

Build Your Own Salad

GRAINS

Required • Mandatory Options: 1

- ☐ Red Rice
- ☐ Chick Peas
- ☐ Green Gram

PROTEIN IT UP

Required • Mandatory Options: 1

- ☐ Grilled Chicken Sliced 100g
- ☐ Tenderloin Steak Sliced 100g
- ☐ Baked Flaky Salmon 100g
- ☐ Tuna in Brine 100g
- ☐ Lemon Coriander Shrimps 60g
- ☐ Soy Sauce Marinated Boiled Egg 1 Pc
- ☐ Panfried Tofu 100g
- ☐ Grilled Halloumi 100g
- ☐ No Protein

(GREEN IS THE NEW BLACK)

Required • Mandatory Options: 1

- ☐ Mixed Greens
- ☐ Kale + Spinach
- ☐ Iceburg Lettuce
- ☐ Romaine Hearts
- ☐ Rocca

(CHEESE)

Required • Mandatory Options: 1

- ☐ Feta Cheese
- ☐ Shredded Cheddar
- ☐ Shaved Parmesan
- ☐ Mozzarella Balls
- ☐ Mixed Cheese Mix
- ☐ No Cheese

CRUNCHIES, SEEDS AND NUTS

Required • Mandatory Options: 1

- ☐ Toasted Sliced Almonds
- ☐ Sesame Seeds
- ☐ Walnuts
- ☐ Ponzu Mixed Nuts (Cashews & Almonds)
- ☐ Coconut Chips
- ☐ Crunchy Tortilla Chips
- ☐ Croutons

(LET'S GET DRESSED)

Required • Mandatory Options: 1

- ☐ Caesar Dressing
- ☐ Lime Cilantro Dressing
- ☐ Olive Oil + Lemon Juice
- ☐ Lemon Juice
- ☐ Greek Vinaigrette
- ☐ Teriyaki Ginger
- ☐ Creamy Toasted Sesame
- ☐ Vegan Lemon Tahini Dressing

TOPPINGS

Required • Mandatory Options: 1

- | | | |
|--|---|---|
| ☐ Cherry Tomatoes | ☐ Edamame | ☐ Capers |
| ☐ Pico De Gallo | ☐ Radishes | ☐ Blanched Green Beans |
| ☐ Cucumber | ☐ Mixed Bell Peppers (raw) | ☐ Herb Roasted Baby Potatoes |
| ☐ Carrots | ☐ Avocado | ☐ Roasted Sweet Potato |
| ☐ Red Onion | ☐ Black Olives | ☐ Roasted Pumpkin |
| ☐ Green Onion | ☐ Celery | ☐ No Toppings |
| ☐ Black Beans | ☐ Pomegranate | |
| ☐ Hummus | ☐ Broccoli | |
| ☐ Strawberries | ☐ Jalapenos | |
| ☐ Oranges | ☐ Sweet Corn | |
| ☐ Mango | ☐ Pears | |
| ☐ Apple | | |

