

Salata

150 S Denton Tap Rd Ste 120 75019 · +19727450400 · Updated: Jan 14, 2026

[View online menu](#)



SALAD CHOICE 3

regular salad	\$10.00
small salad	\$9.00
wrap	\$9.25

MEAL ADD-ONS 4

tomato basil soup	AVAILABLE OPTIONS
	8 oz cup: \$3.00
	12 oz bowl: \$4.00
chipotle white bean soup	AVAILABLE OPTIONS
	8 oz cup: \$3.00
	12 oz bowl: \$4.00
drinks	AVAILABLE OPTIONS
20 fl oz	\$2.50
	black china tea: \$2.50
	plum cinnamon tea: \$2.50
	tropical green tea: \$2.50
	raspberry lemonade: \$2.50
	peach lemonade: \$2.50
	prickly pear limeade: \$2.50
cookies	AVAILABLE OPTIONS
	\$1.25
	chocolate chunk: \$1.25
	oatmeal raisin: \$1.25
	white chocolate macadamia nut: \$1.25
	peanut butter: \$1.25

LETTUCES 5

salata mix
romaine
spring mix
spinach

VEGETABLES 29

carrots

cucumbers

broccoli

mushrooms

tomatoes

green bell peppers

jicama

snow peas

radishes

edamame

red onions

bean sprouts

sun-dried tomatoes

cabbage

pea sprouts

cilantro

corn

beets

kidney beans

green peas

black olives

black beans

chick peas

green olives

fresh jalapeños

banana peppers

pepperoncini	
artichoke hearts	\$1.00
avocado	\$1.00

FRUITS 7

pineapples	
strawberries	
mandarin oranges	
apples	
grapes	
raisins	
dried cranberries	

CHEESE AND NUTS 7

mixed cheese	
feta cheese	
blue cheese	
parmesan cheese	
walnuts	
almonds	
pumpkin seeds	

OTHER 3

Pasta	
chopped egg	
chopped bacon	

DRESSINGS 10

fresh herb vinaigrette	
buttermilk ranch	
ginger lime vinaigrette	

classic caesar	
spicy chipotle ranch	
balsamic vinaigrette	
honey mustard	
lemon vinaigrette	
fat-free mango	
fat-free sun-dried tomato	

PROTEIN 5

falafel	\$3.59
quinoa	\$3.59
herb-marinated chicken	\$3.59
pesto chicken	\$3.59
spicy chipotle chicken	\$3.59

PREMIUM PROTEIN 5

krabmeat	\$4.59
salmon	\$4.79
seafood mix	\$4.59
shrimp	\$4.79
turkey	\$3.59

BREADS AND TORTILLAS 9

multigrain croissant	
baked pita chips	
whole wheat tortilla	
southwestern tortilla	
cool cucumber tortilla	
thai ginger tortilla	
texas bbq tortilla	

croutons

sesame sticks