

Soma Salads

520 8th Ave · +16468283371 · Updated: Jan 14, 2026

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SIGNATURES 18

THE GREEK

Romaine, roasted chicken, tomatoes, cucumbers, red onions, chickpeas, red peppers, olives, feta cheese, pita chips, lemon herb vinaigrette

KALE CAESAR

Shredded kale and romaine, juicy herb roasted chicken breast, shaved parmesan cheese, herbed croutons, parmesan crisps, caesar dressing

CHICKEN PESTO

Baby spinach, quinoa, juicy herb roasted chicken breast, spicy charred broccoli, avocado, tomato, parmesan cheese, slivered almonds, pesto vinaigrette and Soma spice

FALL FAVORITE

Arugula, quinoa, roasted butternut squash, crumbled goat cheese, Granny Smith apples, cranberries, toasted pecans, toasted sunflower seeds, balsamic vinaigrette

SESAME CRUNCH

Mixed greens, romaine, juicy herb roasted chicken breast, avocado, shredded carrots, purple cabbage, mandarin oranges, sesame seeds, unsalted cashews, ramen noodle crunch, sesame ginger dressing

Salmon Superfood

Kale, quinoa, black lentils, herb roasted salmon, avocado, tomato, cucumber, toasted pecans, hemp seeds, maple balsamic vinaigrette

VEGANISTA

Kale, quinoa, roasted spicy tofu, chickpeas, purple cabbage, carrots, avocado, sunflower seeds, hemp seeds, sesame ginger vinaigrette

PERFECT PEAR

Arugula, roasted chicken, honey roasted pears, blue cheese, raisins, toasted pecans, pita crisps, balsamic vinaigrette

BUFFALO BLUEY

Arugula, roasted chicken, honey roasted pears, blue cheese, raisins, toasted pecans, pita crisps, balsamic vinaigrette

PLANT POWER

Shredded kale, quinoa, roasted sweet potato, cauliflower, cucumber, avocado, pickled onions, chickpeas, chia seeds, hemp seeds, creamy green goddess dressing

INNER FIRE

Romaine, mixed greens, spicy roasted chicken, tomato, pickled onions, black beans, corn, cheddar cheese, tortilla chips, red pepper flakes, lime cilantro jalapeño vinaigrette

THE GLOW

Arugula, chickpeas, cucumbers, avocado, pickled onions, parmesan, pecans, chia seeds, hemp seeds, balsamic vinaigrette

BUDDHA BOWL

Kale, black lentils, roasted mixed vegetables, spicy charred broccoli, avocado, beets, hemp seeds, green goddess dressing

CAESAR CALIENTE

Kale, romaine, spicy chicken, avocado, diced tomato, red onion shaved Parmesan cheese, croutons, caesar dressing

ASAIN SALMON BOWL

Mixed greens, brown rice, herb roasted salmon, purple cabbage, crispy onions, avocado, cucumbers, sesame seeds, sesame ginger dressing

GREEK GRAIN BOWL

Romaine, farro, roasted chicken, cherry tomatoes, pickled onions, cucumbers, banana peppers, pita crisps, feta, oregano, tzatziki dressing

SOMA SPICE BOWL

Mixed greens, brown rice, blackened chicken, Parmesan cheese, tomato, corn off the Cobb, ramen noodle crunch, soma spice, pesto vinaigrette

TURKEY CHILI BOWL

Warm turkey chili, brown rice, sharp white cheddar cheese, corn off the Cobb, avocado, tortilla chips, soma spice

CREATE YOUR OWN ³

1. CHOOSE YOUR BODY

Pick two GREENS Romaine Mixed greens Baby spinach Shredded kale Arugula GRAINS Quinoa Lentils Farro Brown rice

2. PREMIUMS

Roasted chicken Spicy chicken Roasted Salmon Spicy tofu Avocado Cajun shrimp Sweet potato Portobello mushrooms Roasted mixed vegetables
Spicy charred broccoli Hard boiled egg

PERFECT TOP

Choose 7 Fresh Veggies and fruits Red pepper Grape tomatoes Diced tomatoes Corn Granny Smith Apples Chickpeas Black beans Pickled onions
Beets Greek olives Honey roasted pears Purple cabbage English cucumbers Shredded carrot Mandarin Orange Strawberries CHEESE Crumbled
feta Shaved parmesan Goat cheese Sharp cheddar Vegan Parmesan Vegan Feta NUTS AND SEEDS Slivered almonds Toasted pecans Toasted
cashews Pumpkin seeds Pomegranate seeds Sesame seeds CRUNCH Croutons Ramen noodle crunch Spiced pita crisps Parmesan crisps Tortilla
strips