

# GREEN DISTRICT

## SALADS

### THE GD SPECIAL

GARLIC ROASTED CHICKEN, ROMAINE, ICEBERG, BLACK BEANS, CORN & POBLANO BLEND, CHERRY TOMATOES, RED ONION, AVOCADO, CHEDDAR CHEESE, TORTILLA STRIPS, SERVED WITH AVOCADO RANCH DRESSING.

### FORBIDDEN FRUIT

GARLIC ROASTED CHICKEN, BACON, SPINACH, KALE POWER BLEND, STRAWBERRIES, DRIED CRANBERRIES, GREEN APPLE, FETA CHEESE, WALNUTS, SERVED WITH BLUEBERRY VINAIGRETTE.

### WHAT ABOUT COBB

GARLIC ROASTED CHICKEN, BACON, BOILED EGG, ROMAINE, ICEBERG, CHERRY TOMATOES, AVOCADO, BLUE CHEESE CRUMBLES, CROUTONS, SERVED WITH BALSAMIC VINAIGRETTE.

### THAI ONE ON

OLD BAY SHRIMP, ICEBERG, ROMAINE, KALE POWER BLEND, PURPLE CABBAGE, EDAMAME, CARROT, CUCUMBER, GREEN ONION, CRISPY WONTON STRIPS, SERVED WITH THAI PEANUT DRESSING.

### TEQUILA MOCKINGBIRD

OLD BAY SHRIMP, ROMAINE, ICEBERG, BLACK BEANS, CORN & POBLANO BLEND, RED PEPPER, MANGO SALSA, FETA CHEESE, TORTILLA STRIPS, SERVED WITH CILANTRO LIME VINAIGRETTE.

### HIDE & GO GREEK

GARLIC ROASTED CHICKEN, SPINACH, ICEBERG, CHICKPEAS, ARTICHOKE HEARTS, KALAMATA OLIVES, CUCUMBER, CHERRY TOMATOES, RED ONION, FETA CHEESE, CROUTONS, SERVED WITH GREEK FETA DRESSING.

### RICKY BOBBY-Q

PULLED HERB CHICKEN, ROMAINE, PURPLE CABBAGE, CHERRY TOMATO, CARROT, PICKLED JALAPENO, CHEDDAR CHEESE, CROUTONS, CRISPY FRIED ONIONS, BBQ DRIZZLE, SERVED WITH GD RANCH DRESSING.

### WHEN IN ROMAINE

GARLIC ROASTED CHICKEN, ROMAINE, PARMESAN CHEESE, CROUTONS, SERVED WITH SIGNATURE CAESAR DRESSING.

## SPECIALS

### STEAK ME HOME TONIGHT SALAD

SMOKED TRI-TIP STEAK, ROMAINE, SPINACH, PURPLE CABBAGE, PICKLED RED ONION, CHERRY TOMATOES, CUCUMBER, CRISPY FRIED ONIONS, SERVED WITH BLUE CHEESE DRESSING.

### BLUE BERRYMORE SALAD

GARLIC ROASTED CHICKEN, BOILED EGG, BACON, SPINACH, RED ONION, WALNUTS, DRIED CRANBERRIES, BLUE CHEESE CRUMBLES, SERVED WITH BLUEBERRY VINAIGRETTE.

### CHICKEN SALAD... SALAD

KEEPIN' IT CLASSIC CHICKEN SALAD ON TOP OF ROMAINE, ICEBERG, CHERRY TOMATOES, CUCUMBER, PARMESAN CHEESE, SERVED WITH GD RANCH DRESSING.

## WRAPS & TOASTYS

### FIREBIRD

GARLIC ROASTED CHICKEN, ICEBERG, CHERRY TOMATO, CARROT, RED ONION, CHEDDAR CHEESE, CROUTONS, SERVED WITH CREAMY BUFFALO DRESSING.

### KICKIN' CHILE CHICKEN

PULLED HERB CHICKEN, ROMAINE, PURPLE CABBAGE, GHOST PEPPER JACK CHEESE, CHERRY TOMATOES, BLACK BEANS, PICKLED JALAPENO, CRISPY FRIED ONIONS, HATCH CHILE SAUCE DRIZZLE, SERVED WITH AVOCADO RANCH & CILANTRO LIME DRESSINGS.

## WARM GRAIN BOWLS

### SALMON LOVES YOU

COHO SALMON, BOILED EGG, SPINACH, KALE POWER BLEND, SWEET POTATO, PICKLED RED ONION, AVOCADO, CUCUMBER, SERVED WITH PESTO VINAIGRETTE.

### ROOT AWAKENING [V]

ROASTED ROOT VEGGIE BLEND (SWEET POTATO, TURNIP, POTATO, ONION, CARROTS), BEETS, CHICKPEAS, BROCCOLI, SUNFLOWER SEEDS, SERVED WITH CREAMY ITALIAN VINAIGRETTE.

**MAKE IT YOUR WAY! ALL ITEMS CAN BE SERVED AS A SALAD, WRAP, GRAIN BOWL, OR TOASTY.**

## SIDES

KEEPIN' IT CLASSIC CHICKEN SALAD 430 CAL.

MEDITERRANEAN PASTA SALAD [V] 170 CAL.

FRUIT SALAD 50 CAL.

SMOKED PIMENTO HUMMUS 230 CAL.

CHOCOLATE CHIP COOKIE [V] 200 CAL.

CHIPS

OPTIONS MAY VARY BY LOCATION

## DRINKS

FOUNTAIN BEVERAGES

TRACTOR ORGANIC BEVERAGES

COKE PRODUCTS

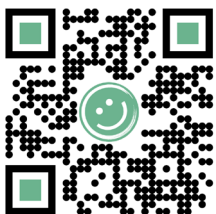
ALANI NU ENERGY DRINK

ELIXIR KOMBUCHA

PHOCUS CAFFEINATED SPARKLING WATER

BOTTLED WATER

OPTIONS MAY VARY BY LOCATION



VIEW OUR FULL MENU, NUTRITION INFO, HOURS,  
LOCATIONS, AND MORE ONLINE AT [GDSALADS.COM](https://gdsalads.com).  
CATERING AVAILABLE!



# BUILD YOUR OWN

**SALAD | WRAP | GRAIN BOWL | TOASTY**  
2 GREENS & GRAINS, 1 CHEESE, 4 TOPPINGS, 1 CRUNCH, AND 1 DRESSING  
**LIL' LEGEND BOWL**

KIDS: HALF-SIZE BUILD YOUR OWN SALAD OR GRAIN BOWL

## GREENS & GRAINS

KALE POWER BLEND | ICEBERG | ROMAINE | SPINACH | WILD RICE BLEND | PURPLE CABBAGE

## PROTEINS

HERB PULLED CHICKEN | GARLIC ROASTED CHICKEN | OLD BAY SHRIMP | COHO SALMON |  
TRI-TIP STEAK | KEEPIN' IT CLASSIC CHICKEN SALAD |  
ROASTED ROOT VEGGIES | BAKED TOFU

## CHEESE

CHEDDAR | GHOST PEPPER JACK | GOAT | FETA | BLUE | PARMESAN

## TOPPINGS

ARTICHOKE HEARTS | BANANA PEPPER | BLACK BEAN | BROCCOLI | CARROT |  
CHERRY TOMATO | CHICKPEA | CORN SALSA | CUCUMBER | EDAMAME | GRAPE |  
GREEN APPLE | GREEN ONION | JALAPENO | KALAMATA OLIVE | MANGO SALSA |  
PICKLED RED ONION | RAW BEET | RED ONION | RED PEPPER | STRAWBERRIES | SWEET POTATO

## PREMIUM TOPPINGS

AVOCADO | BACON | BOILED EGG | WALNUTS

## CRUNCHES

CRISPY FRIED ONIONS | CRISPY WONTON | CROUTONS | DRIED CRANBERRIES |  
PUMPKIN SEEDS | SUNFLOWER SEEDS | TORTILLA STRIPS

## WRAPS

CHEDDAR JALAPENO | WHOLE WHEAT | TOMATO BASIL | SPINACH HERB

## HOUSE MADE DRESSINGS

AVOCADO RANCH 207 CAL.  
BALSAMIC VINAIGRETTE [V] 359 CAL.  
BLUEBERRY VINAIGRETTE [V] 254 CAL.  
BLUE CHEESE 220 CAL.  
CILANTRO LIME 187 CAL.  
CREAMY BUFFALO 197 CAL.  
CREAMY ITALIAN [V] 180 CAL.

GD RANCH 206 CAL.  
GREEK FETA 300 CAL.  
OIL & RED WINE VINEGAR 255 CAL.  
PESTO VINAIGRETTE [V] 170 CAL.  
SIGNATURE CAESAR [V] 342 CAL.  
THAI PEANUT 308 CAL.

