolate chunk **cookies**
cranberry oatmeal **cookies**
baker's special flavor

soup

selection varies daily

small (8 oz)
large (12 oz)
quart

soup & salad combo

small caesar & small soup

non-alcoholic beverages

water
spindrift seltzers
coke & diet coke
humm kombuchas
joe's tea & lemonade

beer & wine

selections available for dine-in



SALADS BY DESIGN

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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.