

ADD PROTEIN

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REFRIED BEANS OR BLACK BEANS \$1.29

GROUND BEEF \$3.29 CHICKEN \$3.79

BLACKENED SHRIMP \$4.95

MEATLESS BEEF & BLACK BEAN BLEND \$3.99

FLANK STEAK* \$5.49

ADD A SIDE OF GUACAMOLE \$2.49 | 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 \$6.99 Large \$8.49 Add choice of protein

BURRITOS

BIG BURRITO: Beans, cheddar jack cheese, brown rice, ancho chipotle sauce (V) \$6.99 Add choice of protein Enchurrito Style +2.79 (topped with enchilada sauce, cheese, guacamole, sour cream, shredded lettuce)

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**) \$11.79

QUESADILLAS

BUFFALO CHICKEN QUESADILLA: Buffalo chicken, ranch dressing, cheddar-jack, side of ranch \$10.99 (GF**)

QUESADILLA: Cheddar jack, sour cream, salsa \$7.49 (V, GF**)

HUMMUS QUESADILLA: House made garlic hummus, baby spinach, roasted red peppers toasted on a sun-dried tomato basil tortilla, side salsa \$7.99 (V, VV, GF**)

PHILLY CHEESESTEAK QUESADILLA*: Flank steak, cheddar jack, queso, fajita peppers and onions, flour tortilla, side salsa \$12.49 (GF**)

SPINACH & ARTICHOKE QUESADILLA: Artichoke hearts, cheddar jack, shaved parmesan, queso, baby spinach, spinach tortilla, side salsa \$9.79 (GF**V)

TACO DUO: Hard or soft corn tortillas. Cheddar jack cheese, lettuce, tomato, fire-roasted salsa, served with rice & beans | ground beef OR meatless beef & black bean blend (V) OR chicken \$9.49 | with southwest flank steak* OR blackened shrimp \$11.99 (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) \$9.79 without feta (VV) (GF**)

BLACKENED SHRIMP TACO DUO: Soft corn tortillas, Cajun blackened shrimp, smoky lime drizzle, creamy house made coleslaw, served with brown rice and refried beans \$12.95 (GF**)

WRAPS

Add sliced avocado to any wrap \$1.99 Add bacon \$2.29

Substitute a Spinach Wrap / Sun-Dried Tomato Basil Wrap \$1 or Gluten Free Wrap \$1.50 (GF**)

SMOKED SALMON WRAP*: Smoked salmon, romaine, tomato, cucumber, red onion, horseradish cream, flour wrap \$12.99 (GF**)

CHICKEN CLUB WRAP Romaine, chicken breast, mayo, cheddar jack, bacon, tomato, flour wrap \$11.49 (GF**)

POKE TUNA SUSHI WRAP*: Soy marinated tuna, sesame seeds, cucumbers, carrots, sliced avocado, brown rice, Asian-Ginger sauce \$12.79

SOUTHWEST FLANK STEAK WRAP*: Medium-rare flank steak, roasted red peppers, queso, romaine, ancho chipotle sauce, flour wrap \$11.89 (GF**)

CHICKEN CAESAR WRAP: Romaine, chicken breast, shaved parmesan cheese, Caesar dressing, flour wrap \$9.99 (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 (VG) \$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 \$9.99 Add sliced avocado \$1.95 (GF**)

ALT WRAP Avocado, guacamole, romaine, sliced tomato, vegan mayo, flour wrap (V, VG, GF**) \$9.29

BOWLS

Upgrade any bowl from brown rice or lentils to quinoa \$1.29

Add sliced avocado \$1.99

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

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

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

TUNA POKE BOWL*: Mixed spring greens, brown rice or lentils, Sesame & Soy marinated tuna poke, edamame, peanuts, cucumber, Asian-ginger dressing \$12.79

COBB 2.0 BOWL: Romaine, brown rice or lentils, chicken breast, bacon, hard-boiled egg, feta cheese, red onion, tomato, red wine vinaigrette \$12.49 (GF)

GREEK BOWL: Mixed greens, romaine, red onion, tomato, lemon-herb chic peas, cucumber, tomato basil couscous, kalamata olives, feta, pepperoncini peppers, greek vinaigrette (V) \$10.95 (VV) without feta

ADD PROTEIN:

Smoked salmon* \$5.95 Chicken breast \$3.79 Bacon \$2.29

Plain Tuna Poke* \$4.99 Flank Steak* \$5.49 Blackened Shrimp \$4.95

Sesame & Soy Marinated Tuna Poke* \$4.99

Meatless Taco Beef & Bean Blend \$3.99

ADD CHEESE:

Feta cheese \$1.25 Shaved Parmesan \$1.25 Shredded cheddar jack \$1.25

SIDES

Chips and Fire-Roasted Salsa \$4.95 (V, VV, GF)

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)

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

House made Garlic Hummus with tortilla chips (GF) \$4.95 (V, VV)

Sweet Street Honduran Chocolate Gluten Free Brownie \$2.79 (GF, V)

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

BUILD A BOWL OR SALAD

Choose 2 bases (additional .50)

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

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

| | | |
|--------------------------------------|------------------------------|----------------------|
| Black Beans | Maple-Roasted Sweet Potatoes | Corn |
| Red Beets | Artichoke Hearts | Lemon-herb Chickpeas |
| Tomato | Roasted Red Peppers | Red Onion |
| Kalamata Olives | Shaved Brussel Sprouts | Cucumber |
| Chopped Egg | Carrots | Shelled Edamame |
| Pico de Gallo | Refried Beans | Garlic Hummus |
| Jalapenos | Corn & Black Bean, Salsa | Creamy Coleslaw |
| Fire Roasted Fajita Peppers & Onions | | |

Sauces & Dressings: Choose 1 (additional \$1.25)

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

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

Toppings: Choose 1 (additional .75)

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

Premium \$

| | | |
|------------------|----------------------|----------------------------|
| Feta cheese 1.25 | Shaved parmesan 1.25 | Shredded cheddar jack 1.25 |
| Guacamole 2.49 | Sliced avocado 1.95 | Sour Cream 1 |

Protein \$

| | | |
|---|--|---------------------|
| Chicken Breast 3.79 | Flank Steak* 5.49 | Smoked Salmon* 5.95 |
| Tuna Poke* \$4.99 | Sesame & Soy Marinated Tuna Poke* 4.99 | |
| Bacon 2.29 | Blackened Shrimp 4.95 | |
| Meatless Taco Beef & Bean Blend 3.99 VV | | |

MENU KEY

GF- Gluten-Free VV - Vegan V - Vegetarian

** Gluten-free or can be made gluten-free with a wrap/tortilla upgrade

*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.



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