

For Our *Vegan* Friends!

We thank you, our Vegan friends, for your compassion and activism for animals everywhere. We've put together this useful guide so you can feel comfortable integrating Greenz into your Vegan diet.

Animals are my friends... and I don't eat my friends.

- GEORGE BERNARD SHAW

RECOMMENDED STARTERS:

Fresh Fruit (remove yogurt dressing)

RECOMMENDED SOUPS:

Pesto Soup (remove basil pesto garnish)

Ancho Tortilla Soup (remove cheddar cheese and sour cream)

RECOMMENDED SALADS:

Apple Walnut Salad (remove brie pastries)

Classic Greenz Salad (remove bacon and egg)

The Mediterranean Salad (remove feta cheese and substitute vegan dressing)

Tofu & Veggies Salad (ask for regular tofu, instead of breaded)

RECOMMENDED SANDWICHES:

Veggie Delight Sandwich (remove Mediterranean spread)

RECOMMENDED DRESSINGS:

Champagne Vinaigrette

Warm Herb Vinaigrette

Asian Vinaigrette

Lemongrass Vinaigrette



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www.greenzsalads.com

Greenz chooses only hormone-free, naturally raised chicken and never uses trans fat in any of its dishes.

Greenz Restaurants, LLC, obtains nutritional information from various sources including product manufacturer(s). Although we have made every effort to be as accurate as possible, manufacturers frequently change formulations and it may take some time to get our records updated to reflect these changes. In addition, because we cook each dish to order, some nutritional values may not be exact. There can be variances in the actual values versus the recipe specifications. The information posted here may not be 100% accurate as such we cannot be responsible for individual reactions to any products listed here.

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