

# PLACE YOUR ORDER

## CREATE YOUR OWN

- BIG \$ 7 (8 toppings)
- BIGGER \$ 9 (12 toppings)  
(add extra toppings for \$0.50ea)

### Greens (choose one, or all four)

- Iceberg  Spring Mix
- Romaine  Spinach

### Premium Toppings (\$1.00ea)

- Avocado  Shrimp  Grilled Salmon

### Toppings

- |  |   |
|--|---|
| <input type="checkbox"/> Tomato            | <input type="checkbox"/> Pineapple        |
| <input type="checkbox"/> Apples            | <input type="checkbox"/> Broccoli         |
| <input type="checkbox"/> Kidney Beans      | <input type="checkbox"/> Corn             |
| <input type="checkbox"/> Black Beans       | <input type="checkbox"/> Radishes         |
| <input type="checkbox"/> Peaches           | <input type="checkbox"/> Red Onions       |
| <input type="checkbox"/> Red Bell Pepper   | <input type="checkbox"/> Artichoke Hearts |
| <input type="checkbox"/> Green Bell Pepper | <input type="checkbox"/> Carrots          |
| <input type="checkbox"/> Hearts of Palm    | <input type="checkbox"/> Green Onions     |
| <input type="checkbox"/> Water Chestnuts   | <input type="checkbox"/> Chicken          |
| <input type="checkbox"/> Green Peas        | <input type="checkbox"/> Ham              |
| <input type="checkbox"/> Celery            | <input type="checkbox"/> Salami           |
| <input type="checkbox"/> Sweet Pickles     | <input type="checkbox"/> Turkey           |
| <input type="checkbox"/> Mushrooms         | <input type="checkbox"/> Bacon            |
| <input type="checkbox"/> Raisins           | <input type="checkbox"/> Pepperoni        |
| <input type="checkbox"/> Craisin           | <input type="checkbox"/> Cucumber         |
| <input type="checkbox"/> Black Olives      | <input type="checkbox"/> Eggs             |
| <input type="checkbox"/> Green Olives      | <input type="checkbox"/> Mozzarella       |
| <input type="checkbox"/> Beets             | <input type="checkbox"/> Cheddar          |
| <input type="checkbox"/> Red Peppers       | <input type="checkbox"/> Parmesan         |
| <input type="checkbox"/> Pepperoncinis     | <input type="checkbox"/> Colby Jack       |
| <input type="checkbox"/> Jalapenos         | <input type="checkbox"/> Feta             |
| <input type="checkbox"/> Baby Corn         | <input type="checkbox"/> Bleu Cheese      |
| <input type="checkbox"/> Mandarin Oranges  | <input type="checkbox"/> Tofu             |

### GARNISH & DRESSING

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Tortilla Strips | <input type="checkbox"/> Caesar                         | <input type="checkbox"/> Greek                    | <input type="checkbox"/> Olive Oil            |
| <input type="checkbox"/> Peanuts         | <input type="checkbox"/> Honey Dijon Mustard            | <input type="checkbox"/> Sun Dried Tomato LOW FAT | <input type="checkbox"/> Vinegar              |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Raspberry Vinaigrette FAT FREE | <input type="checkbox"/> Homestyle Ranch          | <input type="checkbox"/> Fresh Salsa          |
| <input type="checkbox"/> Croutons        | <input type="checkbox"/> Balsamic Vinaigrette           | <input type="checkbox"/> Chipotle Ranch           | <input type="checkbox"/> Bleu Cheese Dressing |
| <input type="checkbox"/> Walnuts         | <input type="checkbox"/> Italian                        | <input type="checkbox"/> FAT FREE Ranch           |   |
| <input type="checkbox"/> Almonds         | <input type="checkbox"/> FAT FREE Italian               | <input type="checkbox"/> Thousand Island          |   |

## SIGNATURE SALADS

see reverse side for salad descriptions

- BIG Signature Salad - \$ 8
  - BIGGER Signature Salad - \$ 10
- 
- Asian Chicken
  - Herb Chicken
  - Swim Upstream Salmon
  - Chipotle Chicken
  - Colorado Cobb
  - Grab It Fast Greek
  - I Love Italian
  - Bandtastic Low Carb
  - Napa Valley
  - Mexplosian
  - John Denver
  - Forest Salad

## FITNESS SALADS

see reverse side for salad descriptions

- BIG Fitness Salad - \$8
  - BIGGER Fitness Salad - \$10
- 
- Power Harvest
  - Metabolic Medley
  - GreEnergy Mix
  - Healthy Healer

## TELL US

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Time of pickup: \_\_\_\_\_

# THE SALAD BOWL



find us on facebook  
search "salad bowl cafe"

follow us on twitter  
@saladbowlcafe



## SOUPS & SPUDS

call for the soup of the day

### Giant Stuffed Potato

- Butter (included in price)
- 3 topping - \$ 5
- 5 topping - \$ 7  
add extra toppings for \$0.50

### Chef Made Soup

- bowl - \$ 3

## SIGNATURE SALADS

### Asian Chicken

spinach, romaine, grilled chicken, peas, radish, baby corn, green onions, tortilla strips  
*Dressing: Sun-Dried Tomato/Honey Dijon Mustard*

### Herb Chicken

romaine, grilled chicken, cheddar, bacon, tomato, avocado  
*Dressing: Caesar/Italian*

### Swim Upstream Salmon

iceberg, grilled salmon, tomato, egg, red onion, celery, pepperoncinis  
*Dressing: Italian/Balsamic Vinaigrette*

### Chipotle Chicken

iceberg, grilled chicken, celery, carrots, chipotle peppers, jalapeno peppers, blue cheese, tomato  
*Dressing: Chipotle Ranch/Blue Cheese*

### Colorado Cobb

romaine, grilled chicken, tomato, egg, bacon, blue cheese, avocado  
*Dressing: Honey Dijon Mustard/Blue Cheese*

### Grab It Fast Greek

spring mix, romaine, tomato, black olives, tomato, artichoke hearts, feta, red peppers, red onion, cucumber  
*Dressing: Feta Greek/Balsamic Vinaigrette*

### I Love Italian

iceberg, pepperoni, tomato, artichoke hearts, Green peas, red onion  
*Dressing: Italian/Sun Dried Tomato*

### Bandtastic Low Carb

iceberg, roasted turkey, pepperoni, bacon, cheddar, mozzarella, egg  
*Dressing: Caesar/Thousand Island*

### Napa Valley

romaine, spring mix, grilled chicken, apples, blue cheese, celery, cranberries, walnuts  
*Dressing: Raspberry Vinaigrette/Sun Dried Tomato*

### Mexplosion

romaine, grilled chicken, avocado, corn, black beans, tomato, red peppers  
*Dressing: Chipotle Ranch/Fresh Salsa*

### John Denver

Iceburg, ham, turkey, green onion, tomato, cheddar cheese, and green pepper

### Forest Salad

spinach & spring mix with walnuts, portabella mushrooms, raisins, apples & bleu cheese  
*Dressing: Champagne Vinaigrette/Balsamic Vinaigrette*

## FITNESS MENU

### Power Harvest

Perfect for anyone on a high protein, low fat diet, or just maintaining a healthy muscular physique. Low in Fat and loaded with fiber.

**400 calories, 64g Protein, 10g Fat, 36g Carbs, 26g Fiber**  
*Spinach, Double Chicken, Mushrooms, Black and Red Beans, Egg, Nuts, Colby Jack*

### Metabolic Medley

Burn baby burn! This lean and mean mixture delivers over 100% of your suggested daily fiber intake, as well as supply all the vital nutrients and micronutrients needed to keep the digestive track healthy and optimize fat loss potential.

**300 Calories, 4g Protein, 0g Fat, 62g Carbs, 34g Fiber**  
*Spring, Spinach, Celery, Cabbage, Carrots, Broccoli, Tomato, Green & Yellow Zucchini*

### GreEnergy Mix

Ready, set, Go! This is the ultimate pre-game/pre-workout. Loaded with 90 grams of complex carbohydrates, will give your body the energy it needs for the big game, a workout, or just sustained energy throughout the busy work day. You will be Greenegized!

**550 Calories, 28g Protein, 5g Fat, 90g Carbs, 26g Fiber**  
*Spring, Romaine, Red Onion, Peas, Black Beans, Red Beans, Hominy, Craisins, & Peanuts*

### Healthy Healer

Low in fat, High in Protein, and moderate in fiber. This is the ideal post workout snack, or to refresh a tired body. Supplies necessary nutrients, protein, & simple carbs needed for recovery.

**355 Calories, 26g Protein, 10g Fat, 42g Carbs, 4 Fiber**  
*Cottage Cheese, Peaches, Pineapple, Grapes, Mandarins, & Apple*

## CREATE YOUR OWN

PICK YOUR SIZE  
PICK YOUR GREENS  
PICK YOUR TOPPINGS  
PICK YOUR GARNISHES  
PICK YOUR DRESSING

EAT YOUR SALAD THE WAY YOU WANT IT!  
(see reverse side for salad choices)

CONTACT US ABOUT  
CATERING or DELIVERY

## SALAD FACTOID #15

Arthur Korn invented telephotography in 1902 in Germany when he manually broke down still photographs and transmitted them through electrical wires. Five years later he sent the first fax from Munich to Berlin.

Thanks to him, (and a ton of technology) you can fax your order in advance to The Salad Bowl.



DOWNTOWN DENVER  
15th & Court  
303-825-1130  
303-825-1132 fax

AURORA  
Parker & Quincy  
303-690-5785  
303-690-5818 fax

[www.saladbowlcafe.com](http://www.saladbowlcafe.com)