

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

Phone: [402] 261-8388

Fax: [402] 261-8389

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 Lynch	Thousand Island
Organic French Dressing	Organic Honey Mustard Dressing	Ranch	Greek Dressing