



CATERING MENU

Salata Bar

490-1380 cal/pp
4,900-13,760 cal

Our most popular option, the Salata bar is perfect for smaller groups and offers a customizable, build-your-own salad.

Start with the base—our signature Salata mix lettuce— and build upon it with the following 12 toppings. Served with rolls, fresh-baked croutons, and baked pita chips.

- corn
- bell pepper
- cucumbers
- cheddar cheese
- black beans
- mushrooms
- black olives
- cranberries
- broccoli
- tomatoes
- feta cheese
- carrots

Total calories for the Salata Bar and add-on proteins are based on an order for 10 people. Total calories will change based on the size of the order and customer choices.

10 person minimum order. Can be ordered in multiples of 5.

Dressing Choices

12 oz. carafe per 5 people. Calories listed are for one carafe.

- fresh herb vinaigrette [1,740 cal]
- chipotle ranch [1,320 cal]
- buttermilk ranch [1,500 cal]
- balsamic vinaigrette [1,800 cal]
- ginger lime [1,860 cal]
- honey mustard [1,620 cal]
- lemon vinaigrette [1,860 cal]
- fat-free mango [210 cal]
- classic caesar [1,740 cal]
- fat-free sun-dried tomato [90 cal]

Add Protein (for an additional charge)

Calories listed are for 5 servings.

- grilled chicken [600 cal]
- falafel [650 cal]
- asian bbq chicken [700 cal]
- pit-smoked turkey [500 cal]
- chipotle chicken [600 cal]
- baked salmon [1200 cal]
- pesto chicken [800 cal]
- krabmeat [700 cal]
- baked tofu [975 cal]
- marinated shrimp [800 cal]
- quinoa [800 cal]
- seafood mix [700 cal]

Catering Packages

Capture the Salata experience by picking a complete package – the perfect spread for any large gathering.

10 person minimum order. Can be ordered in multiples of 5. For groups larger than 50, please contact the Catering Department or Manager at the location from which you wish to order.

Signature Experience

Our Salata Bar with Chicken, an assortment of our most popular Wraps, choice of Soup, and Assorted Cookies. Served with Bread, Fresh Baked Croutons, and Fresh Baked Pita Chips.

1100-2750 cal/pp 11,000-27,510 cal

Soup + Salad Combo

Your Choice of one of our signature Soups, a Salad Bowl of your choice, and Assorted Cookies. Served with Bread.

1,090-1,620 cal/pp 10,910-16,170 cal

Wrap + Salad Combo

An assortment of our most popular Wraps, a Salad Bowl of your choice, Pita Chips, and Assorted Cookies.

12,600-18,450 cal 1260-1850 cal/pp

***Substitute fruit salad instead of cookies for \$2 extra per person. [Subtract 1,420 calories from each package]**

Wrap + Pasta Combo

An assortment of our most popular Wraps and our home-made Pesto Pasta Salad. Served with Pita Chips and Assorted Cookies.

1,500-2,250 cal/pp 15,050-22,530 cal

Total calories for the Packages are based on an order for 10 people. Total calories will change based on the size of the order and customer choices.

Boxed Lunches

820-1200 cal/box

Our most portable option, available as a salad or wrap.

Salads are served with bread and a cookie. Wraps are served with pita chips and a cookie. *Salad and Wrap selections can be found on pages 4-5.*

Additions & Substitutions

- Vegan proteins can be substituted at no additional cost.
- Substitute a premium protein for an additional charge.
- Substitute a fruit cup for a cookie for an additional charge.
- Add a fruit cup for an additional charge (180 cal per fruit cup.)


**Protein options are listed on page 2.*



Salad Bowl


A perfect healthy meal on its own or a great compliment to your next meeting, luncheon, party, etc. Serves 15.

Choose any of our salad selections listed below. Served with bread.



Salad Selections

COBB  630/10,940 cal Salata mix greens, tomatoes, carrots, eggs, bacon, blue cheese, **grilled chicken**, suggested dressing: buttermilk ranch

GREEK   570/10,350 cal Salata mix greens, tomatoes, cucumbers, carrots, red onions, black olives, banana peppers, feta cheese, **pesto chicken**, suggested dressing: fresh herb vinaigrette

SOUTHWEST  500/10,100 cal Salata mix greens, tomato, corn, black beans, cheddar, **chipotle chicken**, suggested dressing: chipotle ranch

CAESAR 650/11,250 cal romaine hearts, croutons, parmesan cheese, **grilled chicken**, suggested dressing: classic caesar

HARVEST   730/12,180 cal Salata mix, grapes, cranberries, feta cheese, walnuts, apples, **pesto chicken**, suggested dressing: balsamic vinaigrette

**All proteins are served on the side, and any selection can be made vegetarian upon request by substituting the above proteins with quinoa, tofu, or falafel.*

680-980 cal/pp
10,220-14,730 cal

Wrap Tray

Perfect for any gathering, this option accommodates a wide variety of tastes.


Large tray serves 10-12 as a meal and 20-24 as a side.


Small tray serves 6-8 as a meal and 10-12 as a side.


Served with an assortment of wraps and pita chips.

Wrap Selections

SOUTHWEST 380 cal/half wrap Salata mix greens, tomato, corn, black beans, cheddar, **chipotle chicken**, chipotle ranch, wrap: southwest tortilla

BBQ  420 cal/half wrap Salata mix greens, red onions, mixed cheese, bacon, **Asian BBQ chicken**, buttermilk ranch, wrap: BBQ

ITALIAN  370 cal/half wrap Spinach, mushrooms, sun-dried tomatoes, parmesan cheese, croutons, **pesto chicken**, fat-free sun-dried tomato, wrap: wheat

MEDITERRANEAN VEGGIE  370 cal/half wrap Salata mix greens, tomatoes, cucumbers, red onions, chickpeas, feta, **falafel**, fresh herb vinaigrette, wrap: cucumber

THAI CRUNCH  410 cal/half wrap Salata mix greens, cilantro, red onion, bell pepper, bean sprouts, pineapple, sesame sticks, **Asian bbq chicken**, ginger lime, wrap: Thai ginger tortilla

24 wrap halves per tray
11,406 cal

12 wrap halves per tray
5626 cal

Sides | Desserts | Drinks

Side Salad 3,980/5,560 cal

serves 15

choose garden (Salata Mix, tomatoes, cucumbers, and carrots) **or** caesar (Romaine Lettuce, Parmesan Cheese and Croutons)

Pasta Salad 6,690 cal

serves 15 pesto, walnuts, parmesan cheese

Signature Soups 110-330 cal

8 oz. cup of tomato basil [330 cal], broccoli [150 cal] or chipotle white bean [110 cal]

Half Dozen Rolls 120 cal each

fresh-baked multigrain croissant, crafted with 12 whole grains

Side of 12 oz. Dressing 90-1,860 cal

12 oz. carafe per 5 people. Calories listed are for one carafe.

Mixed Fruit Bowl 2,360 cal

serves 15, 160 cal/pp

Assorted Cookies 2,840 cal

serves 15, 170-200 cal/pp

Gallon Teas & Lemonades


black china tea [0 cal]

- plum cinnamon tea [0 cal]
- tropical green tea [0 cal]
- raspberry lemonade [110 cal/pp or 1,760 cal/gallon]
- peach lemonade [110 cal/pp or 1,760 cal/gallon]
- prickly pear limeade [90 cal/pp or 960 cal gallon]

 = Vegetarian

 = Gluten-Free

 = Contains Tree Nuts

 = Vegan

 = Contains Peanuts

**Any selection can be made vegetarian upon request by substituting the above proteins with quinoa, tofu, or falafel. Due to our tortillas containing gluten, our wraps are not gluten-free.*