

# CREATE

## YOUR OWN SALAD

with Fresh Organic Lettuce & Veggies

\$5.99 per lb. Circle Your Choices

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

Approximate Desired Weight:

1/2 lb 1 lb 1 1/2 lbs 2 lbs

### BASE GREENS:

ROMAINE GREEN LEAF  
SPINACH MIXED GREENS

### CHEESE:

FETA (GOAT & SHEEP MILK)  
RICE PARMESAN  
DAIYA VEGAN MOZZARELLA

### DRIED FRUIT:

CRANBERRIES RAISINS GOJI BERRIES

### NUTS & SEEDS:

ALMOND SLICES HEMP NUT WALNUTS  
SUNFLOWER SEEDS PUMPKIN SEEDS

### PEPPERS:

GREEN RED

### ONIONS:

GREEN RED

### VEGETABLES:

AVOCADO BEET BROCCOLI CARROTS  
CABBAGE CELERY CILANTRO CUCUMBER  
OLIVES PARSLEY RADISH TOMATOES  
SUNFLOWER SPROUTS ALFALFA SPROUTS

### MISCELLANEOUS:

EGG SALAD HARD BOILED EGG  
ADUKI BEAN CHICKEN WALDORF SALAD  
CROUTONS SAFE CATCH TUNA SALAD  
SOY BACON BITS GARBANZO BEANS

### SALAD DRESSINGS (by lb.)

BALSAMIC VINEGARETTE  
RASPBERRY VINEGARETTE  
GODDESS DRESSING  
COWGIRL RANCH  
SHIITAKE SESAME

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