

# **OUR MENU**

### $\exists \bigcup \bigcup$ YOUR OWN

ZEPPELIN

Includes 4\* Ingredients

Includes 6\* Ingredients \*COST OF PROTEINS ARE ADDITIONAL

**CHOOSE YOUR BASE** 

Romaine Iceberg Grain Medley

**PICK YOUR INGREDIENTS** 

**SELECT YOUR DRESSING** 

#### FRESH HIGH QUALITY **INGREDIENTS**

#### **VEGGIES**

Artichoke Hearts Banana Peppers Black Beans Butternut Squash Carrots Corn Salad Crispy Onions Cucumbers Dill Pickles Edamame Green Onions Jalapenos Kalamata Olives Marinated Chickpeas Napa Cabbage Pickled Red Onions Red Onion Sweety Drop Peppers Tomatoes

# Ingredients

#### **CHEESE**

Bleu Cheese Crumbles Cotija Crumbled Feta Parmesan Provolone White Cheddar

#### **CRUNCH**

Candied Pecans Crispy Wontons Crushed Walnuts House Croutons House Tortilla Strips Roasted Almonds Roasted Pumpkin Seeds Sesame Seeds

#### **FRUIT**

Apples Currants Dried Cranberries Mandarin Oranges

#### **PROTEIN & EXTRAS**

MEATS MARINATED

AND GRILLED IN-HOUSE

Grain Medlev Fresh Avocado Herb Grilled Chicken Grilled Flank Steak Poached Shrimp Crispy Shrimp Crispy Chicken Roasted Turkey Tofu Crumbled Egg

## Soups

**CUP** 

**BOWL** 

12 oz

**MONDAY & TUESDAY** 

Vegetable / Broccoli Cheddar

WEDNESDAY & THURSDAY

Potato Leek / Broccoli Cheddar

FRIDAY THRU SUNDAY

Tomato Basil / Broccoli Cheddar

Ask for a free sample!

### MADE FROM **SCRATCH DAILY**

House Caesar 🙃 Tejano Caesar 🙃 Avocado Ranch 🙃

Chipotle Ranch @

Homestyle Ranch @ Balsamic Vinaigrette 🚭 💠

Champagne Vinaigrette 🚭 💠 Grain Mustard Vinaigrette 🚭 💠 Greek Vinaigrette 😅

Sesame Ginger Vinaigrette 💠 Tarragon Vinaigrette 🚭 💠 Cranberry Poppy Seed 🚭 💠

Creamy Horseradish 🚭

## Dressings

French Remoulade 🚭 💠 Hangar Bleu 🚭

Metropolitan Cobb 🚭 💠 Tzatziki 🙃

Olive Oil 🚭 💠

Lime Juice @ 🐽

Balsamic Vinegar 🚭 💠 Red Wine Vinegar 🚭 💠 Lemon Juice 🚭 💠







Children 10 and under. Includes a drink, cookie & chips. Choose 1 of the following:

#### **HALF ZEPPELIN**

Choose 4\* ingredients

**BOWL** 16 oz bowl Choose 4\* ingredients

#### **CHICKEN TENDERS**

Your choice of dressing \*COST OF PROTEINS ARE ADDITIONAL

## etras

COOKIE **CHIPS** 

**BAGUETTE** 

Homemade **BREAD PUDDING CROUTONS** 



**DID YOU KNOW?** 

**DRINKS** 

**OUR CROUTONS AND BREAD PUDDING** 



# **OUR MENU**



### How to Order

- **BOWL OR ZEPPELIN** 
  - Get your signature salad in a bowl or an artisan baguette
- CHOOSE FROM OUR SIGNATURE SALADS OR BUILD YOUR OWN
- MIX IT UP
- **CHOOSE A DRESSING**

## SIGNATURE SOLOGIA

**AVAILABLE IN A BOWL OR ZEPPELIN** 

#### METROPOLITAN COBB

Chicken, Avocado, Crumbled Eggs, Bacon, Tomatoes, Bleu Cheese Crumbles, Romaine & Iceberg

METROPOLITAN COBB DRESSING

#### LONE STAR (



Grilled Flank Steak, Avocado, Tomatoes, Crispy Onions, Jalapenos, Iceberg

HANGAR BLEU OR CREAMY HORSERADISH

#### WASHINGTON STATE



Chicken, Apples, Crushed Walnuts, Beets, Bleu Cheese Crumbles, Arcadian Mix

CHAMPAGNE VINAIGRETTE

### SOUTHWEST (



HANGAR BLEU OR AVOCADO RANCH DRESSING

Crispy Shrimp, Tomatoes, Red Onions, Dill Pickles, Provolone, Iceberg

FRENCH REMOULADE

#### **SHANGHAI**

Carrots, Roasted Almonds, Mandarin Oranges, Currants, Crispy Wontons, Arcadian Mix & Spinach

CHICKENITOFU

SESAME GINGER VINAIGRETTE

#### **VEGETARIAN AND VEGAN OPTIONS AVAILABLE**

#### **PACIFIC BEACH**

Avocado, Tomatoes, Cucumbers, Artichoke Hearts, Romaine

#### CHICKEN | SHRIMP

CHAMPAGNE VINAIGRETTE OR TZATZIKI

### ATLANTIS 🗁



Chicken, Cucumbers, Tomatoes, Kalamata Olives, Banana Peppers, Red Onions, Crumbled Feta, Romaine

**GREEK VINAIGRETTE** 

#### **PLYMOUTH ROCK**

Turkey, Dried Cranberries, Beets, Bleu Cheese Crumbles, Candied Pecans, Arcadian Mix

CRANBERRY POPPY SEED DRESSING

#### **CLASSIC CAESAR**

House Croutons. Parmesan, Romaine

CHICKENISTEAK CAESAR DRESSING

**TEJANO CAESAR** 

Cotija Cheese, Jalapenos, House Tortilla Strips, Romaine

CHICKENISTEAK

TEJANO CAESAR DRESSING

#### **KALE-IFORNIA**

Roasted Pumpkin Seeds, Parmesan, Currants, Kale

**CHICKEN I SHRIMP** 

**OLIVE OIL & LEMON JUICE** 

## Grain Bowls

#### **AUTUMN HARVEST**

Roasted Turkey\*, Grain Medley, Butternut Squash, Dried Cranberries, Apples, Roasted Pumpkin Seeds, Kale

GRAIN MUSTARD VINAIGRETTE

#### **PERUVIAN STEAK**

Grilled Flank Steak\*, Grain Medley, Sweety Drop Peppers, Corn Salad, Pickled Red Onions, Crumbled Feta, Kale TARRAGON VINAIGRETTE

#### **SHRIMP & SESAME**

Poached Shrimp\*, Grain Medley, Edamame, Carrots, Cucumbers, Green Onions, Pickled Red Onions, Crispy Wontons, Sesame Seeds, Shredded Napa Cabbage

SESAME GINGER VINAIGRETTE