

Salata

7601 N. MacArthur Blvd. Suite #180 75063 · +14692426116 · Updated: Jan 14, 2026

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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

kale

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