

Smoothies

1 size – 20oz / \$4.55

After Workout

Apple juice, non-fat yogurt, strawberries, banana, mango, honey and protein powder.

Peanut Butter

Low-fat milk, peanut butter, banana, honey, non-fat yogurt and protein powder.

Immunity

Orange juice, strawberries, kiwi, banana, honey, wellness formula and protein powder.

Açai

Organic Açai, low-fat milk, non-fat yogurt, strawberries, bananas and protein powder.

Berry Berry

Apple juice, non-fat yogurt, protein powder, strawberries, blackberries, blueberries and raspberries.

Peachy Keen

Low-fat milk, non-fat yogurt, protein powder, peaches and bananas.

★ B.Y.O.S. (Build Your Own Smoothie)

Pick your base (water, low-fat milk, apple, orange juice)

Pick your fruit (bananas, blueberries, blackberries, mangoes, peaches, raspberries, strawberries)

Pick your enhancer (energy, vitamin boost, flax seed, fat burner, antioxidant)

Add yogurt and/or protein

Advanced Protein Options \$0.95

Choose from: Lean Body, Lean Body for Her, Ultramet, Muscle Milk, or Syntha-6.

Smoothie Enhancers \$0.35

Energy, Vitamin Boost, Flax Seed, Fat Burner, Antioxidant



For the Kidz

Little Sprout's Meal \$4.95
Choice of cheese quesadillas or PB&J Pinwheels.
Served with a mini fruit cup and a side of mixed greens.

Drinks

Regular Iced Tea	\$1.50
Bottled Soda	\$1.75
Bottled Tea	\$2.25
Ozarka Water	\$1.50
Enhanced Water	\$2.25
Fresh Squeezed OJ	\$3.25
Energy Drinks	\$3.95

Energy Bars

Lean Body	\$3.25
Clif, Luna, Promax	\$2.25

Snacks / Desserts

Ostrim Jerkee	\$2.25
Pretzels / Baked Chips	\$2.25
Protein Brownies / Cookies	\$2.25



Highland Park in the
Equinox Fitness Club, 214-559-4102
4023 Oaklawn Avenue, Dallas, Texas 75219

Hours of Operation:

Monday thru Friday
6:00 a.m. - 9:30 p.m.

Saturday and Sunday
7:30 a.m. - 7:30 p.m.



Visit one of our restaurant locations:

Addison Circle, 972-385-7721
15615 Quorum Drive, Addison, Texas 75001

Uptown Dallas, 214-720-7788
2808 McKinney Avenue, Dallas, Texas 75204



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The Dallas Morning News



www.greenzsalads.com

Breakfast



Fresh Fruit Cup	\$3.95
Seasonal fresh fruit drizzled with cinnamon yogurt dressing.	
Egg, Tomato and Cheese Wrap	\$3.95
Scrambled egg whites, tomato and jack cheese rolled in a fat-free wheat tortilla.	
Protein Pancakes	\$3.49
with fresh fruit or nuts	\$4.25
Oatmeal OR Granola	
Plain	\$1.95
with protein	\$2.25
with yogurt	\$2.50
with fresh fruit	\$2.75
Bagels (assorted varieties)	\$1.25
add cream cheese and/or jelly	each \$0.25

Specialty Coffees

Regular or Decaf	\$1.95
Regular or Iced Cappuccino	\$2.95
Café Latte	\$2.95
Café Mocha	\$3.25
Frozen Mocha or Vanilla Latte	\$3.95
Espresso Shot	\$1.95
Hot Tea	\$1.50

Fresh Squeezed Juices

Burn It Off	\$4.95
Ginger, Carrots, Oranges	
Sweet Tart	\$4.95
Apple, Pear, Strawberry	
Green Energy	\$4.95
Parsley, Celery, Spinach, Carrots	
Sweet Energy	\$4.95
Carrots, Apple, Celery	
★ Pick 3	\$4.95
Choose from Apple, Beet, Carrot, Celery, Cucumber, Ginger, Orange, Parsley, Pear, Spinach, Strawberry	
Wheatgrass Shot (1oz)	\$2.19

Salads / Wraps

For wraps, choose from tomato-basil, whole wheat or flour.

✦ Apple Walnut	\$7.95
Mesclun mix with crisp apple slices and toasted walnuts. Drizzled with champagne vinaigrette.	
Classic Greenz	\$8.25
Fresh baby spinach, mushrooms, roma tomatoes, red onions, chopped egg and crumbled bacon. Mixed with warm herb vinaigrette.	
Pear and Goat Cheese	\$8.95
Mixed greens topped with poached pears, goat cheese, strawberries and candied pecans. Lightly tossed with apple-chamomile-honey vinaigrette.	
Caesar with Parmesan Crisps	\$7.95
Crispy hearts of romaine, sun-dried tomatoes, shaved parmesan cheese and toasted croutons. Served with classic Caesar dressing and homemade parmesan crisps.	
Tofu and Veggies	\$7.95
Mixed greens, fresh bean sprouts and glass noodles, topped with plain tofu, red bell pepper, carrots and scallions. Served with spicy Asian vinaigrette.	
✦ The Mediterranean	\$8.25
Chopped romaine, tomato, red onion, cucumber, olives and crumbled feta mixed with creamy tzatziki dressing. Garnished with a homemade pita crisp.	
✦ Grilled Chicken Riviera	\$9.25
Mixed greens, grilled chicken and assorted fresh fruit. Kissed lightly with strawberry balsamic vinaigrette.	
Chipotle Chicken	\$8.95
Fresh greens, shredded chicken, tomatoes, jack cheese and toasted pecans. Mixed with zesty chipotle cream dressing and topped with crispy tortilla strips.	
Grilled Steak	\$8.95
Mixed greens, grilled flank steak, roma tomatoes and roasted nuts. Tossed with wheat beer vinaigrette.	
Summer Pasta	\$7.95
Fusilli pasta tossed with sun-dried tomato and red wine vinegar dressing, topped with fresh tomatoes and basil, feta, parmesan and olives.	
★ B.Y.O.S. (Build Your Own Salad)	starting at \$6.95
Take the reins and build your own salad using one of our BYOS forms. All ingredients are served fresh daily.	

Need more fuel?

Add some protein:	
Chicken	\$2.50
Steak	\$2.95

✦ Indicates certified heart-healthy by Medical City Heart.

Sandwiches

\$7.95

Each served with choice of fruit or sweet potato chips.

Chicken Pesto

Grilled chicken breast, romaine lettuce, roasted tomatoes, and grilled onions on toasted ciabatta bread with pesto mayo spread.

Chipotle Chicken

Shredded chicken, mixed greens, tomatoes, jack cheese and toasted pecans served on warm ciabatta.

Classic Tuna Salad

Our special recipe with romaine lettuce and tomato inside two slices of toasted wheat.

Veggie Delight

Fresh avocado, bean sprouts, red bell pepper and cucumber. Served with our signature Mediterranean spread on harvest wheat.

Turkey Club

Roasted turkey, avocado, bacon, tomato and iceberg layered on wheat with low fat mayo.

Soups

\$2.50 cup / \$3.75 bowl



Creamy Asparagus

Rich and creamy asparagus broth, topped with gouda cheese.

Ancho Tortilla

Garnished with avocado, sour cream and crispy tortilla strips.

Turkey Chili

Hearty, healthy and wholesome, topped with cheddar cheese and red onion.



Soup, Salad or Sandwich Combo \$8.25

Half salad or sandwich with your choice of a cup of soup.