

Starters



Brie Pastries \$5.25
Fresh brie nestled inside filo dough and baked to a crispy delightfulness. Served with a side of strawberry sauce.

For the Veggie Lover

❖ **Apple Walnut** \$8.25
Mesclun mix with crisp apple slices, toasted walnuts and warm brie pastries. Drizzled with champagne vinaigrette.

Classic Greenz \$8.95
Fresh baby spinach, roasted mushrooms, roma tomatoes, red onions, chopped egg and crumbled bacon. Mixed with warm herb vinaigrette.

Warm Pear and Goat Cheese \$9.25
Mixed greens topped with poached pears, goat cheese, strawberries and candied pecans. Lightly tossed with apple-chamomile-honey vinaigrette.

Caesar with Parmesan Crisp \$7.95
Crispy hearts of romaine, sun-dried tomatoes, shaved parmesan cheese and toasted croutons. Served with classic Caesar dressing and homemade parmesan crisp.

Tofu and Veggies \$7.95
Mixed greens, fresh bean sprouts and glass noodles topped with crispy marinated tofu, red bell pepper, carrots and scallions. Served with spicy Asian vinaigrette.

❖ Indicates selection is certified heart-healthy by Medical City Heart. For more information visit medicalcityheart.com.

Mediterranean Salmon Crisps \$6.95
A small portion of the Mediterranean Salad served on pita crisps topped with a slice of salmon.

Spinach Pinwheels \$4.25
Fresh baby spinach, goat cheese and candied pecans rolled in a fresh flour tortilla and cut into bite-sized portions.

Chipotle Pinwheels \$4.25
Shredded chipotle chicken, sun-dried tomatoes and monterrey jack cheese spiraled into mini tomato-basil tortilla wraps. Served with Leal's™ Salsa Festiva for that perfect "zing"!

Panko Shrimp Skewers \$7.95
Five large shrimp skewers coated with crispy Japanese breadcrumbs and fried to perfection. Accompanied by a spicy lemongrass dipping sauce.

Fresh Fruit \$3.95
Fresh, seasonal fruit served in a martini glass and drizzled with cinnamon yogurt dressing.



Need more fuel?

Add some protein to any of our vegetarian selections: Chicken \$2.65, Steak \$2.95, Grilled Salmon \$3.75, Grilled Shrimp or Seared Tuna \$4.00

❖ **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.

For the More Carnivorous

❖ **Grilled Chicken Riviera** \$9.25
Mixed greens, grilled chicken and assorted fresh fruit. Kissed lightly with strawberry balsamic vinaigrette.

Spicy Panko Shrimp \$10.95
Greens with daikon and edamame sprouts, panko-breaded shrimp, carrots and wasabi peas. Drizzled with spicy lemongrass vinaigrette and served with a wonton crisp.

BBQ Texas Slaw \$8.25
Green and red cabbage, mesclun, carrots and red onions. Topped with juicy slices of barbecued pork and slaw dressing.

Bar None \$8.95
Mixed greens, grilled flank steak, roma tomatoes and roasted nuts. Tossed with wheat beer vinaigrette inside Greenz signature pretzel bowl.

Hawaiian Tuna \$10.25
Mixed greens, lomi tomatoes, avocado and pineapple. Topped with seared ahi tuna, glass noodles, scallions and spicy Asian vinaigrette. Served in a spring roll bowl.

❖ **Grilled Southwestern Shrimp** \$10.95
Delectable grilled shrimp, roma tomatoes, sweet and spicy tomatillo-jicama relish and sweet potato straws, all atop our spinach and romaine mix. Served with cilantro-lime vinaigrette.

The Wedge \$7.95
Iceberg lettuce topped with smoked bacon, diced tomatoes and gorgonzola cheese crumbles. Served with Roquefort cheese dressing.

Sandwiches

Barbequed Pork
Juicy pulled pork, a slice of red onion and Napa cabbage slaw served with peppery vinaigrette inside toasted ciabatta bread.

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

Each served with a choice of fruit or sweet potato chips. \$8.25

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

Chicken Chipotle
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.

Soup Combo: Half salad or sandwich with your choice of a cup of soup. \$8.95

Salad/Sandwich Combo: Half salad with your choice of any sandwich.

*Limit salad choice to Caesar, Classic Greenz, The Mediterranean, Pear & Goat Cheese or Chipotle Chicken.



Make it a wrap!

Need a salad you can grab hold of? Wrap any salad in one of our scrumptious tortillas! Choose from tomato-basil, whole wheat or flour.

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.

Buffalo Chicken \$9.95
Romaine lettuce with crispy, spicy chicken, avocado, sweet corn salsa, bleu cheese crumbles and creamy ranch dressing.

For the Kidz

Little Sprout's Meal \$4.95
Choice of chicken tenders, quesadillas or PB&J Pinwheels. Served with a mini fruit cup and a side of iceberg lettuce.

Desserts

Bread Pudding \$3.95

Chocolate Chip Cookie \$1.25

Oatmeal Raisin Cookie \$1.75

Fudge Brownie \$2.25

Rice Crispy Square \$1.65

Lemon Square \$2.25

Drinks

Soft Drinks \$1.99

Iced Tea/Hot Tea \$1.99

Coffee \$1.95

Bottled Water \$1.50

Enhanced Water \$2.75

Planning an event?

We cater, too! Ask your server for a Catering Menu, then add some adventure to your next event by inviting Greenz.

Greenz
salads for Z'adventurous

Build your own salad

Starting at \$6.95

Feeling adventurous? Take the reins and build your own salad or wrap using one of our BYOS forms. All ingredients are served fresh daily.

Build yours today!

Grab a form at the register and get started!

Soups

\$3.25 cup
\$4.25 bowl
\$5.25 bread bowl
\$9.25 soup sampler (choose three)

Creamy Asparagus Soup

Creamy asparagus broth topped with gouda cheese.

Ancho Tortilla Soup

Topped with avocado, cheddar cheese, sour cream and tortilla strips.

Chicken Enchilada

A traditional fave topped with corn salsa and tortilla strips.

Turkey Chili

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

Pesto Soup

Fresh spinach, sun-dried tomatoes, zucchini and carrots topped with basil pesto.

Jack Cheese & Chicken Soup

Mild pepper jack cheese, chicken and veggies garnished with fresh green onions and a dash of paprika.



Lettuce Inform You!

Here's the skinny on some of our more "adventurous" ingredients:

Arugula: This crispy, spicy leaf lettuce is sometimes called "rocket" because it makes your taste buds take off and when it grows, its leaves point straight to the sky.

Bibb lettuce: 19th century American farmer, John Bibb, must have really dug this delicate, fresh, light and refreshing green because it's named after him.

Chamomile: Now known mostly as a calming tea, the mighty Chamomile goes back to the ancient Egyptians who prized its light, sweet flavor.

Chipotle: This hot, smoky chili is actually a dried, smoked jalapeño. Who knew? Now you do!

Daikon: Take the Japanese words dai (large) and kon (root), slap them together and you get this Asian radish whose sprouts are prized for their sweet, pungent, refreshing flavor.

Gorgonzola: Originating in its namesake town outside Milan, Italy, where the people and the cheese share the same rich, stylish, creamy, savory/sweet flavor.

Jicama: The lowly jicama (it is a tuber after all) rarely gets its share of the limelight, either cast as a water chestnut knock-off or a convenient compilation (like "apple meets potato"), though its crunchy, sweet flavor is a popular staple in Latin American cuisine.

Lemongrass: One of the most important flavorings in Thai cooking, this herb has long, thin, gray-green leaves, a scallion-like base and mimics the freshness of lemons. Hence, it's name.

Mesclun: Mix a bunch of baby greens like spinach, crispy red Radicchio, green and white frissé and arugula together, and you get this great bunch of greens.

Panko: These crispy Japanese-style breadcrumbs are coarser than regular breadcrumbs, so cover your ears if you're easily offended.

Roquefort: Aged in caves in France, and one of Charlemagne's favorite cheeses, this oldest of bleu cheeses boasts a heavenly pungent, sweet/sour taste.

Tzatziki: No smashing plates or loud rejoices of "Opa!" here. Tzatziki's mild cucumber, onion and garlic flavors waft through the smooth, creamy yogurt base like a Mediterranean breeze in summer.

Wasabi: Holy smokes! This green Japanese horseradish comes from the root of an Asian plant and is so yummy, pungent and spicy, it'll make you slap yo' mama to get some relief. It's that good.



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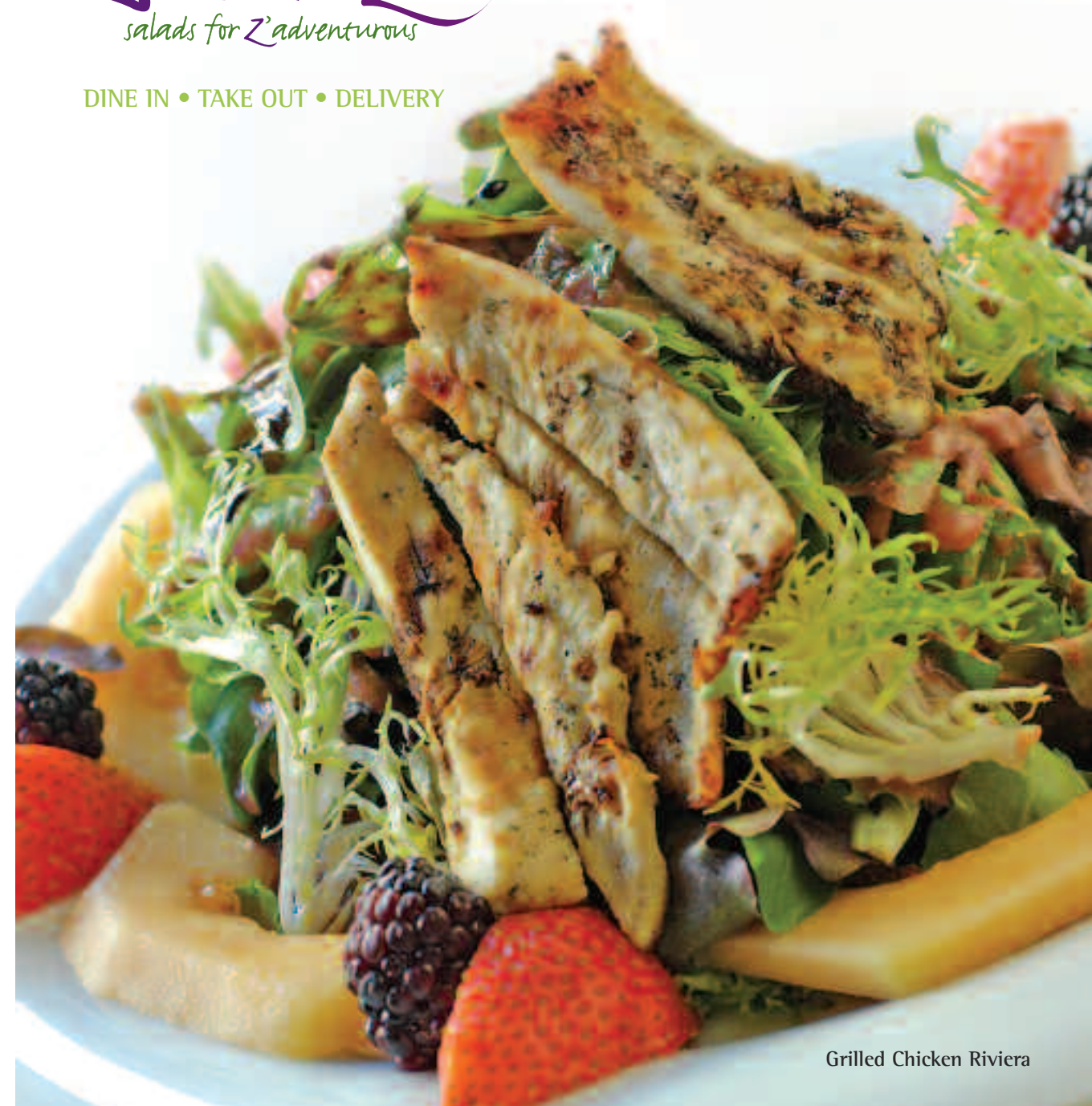
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www.greenzsalads.com

Greenz
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DINE IN • TAKE OUT • DELIVERY



Grilled Chicken Riviera

Join us for Happy Hour specials, Monday – Friday 4-7pm and ALL DAY Saturday. Our Uptown and Addison locations offer BYOB Service, please call for details.

"The best soup-salad spot in Dallas." The Dallas Morning News