

Lettuce (Includes 1 - .99 each additional)

2x (double ingredient)

- Romaine Lettuce
- Iceberg Lettuce
- Baby Spinach
- Spring Mix
- Red Cabbage

Toppings (Includes 4 - .35 each additional)

2x (double ingredient)

- Diced Tomatoes
- Cherry Tomatoes
- Roma Tomatoes
- Grape Tomatoes
- Cucumber
- Zucchini
- Squash
- Yellow Onion
- Red Onion
- Green Onion
- Baby Carrots
- Alfalfa Sprouts
- Bean Sprouts
- Snow Peas
- Radish
- Celery
- Broccoli Florets
- Mushrooms
- Portobello Mushroom
- Avocado
- Capers
- Queen Olives
- Artichoke Hearts
- Corn
- Black Beans
- Strawberries
- Blueberries
- Raspberries
- Mango
- Mandarin Oranges
- Apple
- Cantaloupe
- Honeydew
- Pineapple
- Grapes
- Sun Dried Tomatoes
- Sun Dried Cherries
- Herb Grilled Pita Croutons
- Croutons

- Chow Mein Noodles
- Sunflower Seeds
- Slivered Almonds
- Pine Nuts
- Candied Pecans
- TrailMix
- Fresh Basil
- Fresh Cilantro
- Egg
- Tofu
- Marinated Tofu

Cheese (Includes 1 - .50 each add.)

2x (double ingredient)

- Feta Cheese
- Fresh Mozzarella
- Co-Jack (shredded)
- Pepperjack Cheese
- Bleu Cheese Crumbles

Meat

- Tequila Chicken 2.50
- Cajun Chicken 2.50
- Ham 1.79
- Turkey 1.79
- Grilled Chicken 1.79
- Bacon 1.50

Seafood

- Mahi Mahi 3.00
- Lump Crab 3.50
- Salmon 3.00
- Fresh Shrimp 3.25
- Ahi Tuna 3.75

Classic Salads

- Caesar 6.29
- Cobb 8.79
- Spinach Salad 7.69
- Chef Salad 8.79

Wrap Flavors

- Chipotle Wrap
- Spinach Wrap
- Sundried Tomato Wrap
- Herb Wrap

Dressings

(Includes 1- \$0.50 each add.)

Classics:

- Ranch
- Light Ranch
- Blue Cheese
- Fat Free Italian
- French
- Fat Free French
- Poppyseed
- Honey Mustard
- 1000 Island
- Classic Caesar
- Greek

LA Signatures:

- Strawberry Vinaigrette
☼ C ◆
- Raspberry Vinaigrette
☼ C ◆
- Tangerine Dream
☼ C ◆
- Apple Vinaigrette
✓ ☼ C ◆
- White Balsamic
☼ C ◆
- Traditional Balsamic
☼ C ◆
- Low Fat Bacon
✓ C
- Avocado and Green Chile Ranch
✓ C
- Tofu Dressing
✓ C ◆
- Spicy Sesame
☼ C ◆
- Yogurt Cucumber
✓ ☼ C
- Fresh Mint
◆
- ▼ **Vegetarian**
- ✓ **Low Fat**
- ☼ **Sugar Free**
- ▼ **Low Sodium**
- ▼ **Low Carb**
- **Carb Free**
- ♥ **Cholesterol Free**
- ◆ **Dairy Free**

In Charge Salad or Wrap