

At Salata, we are completely customizable.

order online at salata.com/order

choose

Salads are served with bread. Salad wraps are served with pita chips.

salad

sm salad

salad wrap

Calorie declarations are available on our salad line, in our nutritional brochure, or at salata.com.

customize

choose your toppings

choose your dressing

add your protein*

complete

complete your meal with a soup, dessert, & drink

soups

cup or bowl

tomato basil [330/500 cal]

broccoli [150/230 cal]

chipotle white bean
[110/170 cal]

add a cup or bowl to your salad or salad wrap

desserts

cookies [170-200 cal]

sea salt caramels
[60 cal per piece]

drinks

teas & lemonades
[0-165 cal]

Choose from over 50 toppings to add to your salad or salad wrap!

	added calories		
	wrap	small salad	salad
lettuces			
salata mix	5	10	15
romaine	5	10	15
spring mix	5	10	15
spinach	5	10	15
kale	15	35	70
vegetables			
carrots	5	10	15
cucumber	0	5	10
tomato	5	10	15
broccoli	5	10	15
mushroom	0	5	10
bell pepper	0	5	10
jicama	5	10	15
snow peas	5	10	15
radish	0	5	10
celery	0	5	10
red onion	5	10	15
bean sprouts	5	10	15
sun-dried tomatoes	30	60	120
cabbage	0	5	10
alfafa sprouts	0	5	10
cilantro	0	5	10
corn	10	25	50
beets	5	10	15
black beans	15	25	50
green peas	10	20	30
black olives	15	30	45
kidney beans	10	25	50
chick peas	15	25	50
green olives	20	40	60
jalapeños	5	10	15
banana peppers	5	10	15
pepperoncini	5	10	15
artichoke hearts	40		
avocado	45		
fruits			
pineapple	10	15	20
strawberries	5	10	15
mandarin orange	5	10	15
apples	10	15	20
grapes	10	20	40
raisins	40	80	120
dried cranberries	45	90	170
cheese & nuts			
mixed cheese	30	60	90
feta cheese	20	35	75

	added calories		
	wrap	small salad	salad
cheese & nuts			
blue cheese	25	50	100
parmesan cheese	30	60	120
walnuts	45	90	120
almonds	40	80	120
pumpkin seeds	30	65	120
other			
pasta	50	110	210
chopped egg	40	80	150
chopped bacon	80	150	300
croutons	60	130	260
sesame sticks	30	60	90
baked pita strips	80	160	240
dressings			
fresh herb vinaigrette	290	290	580
butter milk ranch	250	250	500
ginger lime	310	310	620
classic caesar	290	290	580
chipotle ranch	220	220	440
balsamic vinaigrette	300	300	600
honey mustard	270	270	540
lemon vinaigrette	310	310	620
fat-free mango	35	35	70
fat-free sundried tomato	15	15	30
protein			
falafel	60	60	120
quinoa	80	80	160
baked tofu	170	170	350
grilled chicken	60	60	120
pesto chicken	80	80	160
asian bbq chicken	70	70	140
spicy chipotle chicken	60	60	120
premium protein			
krabmeat	70	70	140
salmon	120	120	240
seafood mix	70	70	140
shrimp	80	80	160
turkey	50	50	110
bread & tortillas			
multigrain roll	170		
whole wheat tortilla	310		
southwestern tortilla	310		
cool cucumber tortilla	310		
thai ginger tortilla	320		
texas bbq tortilla	320		

*Proteins are an additional charge.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Prices and items subject to change without notice and may vary between location.

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