

SALAD & GRAIN BOWLS

Upgrade any bowl from brown rice to quinoa \$.79
Add sliced avocado \$1.49

Upbeet Power Bowl: Power salad mix, red beets, cilantro brown rice, slivered almonds, lemon-herb chickpeas, edamame, blood orange shallot vinaigrette **(V, VG, GF)** \$9.49

Mediterranean Bowl: Baby spinach, quinoa, tomato, artichoke hearts, red onion, Kalamata olives, feta cheese, creamy balsamic dressing **(VG, GF)** without feta **(V)** \$9.95

Harvest Bowl: Maple-roasted sweet potatoes, baby spinach, lemon-herb chickpeas, red cabbage, cilantro brown rice, beets, with your choice of chipotle ranch dressing **(VG, GF)** or sweet Vidalia dressing **(V)** \$8.95

Tuna Poke Bowl: Ginger-miso tuna poke, edamame, peanuts, sesame seeds, cilantro brown rice, power salad mix, sliced cucumber, Asian-ginger dressing \$11.95

Cobb 2.0 Bowl: Grilled chicken breast, bacon, hard-boiled egg, fresh romaine, cilantro brown rice, blue cheese crumbles, tomato, red wine vinaigrette \$11.95 **(GF)**

Rainbow Bowl: Power salad mix, quinoa, carrots, sliced cucumber, red cabbage, red beets, edamame, tomato, dried cranberries, Caribbean mango vinaigrette \$9.95 **(V, VG, GF)**

ADD PROTEIN: Smoked salmon \$3.95 Chicken breast \$2.95
Tuna Poke \$3.49 Flank steak \$4.95
Bacon \$1.49

ADD CHEESE: Blue cheese \$1.00 Grated parmesan \$1.00
Feta cheese \$1.00 Shredded cheddar jack \$1.00

WRAPS

Add sliced avocado to any wrap \$1.95 Add bacon \$1.49
Substitute a Spinach Wrap / Sun-Dried Tomato Basil Wrap / Honey Wheat Wrap \$.65 or Gluten Free Wrap \$1.25 **(GF)**

Smoked Salmon Wrap: Smoked salmon, romaine, tomato, cucumber, red onion, horseradish cream, flour wrap \$9.95 **(GF)**

Chicken Sun-Dried Tomato Wrap: Romaine, sun-dried tomato pesto, feta, grilled chicken, sun-dried tomato basil wrap \$9.95 **(GF)**

Mediterranean Hummus Wrap: Romaine, tomato, red onion, artichoke hearts, feta, Kalamata olives, hummus, creamy balsamic drizzle, spinach wrap 9.49 **(VG)** without feta **(V)** \$8.99 **(V, VG, GF)**

Chicken Caesar Wrap: Fresh romaine, grilled chicken breast, shaved parmesan cheese, Caesar dressing, flour wrap \$8.49 **(GF)**

Southwest Flank Steak Wrap: Medium-rare flank steak, roasted red peppers, queso, fresh romaine, ancho chipotle sauce, flour wrap \$10.95 **(GF)**

BLT Wrap: Bacon, fresh romaine, sliced tomato, classic mayo, flour wrap \$6.95 Add sliced avocado \$1.49 **(GF)**

ALT Wrap: Avocado, guacamole, fresh romaine, sliced tomato, vegan mayo, flour wrap **(V, VG, GF)** \$6.99

MENU KEY

V = Vegetarian **VG** = Vegan

GF = Gluten Free or can be made gluten free with a wrap/tortilla upgrade. Please let us know any dietary allergies prior to ordering

SOUTH OF THE BORDER

Hummus Quesadilla: Hummus, baby spinach, roasted red peppers toasted on a sun-dried tomato basil tortilla, topped with guacamole **(V, VG, GF)** \$6.49 with chicken \$7.95 **(GF)**

Quesadilla: served with sour cream, salsa. Cheddar jack \$5.49 **(V, GF)** with refried bean & cheese \$6.49 **(V, GF)** with chicken \$7.95 **(GF)** with southwest skirt steak **(GF)** \$8.95

Taco Salad: Tortilla chip base, lettuce, cheddar-jack, tomato, red onion, Pico de Gallo, chipotle ranch dressing (choice of bean **(V)**, ground beef, or chicken) \$9.99

Fish Taco Trio: Fresh baked cod, corn and cabbage slaw, cilantro-lime pesto served with rice & beans \$9.95

South of the Border Rice Bowl: Cilantro-lime brown rice, refried beans, fresh lettuce, tomato, cheddar jack cheese, fire-roasted salsa, chipotle aioli \$8.49 **(V)** with chicken **(GF)** OR ground beef **(GF)** OR Beyond beef & black bean blend \$10.99 **(V)** with southwest skirt steak **(GF)** \$11.49

Big Burrito: Refried beans, shredded cheddar jack cheese, cilantro-lime brown rice, ancho-chipotle sauce \$8.49 **(V)** with ground beef **(GF)** OR Beyond beef & black bean blend **(V, GF)** OR chicken \$9.49 **(GF)** with southwest skirt steak \$10.49 **(GF)** *Make any burrito an "Enchurrito" to have it topped with enchilada sauce, cheese, guacamole, sour cream, shredded lettuce \$1.99*

Brook's Beyond Burrito: Beyond beef & black bean blend, cilantro-lime brown rice, refried beans, topped with enchilada sauce, corn and cabbage slaw, lettuce, guacamole **(V, VG, GF)** \$10.95

Little Taco Trio: Cheddar jack cheese, fresh lettuce, diced onion, tomato, cilantro pesto, fire-roasted salsa, served with rice & beans, | with refried beans \$7.99 **(V, GF)** | ground beef **(GF)**, chicken **(GF)** or Beyond beef & black bean blend **(V)** 8.49 | with southwest skirt steak **(GF)** \$9.49 | add guacamole \$1.49 | add sour cream \$0.49

Nachos: Tri-color tortilla chips, queso, refried beans, tomato, jalapeños, red onion, fire-roasted salsa

Bean	REGULAR \$5.99	LARGE \$8.99 (V)
Ground Beef	REGULAR \$6.99	LARGE \$12.99
Chicken	REGULAR \$7.49	LARGE \$13.49
BB & Bean	REGULAR \$7.49	LARGE \$13.49 (V)
Skirt Steak	REGULAR \$8.49	LARGE \$13.99

Add guacamole \$2.49 | sour cream \$1.00

POPULAR ADD-ONS

Chips and Fire-Roasted Salsa: \$4.95 **(V, VG)** Add guacamole \$2.49 or sour cream \$1.00

Chips and Queso \$5.95 **(V)** Add guacamole \$2.49 or sour cream \$1.00

Side of Rice & Beans \$1.49



Open Wednesday to Sunday 11:30am-8:00pm
Access at the far end of the Saltwater Grille parking lot

Order at the window, or order online at
www.salt20togo.com

BEVERAGES

Snapple: Lemon Tea, Peach Tea, Raspberry Tea, Snappy Apple, Diet Lemon Tea, Diet Mango Tea \$2.95
 Spring Sparking CBD Infused Soda (Citrus or Lemon Tea) \$4.50
 Litchfield Springs Water \$1.95 Pellegrino (8.4oz) \$2.95
 Saratoga Natural Spring Water \$2.50
 Pepsi or Diet Pepsi \$1.95
 Stewarts: Root Beer, Birch Beer, Orange & Cream Soda, Cream Soda \$2.95
 Sparkling Ice: Classic Lemonade or Black Raspberry \$2.95
 Goslings Ginger Beer \$1.95
 Lagunitas Hop 0 Alcohol Hoppy Refresher \$2.95

ALCOHOLIC BEVERAGES

White Claw: Black Cherry, Raspberry, Mango \$4.00
 Bottle of Corona or Corona Premier \$4.50
 Cucumber Jalapeno Vodka Soda \$4.50
 War Poet IPA \$5.95
 Margarita \$5.00

BUILD A BOWL 8.49 +

Choose 2 bases (additional .50)

Cilantro Brown Rice Mixed Spring Greens Baby Spinach Fresh Romaine Iceberg Lettuce Quinoa +.99
 Power Mix (kale, golden beets, broccoli stalks, kohlrabi, Brussel sprouts, radicchio, carrots, spring greens)

Veggies & Add-Ins: Choose up to 4 (additional .75)

Black Beans	Corn & Cabbage Slaw	Maple-Roasted Sweet Potatoes	Red Beets
Artichoke Hearts	Lemon herb chickpeas	Roasted Red Peppers	Tomato
Red Onion	Kalamata Olives	Cucumber	Red Cabbage
Chopped Egg	Carrots	Shelled Edamame	Pico de Gallo
Refried Beans	Hummus	Pineapple Ring	

Dressings & Sauces: Choose 1 (additional .75)

Sauces:	Asian-Ginger Sauce	Ancho Chipotle Sauce.	Fire-Roasted Salsa
Dressings:	Caribbean Mango	Roasted Chipotle	Apple Cider Vinaigrette
Caesar	Creamy Balsamic	Vidalia Vinaigrette	Blood Orange Shallot Vinaigrette
Parmesan-Peppercorn	Creamy Blue Cheese	Ginger-Miso	Red Wine Vinaigrette
Champagne Caper			

Toppings: Choose 1 (additional .75)

Slivered Almonds	Peanuts	Sunflower Seeds	Dried Cranberries
Sourdough Croutons	Sesame Seeds		

Premium \$

Feta cheese 1	Blue cheese 1	Shaved parmesan 1	Shredded cheddar jack .75
Guacamole 2.49	Sliced avocado 1.49	Raw cashews .75	Sour Cream .50
Sun-dried tomato pesto 2			

Protein \$

Chicken Breast 2.95	Flank Steak 4.95	Smoked Salmon 3.95	Tuna Poke 3.49
Bacon 1.49			