

**GREEK SALAD**.....**\$7.49** Small **\$9.49** Large  
 Greens, Tomato, Cucumber, Bell Pepper, Red Onion,  
 Feta Cheese, Kalamata Olives, Dolmas  
 SUGGESTED DRESSING: Greek Dressing

**CEASAR SALAD**.....**\$5.99** Small **\$7.99** Large  
 Greens, Croutons, Parmesan Cheese,  
 Hard Boiled Egg, Anchovies  
 SUGGESTED DRESSING: Organic Low Fat Ceasar Dressing

**CHEF SALAD**.....**\$8.99** Small **\$10.99** Large  
 Greens, Hard Boiled Egg, Ham, Turkey, Tomato, Cucumber, Cheddar  
 Cheese, Blue Cheese, Anchovies  
 SUGGESTED DRESSING: Organic French Dressing or Thousand  
 Island

**COBB SALAD**.....**\$8.99** Small **\$10.99** Large  
 Greens, Tomato, Bacon, Chicken, Hard Boiled Egg, Avocado,  
 Red Onions, Blue Cheese  
 SUGGESTED DRESSING: Organic Balsamic Vinaigrette

**TACO SALAD**.....**\$7.99** Small **\$9.99** Large  
 Greens, Tomato, Cheddar Cheese, Sour Cream, Avocado,  
 Taco Meat, Tortilla Chips or Corn Chips  
 SUGGESTED DRESSING: Dorthy Lynch or Thousand Island

**CHINESE CHICKEN SALAD**.....**\$8.99** Small **\$10.99** Large  
 Greens, Chow Mein Noodles, Cabbage, Chicken, Cilantro,  
 Green Onions, Bell Pepper, Carrot, Roasted Peanuts  
 SUGGESTED DRESSING: Organic Ginger Miso Dressing

**NICOISE SALAD**.....**\$7.99** Small **\$9.99** Large  
 Greens, Tomato, Bell Pepper, Artichokes, Egg, Tuna,  
 Kalamata Olives, Anchovies  
 SUGGESTED DRESSING: Organic Balsamic Vinaigrette

**THE CRAZY HAWAIIAN SALAD**.....**\$6.99** Small **\$8.99** Large  
 Greens, Tomator, Cucumber, Peppers, Red Onion, Parmesean,  
 Pepperonis, Kalamata Olives, Dolmas  
 SUGGESTED DRESSING: Greek Dressing

**CHICKEN MEDLEY SALAD**.....**\$8.99** Small **\$10.99** Large  
 Greens, Chicken, Apples, Glazed Walnuts, Dried Cranberries, Egg,  
 Garbonzo Beans  
 SUGGESTED DRESSING: Organic Balsamic Vinaigrette

**DESSERT**

Cheesecake Diva Gluten Free Cheesecake  
 Ben & Jerry's Ice Cream & Toffee Chip Cookies

**PANINI SANDWICHES**

**ITALIAN**.....**\$3.49** Half **\$6.99** Whole  
 Ham, Salami, Pepperoni, & Provolone

**CAPRESE**.....**\$3.49** Half **\$6.99** Whole  
 Fresh Mozzarella, Tomato, Basil, Aioli

**TUNA MELT**.....**\$3.49** Half **\$6.99** Whole  
 Tuna, Celery, Red Onion, Dill Pickles, Sweet Pickles, Mayo, Salt, Pepper

**HUMMUS**.....**\$3.49** Half **\$6.99** Whole

**PEANUT BUTTER & JELLY**...**\$2.49** Half **\$4.99** Whole

**GRILLED CHEESE**.....**\$2.49** Half **\$4.99** Whole

**ROAST BEEF & BRIE**.....**\$3.49** Half **\$6.99** Whole

**TURKEY & PROVALONE**.....**\$3.49** Half **\$6.99** Whole

**HAM & SWISS**.....**\$3.49** Half **\$6.99** Whole

**CUBAN**.....**\$3.49** Half **\$6.99** Whole  
 Roast Pork, Ham, Swiss Cheese, Dill Pickle, Yellow Mustard

**REUBEN**.....**\$3.49** Half **\$6.99** Whole  
 Corn Beef, Sauerkraut, Swiss Cheese, rooo Island Dressing

**VEGETARIAN BURRITO**.....**\$6.99**  
 Refried Beans, Spanish Rice, Cheddar Cheese, Salsa

**CONDIMENTS**

Mayo, Roasted Red Pepper Mayo, Aioli,  
 Pesto, Dijon Mustard, Whole Grain Mustard,  
 Yellow Mustard & Marinara Sauce

**COMBO SPECIALS**

**\$8.99 COMBO**

Small Soup • Chips • Drink or Side Salad • Chips • Drink

**\$1 OFF COMBOS**

Sandwich	Sandwich	Soup
Soup	Salad	Salad
Drink	Drink	Drink



**TAKE OUT  
MENU**

**GRATEFUL GREENS  
GOURMET CHOPPED SALADS**

1451 O Street, Suite 200

Lincoln NE 68508

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[www.gratefulgreenssalad.com](http://www.gratefulgreenssalad.com)

**HOURS:**

MONDAY, TUESDAY, WEDNESDAY 11AM-7PM

THURSDAY, FRIDAY, SATURDAY: 11AM-8PM



## 1 Choose Your Size:

Side Salad [3 Ingredients]...\$4.99    Regular Bowl...\$6.99    Large Bowl...\$8.99    Wrap...\$6.99

## 2 Pick Your Greens

Arugula    Iceberg    Mixed Greens    Romaine    Spinach

## 3 Choose Up to 5 Regular Ingredients [Extra Ingredients \$0.69]

Apples	Cabbage	Croutons	Green Olives	Radishes
Banana Peppers	Capers	Cucumber	Green Onions	Red Onions
Beet Pickles	Carrots	Dill Pickles	Hardboiled Egg	Parmesan Cheese
Bell Pepper	Cheddar Cheese	Dried Apricots	Jalapenos	Raisins
Black Beans	Chow Mein Noodles	Dried Cranberries	Kalamata Olives	Roasted Peanuts
Black Olives	Corn	Edamame	Kidney Beans	Sunflower Seeds
Blue Cheese	Corn Chips	Feta Cheese	Mandarin Oranges	Tomato
Broccoli	Cottage Cheese	Garbanzo Beans	Mushrooms	Tortilla Chips
			Peas	Wasabi Peas

## 4 Select Premium Ingredients

Almonds.....\$1.00	Beef.....\$2.00	Pepperoni.....\$1.00	Tuna.....\$2.00
Anchovies.....\$1.00	Candied Walnuts....\$1.00	Pistachios.....\$1.50	Turkey.....\$1.00
Artichokes.....\$1.00	Chicken.....\$2.00	Salmon.....\$2.00	Walnuts.....\$1.00
Avocado.....\$2.00	Dolmas.....\$1.00	Shrimp.....\$2.00	
Bacon.....\$1.00	Ham.....\$2.00	Tofu.....\$1.00	

## 5 Select Your Dressing Light, Medium, Heavy or On The Side

Organic Balsamic Vinaigrette	Organic Ginger Miso Dressing	Dorothy Lynch	Italian
Organic Low Fat Ceasar Dressing	Organic Goddess Dressing	Fat Free Dorothy Lunch	Thousand Island
Organic French Dressing	Organic Honey Mustard Dressing	Ranch	Greek Dressing