



CREATE YOUR OWN

Salad 7.49 / Wrap 6.49

1 Choose Your Fresh Greens
Choose from a selection of local and organic greens

2 Add Ingredients (up to 4)
Check out our seasonal toppings

- | | |
|-----------------|-------------------------------|
| Fresh Beets | Candied Almonds |
| Broccoli | Dried Cranberries |
| Carrots | Quinoa |
| Grape Tomatoes | Sunflower Seeds |
| Chickpeas | Toasted Walnuts |
| Sweet Corn | Herbed Croutons |
| Cucumbers | Tortilla Chips |
| Red Onions | Chow Mein Noodles |
| Kalamata Olives | |
| Hard-Boiled Egg | Local Wisconsin Cheese |
| Edamame | Feta |
| Black Beans | Bleu Cheese |
| Green Peppers | Shredded Parmesan |
| | Shredded Cheddar |

50¢ each additional

3 Add Premium Toppings 1.50 each
Grilled Antibiotic-Free Chicken • Albacore Tuna
Marinated Tofu • Crumbled Bacon • Avocado

4 Dress It Up!

Greek Goddess	Cal
Buttermilk Ranch	110
Chipotle-Lime Ranch	190
Wisconsin Bleu Cheese	190
Caesar	210
	180

Vegan Options

Orange Poppy Seed	160
Roasted Peanut Ginger	220
Mediterranean Vinaigrette	140
Champagne Vinaigrette	180
Pomegranate Vinaigrette	120
Organic Olive Oil	250
Balsamic Vinegar	30
Fresh Lime Squeeze	5
Fresh Lemon Squeeze	0



SALADS OR WRAPS

Sante Fe 510/580 Cal

Grape tomatoes, sweet corn, black beans, tortilla chips, Wisconsin cheddar cheese & chipotle-lime ranch dressing

Salad Wrap
7.99/6.99

Kriti 360/430 Cal

Kalamata olives, grape tomatoes, red onions, chickpeas, Wisconsin feta cheese & Greek goddess dressing

7.99/6.99

Asian 480/550 Cal

Grilled antibiotic-free chicken, chow mein noodles, cucumbers, carrots, edamame & roasted peanut ginger dressing

8.99/7.99

Caesar 420/490 Cal

Herbed croutons, Wisconsin parmesan cheese & caesar dressing

7.49/6.49

Market Cobb 560/630 Cal

Hard-boiled egg, crumbled bacon, grape tomatoes, avocado, Wisconsin bleu cheese & champagne vinaigrette dressing

10.49/9.49

JUICE BAR

Freshly squeezed juice with wholesome fruits & veggies
Made to order. No sugar or ice added!

5.49

Green Power ENERGY

Apple juice with blended greens & pineapple 150 Cal

Strawberry Bliss BUZZ

Orange juice with blended strawberries & banana 170 Cal

Life Glow IMMUNE

Orange & carrot juice with blended banana & pineapple 180 Cal

Dr. Roots DETOX

Beet, carrot, apple, ginger & lemon juice 150 Cal

Fresh squeezed juices are not pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.

LETTUCE
Make You
HAPPY

We are committed to providing a healthy and tasty made-to-order dining experience for people on the go.

262-505-6030
ieatgrassroots.com

Brookfield Square Mall • 95 N Moorland Rd, Brookfield, WI 53005

Produce subject to change based on seasonality and availability