



Always a Healthy Choice!

Salads

“Lettuce” toss your salad with our flavorful dressings or simply put it on the side.
If you prefer to build your own salad creation
grab a “Create Your Own” menu card.

I Love My Pear Salad *NEW* romaine, candied walnuts, 7.99
Bartlett pears, and blue cheese.

Cowboy Baby romaine, black beans, grilled chicken, 7.99
avocado and roasted corn and peppers.

Deep Bleu Bowl spring mix tossed with toasted walnuts, 6.99
bleu cheese chunks, and sweet dried cranberries.

Arch’s Chef Salad *NEW* romaine, turkey and ham, 8.99
cheddar cheese, grape tomatoes, cucumbers, carrots.

Pacific crisp spinach, grilled chicken, mandarin oranges, 7.99
crunchy carrots and toasted almonds.

Cucumber and Feta Salad *NEW* romaine, black 7.99
beans, chilled cucumbers, feta cheese!

My Sundried Roasted Heart fresh romaine 8.99
artichoke hearts, house roasted red peppers,
grilled chicken, toasted walnuts.

Cherry Chicken tossed romaine, grilled chicken, dried 7.99
cherries, creamy goat cheese, toasted walnuts.

Roasted Rotunda romaine, tender chicken, avocado, toasted 8.99
almonds, and roasted red peppers.

Vegan’s Dream spinach, crunchy broccoli, herb tofu, 7.99
avocado and garbanzo beans.

Dressing Choices:

- Apple Lemon Balsamic (oil free)
- Regular Balsamic
- Creamy Citrus *New*
- Honey Mustard
- Southwest Ranch *New*
- Ranch

Fat Free Options:

- Apple Lemon Balsamic (oil free)
- Toasted Sesame
- Raspberry
- Cilantro Lime
- Roasted Garlic
- Sundried Tomato