

## SALAD & GRAIN BOWLS

Upgrade any bowl from brown rice to quinoa \$.99  
Add sliced avocado \$1.79

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

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

**Harvest Bowl:** Baby spinach, cilantro brown rice, Maple-roasted sweet potatoes, lemon-herb chickpeas, red cabbage, beets, with your choice of chipotle ranch dressing **(V, GF)** or sweet Vidalia dressing **(VG)** \$9.95

**Tuna Poke Bowl:** Power salad mix, cilantro brown rice, Sesame & Soy marinated tuna poke, edamame, peanuts, sesame seeds, sliced cucumber, Asian-ginger dressing \$11.95

**Cobb 2.0 Bowl:** Fresh romaine, cilantro brown rice, grilled chicken breast, bacon, hard-boiled egg, blue cheese crumbles, red onion, 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  
Plain Tuna Poke \$3.49 Bacon \$1.49  
Sesame & Soy Marinated Tuna Poke \$3.49  
Flank steak \$4.95 Meatless Beef \$2.95

**ADD CHEESE:** Blue cheese \$1.00 Shaved Parmesan \$1.00  
Feta cheese \$1.00 Shredded cheddar jack \$1.00

## SANDWICH WRAPS

Add sliced avocado to any wrap \$1.79 Add bacon \$1.49  
Substitute a Spinach Wrap / Sun-Dried Tomato Basil Wrap / Whole Wheat Wrap \$.65 or 10-inch Gluten Free Wrap \$1 **(GF)**

**Smoked Salmon Wrap:** Smoked salmon, romaine, tomato, cucumber, red onion, horseradish cream, flour wrap \$10.99 **(GF)**

**Chicken Sun-Dried Tomato Wrap:** Romaine, sun-dried tomato pesto, feta, grilled chicken, sun-dried tomato basil wrap \$10.49 **(GF)**

**Mediterranean Hummus Wrap:** Romaine, tomato, red onion, artichoke hearts, feta, Kalamata olives, hummus, creamy balsamic drizzle, spinach wrap 9.95 **(V)** without feta **(VG)** **(V, VG, GF)**

**Chicken Caesar Wrap:** Fresh romaine, grilled chicken breast, shaved parmesan cheese, Caesar dressing, flour wrap \$9.99 **(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 \$7.49 Add sliced avocado \$1.79 **(GF)**

**ALT Wrap:** Avocado, guacamole, fresh romaine, sliced tomato, vegan mayo, flour wrap **(V, VG, GF)** \$7.99

## HOUSEMADE SOUPS

**Vegan Roasted Red Pepper & Wild Rice Soup** Creamy blend of roasted red peppers, eggplant, artichoke hearts, brown & wild rice 12 oz \$3.95 Quart in a mason jar \$14.95 **(V, VG, GF)**

**Beef Three Bean Chili** 12 oz \$4.95 Quart in a mason jar \$18.95 **(GF)**

**Beef Three Bean Loaded Chili** 12 oz Topped with cheese, onion, and side of sour cream \$5.95 **(GF)**

## 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.

**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 \$8.95 **(GF)**

**Quesadilla:** served with sour cream, salsa. Cheddar jack \$5.99 **(V, GF)** with refried bean & cheese \$6.99 **(V, GF)** with chicken \$8.95 **(GF)** with southwest flank steak **(GF)** \$10.95

**Taco Salad:** Tortilla chip base, lettuce, cheddar-jack, tomato, red onion, Pico de Gallo, chipotle ranch dressing choice of bean \$9.99 **(V)**, ground beef or Meatless beef & bean \$10.99 **(V, VG)** with chicken \$11.49, with flank steak \$12.99

**Fish Taco Trio:** Fresh baked cod, corn and cabbage slaw, cilantro-lime pesto served with rice & beans \$11.49 **(GF)**

**South of the Border Rice Bowl:** Cilantro-lime brown rice, refried beans, fresh lettuce, tomato, red onion, Pico de Gallo, cheddar jack cheese, fire-roasted salsa, ancho chipotle aioli \$8.49 **(V)** with chicken OR ground beef OR Meatless beef & black bean blend \$10.99 **(V)** with southwest skirt steak \$11.95 **(GF)**

**Big Burrito:** Refried beans, shredded cheddar jack cheese, cilantro-lime brown rice, ancho chipotle aioli **(V)** with ground beef OR chicken OR Meatless beef & black bean blend **(V)** \$9.95 with southwest flank steak \$11.49 **(GF)**

*Make any burrito an "Enchurrito" to have it topped with enchilada sauce, cheese, guacamole, sour cream, shredded lettuce \$2.29*

**Brook's Beyond Burrito:** Meatless 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, tomato, cilantro pesto, fire-roasted salsa, served with rice & beans.  
| with refried beans \$8.49 **(V)** | ground beef or Meatless beef & black bean blend **(V)** 8.99 | with chicken \$9.95 with flank steak \$11.49 **(GF)**  
| add guacamole \$1.49 | add sour cream \$0.79

**Nachos:** Tri-color tortilla chips, queso, refried beans, tomato, jalapeños, red onion, fire-roasted salsa. **(GF)**

Bean	REGULAR \$7.99	LARGE \$9.99 <b>(V)</b>
Ground Beef	REGULAR \$8.99	LARGE \$12.99
Chicken	REGULAR \$9.99	LARGE \$13.49
BB & Bean	REGULAR \$9.99	LARGE \$13.49 <b>(V)</b>
Flank Steak	REGULAR \$10.99	LARGE \$13.99

Add guacamole \$2.49 | sour cream \$1.00

## POPULAR ADD-ONS

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

**Chips and Queso** \$6.95 **(V)** Add guacamole \$2.49 or sour cream \$1.00

**Side of Rice & Beans** \$1.99 **(V, VG)**

**Side Salad** Spring greens, cucumber, tomato, carrots \$2.95 Dressings **(VG)** Sweet Vidalia, Creamy Balsamic, Blood Orange Shallot, Caribbean Mango, Red Wine Vinaigrette or Parmesan Peppercorn **(V)**

**Side of Maple Roasted Sweet Potatoes** \$3.95 **(V, VG, GF)**

## SOUTH OF THE BORDER



**Open Daily 11:30am-8:00pm**

Access at the far end of the Saltwater Grille parking lot

**Order at our walk-up window, or online at [www.salt20togo.com](http://www.salt20togo.com)**

We will text you when it's ready



**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
- Barritt's Ginger Beer \$1.95
- Lagunitas Hop 0 Alcohol Hoppy Refresher \$2.95

**ALCOHOLIC BEVERAGES**

- White Claw: Black Cherry or 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 | Refried Beans | Plain Black Beans |
| 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  | Red Beets           | Maple-Roasted Sweet Potatoes |
| 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      | Mandarin Oranges             |

**Sauces & Dressings: Choose 1 (additional .75)**

- |                   |                     |                       |                                  |
|-------------------|---------------------|-----------------------|----------------------------------|
| <b>Sauces:</b>    | Asian-Ginger Sauce  | Ancho Chipotle Sauce. | Fire-Roasted Salsa               |
| <b>Dressings:</b> | Caribbean Mango     | Roasted Chipotle      | Apple Cider Vinaigrette          |
|                   | Creamy Balsamic     | Vidalia Vinaigrette   | Blood Orange Shallot Vinaigrette |
|                   | Parmesan-Peppercorn | Creamy Blue Cheese    | Red Wine Vinaigrette             |
|                   | Caesar              |                       |                                  |

**Toppings: Choose 1 (additional .75)**

- |                    |         |                 |          |              |
|--------------------|---------|-----------------|----------|--------------|
| Slivered Almonds   | Peanuts | Sunflower Seeds | Craisins | Sesame Seeds |
| Sourdough Croutons | Cashews |                 |          |              |

**Premium \$**

- |                          |                     |                   |                           |
|--------------------------|---------------------|-------------------|---------------------------|
| Feta cheese 1            | Blue cheese 1       | Shaved parmesan 1 | Shredded cheddar jack .75 |
| Guacamole 2.49           | Sliced avocado 1.79 | Raw cashews .75   | Sour Cream .50            |
| Sun-dried tomato pesto 2 |                     |                   |                           |

**Protein \$**

- |                     |                                       |                    |                                      |
|---------------------|---------------------------------------|--------------------|--------------------------------------|
| Chicken Breast 2.95 | Flank Steak 4.95                      | Smoked Salmon 4.95 | Tuna Poke \$3.95                     |
| Bacon 1.49          | Sesame & Soy Marinated Tuna Poke 3.95 |                    | Meatless Taco Beef & Bean Blend 2.95 |