



SALADS OR WRAPS

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 only \$1 each
Grilled Antibiotic-Free Chicken • Albacore Tuna
Marinated Tofu • Crumbled Bacon • Avocado

4 Dress It Up!

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



Sante Fe 510/580 Cal Salad Wrap
7.99/6.99
Grape tomatoes, sweet corn, black beans, tortilla chips, Wisconsin cheddar cheese & chipotle-lime ranch dressing

Kriti 360/430 Cal 7.99/6.99
Kalamata olives, grape tomatoes, red onions, chickpeas, Wisconsin feta cheese & Greek goddess dressing

Asian 480/550 Cal 8.49/7.49
Grilled antibiotic-free chicken, chow mein noodles, cucumbers, carrots, edamame & roasted peanut ginger dressing

Caesar 420/490 Cal 7.49/6.49
Herbed croutons, Wisconsin parmesan cheese & caesar dressing

Market Cobb 560/630 Cal 9.49/8.49
Hard-boiled egg, crumbled bacon, grape tomatoes, avocado, Wisconsin bleu cheese & champagne vinaigrette dressing

JUICE BAR

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

4.99

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.



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