

MENU KEY

V = Vegetarian VV = 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.**

Shaded boxes denote customer favorites

BOWLS

Upgrade any bowl from brown rice or lentils to quinoa \$1.29
Add sliced avocado \$1.95

Upbeet Power Bowl: Romaine, brown rice or lentils, red beets, shaved brussel sprouts, slivered almonds, lemon-herb chickpeas, edamame, blood orange shallot vinaigrette (V,VV,GF) \$9.95

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

Harvest Bowl: Baby spinach, brown rice or lentils, maple-roasted sweet potatoes, lemon-herb chickpeas, carrots, beets, with your choice of chipotle ranch dressing (V, GF) or sweet Vidalia dressing (VV) \$9.95

Tuna Poke Bowl*: Mixed spring greens, brown rice or lentils, Sesame & Soy marinated tuna poke, edamame, peanuts, cucumber, Asian-ginger dressing \$11.95

Cobb 2.0 Bowl: Romaine, cilantro brown rice or lentils, chicken breast, bacon, hard-boiled egg, feta cheese, red onion, tomato, red wine vinaigrette \$11.95 (GF)

Seasonal Buddha Bowl: Ask what we are serving in this season's Buddha Bowl

ADD PROTEIN: Smoked salmon* \$4.95 Chicken breast \$3.29
Plain Tuna Poke* \$4.49 Bacon \$1.79
Flank Steak* \$4.95 Blackened Shrimp \$4.95
Sesame & Soy Marinated Tuna Poke* \$4.49
Meatless Taco Beef & Bean Blend \$3.79

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

SANDWICH WRAPS

Add bacon \$1.79 or sliced avocado \$1.95
Substitute a Spinach Wrap / Sun-Dried Tomato Basil Wrap \$1
or Gluten Free Wrap \$1.50 (GF)

Chicken Club Wrap: Romaine, chicken breast, mayo, cheddar jack, bacon, tomato, flour wrap \$11.49 (GF)

Smoked Salmon Wrap*: Smoked salmon, romaine, tomato, cucumber, red onion, horseradish cream, flour wrap \$11.99 (GF)

Poke Tuna Sushi Wrap*: Sesame-soy marinated tuna, cucumbers, carrots, sliced avocado, brown rice, Asian-Ginger sauce \$11.99

Chicken Caesar Wrap: Romaine, chicken breast, shaved parmesan cheese, Caesar dressing, flour wrap \$9.99 (GF)

Southwest Flank Steak Wrap*: Flank steak, roasted red peppers, queso, romaine, ancho chipotle sauce, flour wrap \$11.49 (GF)

Mediterranean Hummus Wrap: House made garlic hummus, artichoke hearts, Kalamata olives, tomato, red onion, feta cheese, vegan creamy balsamic, baby spinach, spinach wrap (V) without feta (VV) \$9.95

Buffalo Chicken Wrap: Ranch dressing, buffalo chicken, romaine, tomato, flour wrap \$9.95 (GF)

BLT Wrap: Bacon, romaine, sliced tomato, classic mayo, flour wrap \$8.99 Add sliced avocado \$1.95 (GF)

ALT Wrap: Avocado, guacamole, romaine, sliced tomato, vegan mayo, flour wrap (V, VV, GF) \$8.99

SOUPS

Minestrone (10 oz) (V, VV) \$4.95

Three-Bean Chili (10 oz) (V, VV, GF) \$4.95 Loaded (topped with cheese, red onion, side of sour cream) \$1.79



ADD PROTEIN

Refried Beans or Black Beans \$1.29 • Ground Beef \$2.99
Chicken \$3.29 • Blackened Shrimp \$4.95
Meatless Beef & Black Bean Blend \$3.79
Flank Steak* \$4.95
Add a side of guacamole \$2.49 | Side of sour cream \$1.00 | Substitute a gluten free tortilla \$1.50
Beans – Choose refried or black beans

SOUTH OF THE BORDER

South of the Border Rice Bowl: Brown rice, beans, fresh lettuce, tomato, red onion, Pico de Gallo, cheddar jack cheese, fire-roasted salsa, ancho chipotle aioli \$7.99 (V, GF)

Taco Salad: Tortilla chip base, lettuce, cheddar jack cheese, tomato, red onion, Pico de Gallo, chipotle ranch dressing \$6.99 (V, GF) Add choice of protein

Nachos: Tri-color tortilla chips, queso, beans, Pico de Gallo, tomato, jalapeños, red onion, fire-roasted salsa. (V, GF) Regular \$5.99 Large \$7.99 Add choice of protein

BURRITOS

Brook's Vegan Burrito: Meatless beef & black bean blend, fire-roasted salsa, brown rice, beans, topped with enchilada sauce, corn, black bean salsa lettuce, guacamole (V, VV, GF) \$11.49

Big Burrito: Beans, shredded cheddar jack cheese, brown rice, ancho chipotle aioli (V) \$6.89 Add choice of protein

Make any burrito an "Enchurrito" to have it topped with enchilada sauce, cheese, guacamole, sour cream, shredded lettuce \$2.49

QUESADILLAS

Buffalo Chicken Quesadilla: Buffalo chicken, ranch dressing, cheddar-jack, side of ranch \$10.49

Quesadilla: With sour cream, salsa. Cheddar jack \$6.99 (V, GF)

Hummus Quesadilla: House made garlic hummus, baby spinach, roasted red peppers toasted on a sun-dried tomato basil tortilla, side salsa \$6.99 (V, VV, GF)

Philly Cheesesteak Quesadilla*: Flank steak, cheddar jack, queso, fajita peppers and onions, flour tortilla, side salsa \$11.95 (GF)

Spinach & Artichoke Quesadilla: Artichoke hearts, cheddar jack, shaved parmesan, queso, baby spinach, spinach tortilla, side salsa \$9.29 (GF,V)

TACOS

Blackened Shrimp Taco Duo: Soft corn tortillas, Cajun blackened shrimp, smoky lime drizzle, creamy house made coleslaw, fresh cilantro, served with brown rice and refried beans \$12.95 (GF)

Taco Duo: Hard or soft corn tortillas. Cheddar jack cheese, lettuce, tomato, cilantro, fire-roasted salsa, served with rice & beans | ground beef OR meatless beef & black bean blend (V) OR chicken \$8.99 | with southwest flank steak* OR blackened shrimp \$11.79 (GF) | add guacamole on top \$1.49 | add sour cream on top \$0.79

Sweet Potato & Black Bean Taco Duo: Maple-roasted sweet potatoes, black beans, feta, lettuce, smoky lime sauce, soft corn tortillas served with rice & beans (V) \$8.99 without feta (VV) (GF)

***Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. These items may include tuna poke, flank steak, southwest flank steak and smoked salmon.**

Open Daily for Lunch & Dinner
Order at the register or online at www.salt20togo.com
We will text you when it's ready!

Scan the QR
Code on your
table to order!

POPULAR ADD-ONS

Chips and Fire-Roasted Salsa \$4.95 (V, VV, GF) Add guacamole \$2.49 or sour cream \$1.00
Chips and Queso \$6.95 (V, GF) Add guacamole \$2.49 or sour cream \$1.00
Chips and Guac \$7.95 (V, VV, GF) Add sour cream or salsa \$1.00
Side of Rice & Refried Beans \$1.99 (V, VV, GF)
Side Salad Spring greens, cucumber, tomato, carrots \$2.95 (GF) Dressings: Sweet Vidalia, Creamy Balsamic, Blood Orange Shallot, Caribbean Mango, Red Wine Vinaigrette (VV) or Parmesan Peppercorn (V) \$2.95
House made Creamy Coleslaw \$2.79 (V, GF)
Side of Maple Roasted Sweet Potatoes \$3.95 (V, VV, GF)
Lays Potato Chips Classic Potato (V, GF) \$1.49
Stacy's Simply Naked Pita Chips \$1.49 (V, VV)
House made Garlic Hummus with choice of tortilla chips (GF) or Stacy's Pita Chips \$4.95 (V, VV)
Creamy Spinach, Artichoke, Dip with tortilla chips \$7.95 (V)
Spicy Creamy Spinach, Artichoke, Dip with tortilla chips \$7.95 (V)

DESSERTS

Sweet Street Honduran Chocolate Manifesto Gluten Free Brownie \$2.79 (GF, V)
Sweet Street Gluten Free Chewy Marshmallow Manifesto Bar \$2.49 (GF, V)

BUILD A BOWL OR SALAD \$8.49+

Choose 2 bases (additional .50)

Brown Rice	Mixed Spring Greens	Baby Spinach	Refried Beans
Lentils (cold)	Romaine	Iceberg Lettuce	Quinoa +1.29
Black Beans	Shaved Brussel Sprouts		

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

Black Beans	Corn	Maple-Roasted Sweet Potatoes	Red Beets
Artichoke Hearts	Lemon-herb chickpeas	Roasted Red Peppers	Tomato
Red Onion	Kalamata Olives	Cucumber	Shaved Brussel Sprouts
Chopped Egg	Carrots	Shelled Edamame	Pico de Gallo
Refried Beans	House made Garlic Hummus	Corn, black bean, salsa	Jalapenos
House made Creamy Coleslaw		Fire roasted fajita peppers & onions	

Sauces & Dressings: Choose 1 (additional \$1)

All dressing and sauces are gluten free, excluding Asian Ginger.

Asian-Ginger Sauce VV	Ancho Chipotle Sauce	Fire-Roasted Salsa VV
Queso	Smoky Lime VV	Red Wine Vinaigrette VV
Caribbean Mango VV	Chipotle Ranch	Sweet Vidalia Vinaigrette VV
Parmesan-Peppercorn	Ranch	Blood Orange Shallot Vinaigrette VV
Caesar	Creamy Balsamic VV	Lemon Parsley Dressing VV

Toppings: Choose 1 (additional .75)

Slivered Almonds	Peanuts	Sunflower Seeds	Craisins	Sesame Seeds
Sourdough Croutons	Cashews			

Premium \$

Feta cheese 1	Shaved parmesan 1	Shredded cheddar jack 1
Guacamole 2.49	Sliced avocado 1.95	Sour Cream 1

Protein \$

Chicken Breast 3.29	Flank Steak* 4.95	Smoked Salmon* 4.95	Tuna Poke* \$4.49
Sesame & Soy Marinated Tuna Poke* 4.49		Bacon 1.79	
Meatless Taco Beef & Bean Blend 3.79		Blackened Shrimp 4.95	

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.
These items may include tuna poke, flank steak, southwest flank steak and smoked salmon.

Need catering for an onsite or offsite event?
Check out our catering menu at salt20togo.com
Packages start at \$15 per person