

# MAD Paninis

Served on toasty Pita bread

## Marilyn Monroe

Turkey, Sun Dried Tomatoes, Cucumbers,  
Goat Cheese & Pesto Spread

834 Cal, 24g Fat, 2362mg Sodium, 106g Carbs, 46g Protein

## Castro Cuban

Ham, Citrus Chicken, Dill Pickles,  
Swiss Cheese & Mustard

760 Cal, 20g Fat, 2474mg Sodium, 84g Carbs, 60g Protein

## Carl Spackler Club

Ham, Turkey, Bacon & Swiss Cheese with a  
Sun Dried Tomato Mayo Dipping Sauce

840 Cal, 33g Fat, 3156mg Sodium, 84g Carbs, 53g Protein

## Veggie Hamlet

Grilled Portobello Mushrooms, Jack Cheese,  
Artichokes, Red Onions & Roasted Red  
Pepper Dipping Sauce

656 Cal, 21g Fat, 1662mg Sodium, 90g Carbs, 28g Protein

## Dexter

Roast Beef, Cheddar Cheese, Grilled Onions  
& Blue Cheese Dipping Sauce

842 Cal, 32g Fat, 2206mg Sodium, 86g Carbs, 54g Protein

## Annie Oakley

Turkey, Avocado, Bacon & Swiss Cheese  
with Ranch Dipping Sauce

940 Cal, 44g Fat, 3356mg Sodium, 88g Carbs, 50g Protein

\*All panini nutritionals are calculated on a whole panini WITHOUT dipping sauce

## MAD Catering

Contact our store manager or  
go online for pricing and menus.



## Drinks & Extras

Fountain Drink/Iced Tea ..... \$1.65  
Bottled Beverage ..... \$1.50-\$3.75  
Warm Pita ..... 99¢  
Assorted Desserts ..... 99¢-\$3.99  
Chips ..... \$1.25  
Fruit Salad ..... \$2.95

## MAD Kids

12 years & under please

The Mini Me..... \$4.25

Your Choice of: **Mini Salad, PB&J, Mac & Cheese,  
Ham & Cheese, Grilled Cheese** or **Pasta Salad**

*Comes with milk or kids drink & a cookie or fruit*

## { Keepin' it Real }

Your salad is REAL food.

It's made from the best stuff around.

No preservatives. No flavor enhancers.

No funny business. We craft our salad  
dressings from scratch every morning  
when the sun comes up using wholesome  
healthy ingredients - ingredients from the  
Earth. Not chemicals you can't pronounce.

You can't keep them in a refrigerator  
forever, but they taste so good,  
why would you want to?

~ Keep eating your greens. ~



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7/17/2011

# Menu

7/17/2011

salads, soups, paninis & wraps

11 Front Range Locations

DENVER • BOULDER • LONGMONT • FT. COLLINS

  
**MADgreens**  
inspired eats

madgreens.com



# Order

- Reg. Salad ..... \$5.60\*
- BIG Salad ..... \$6.85\*
- Salad Wrap ..... \$5.60\*
- COMBOS** Reg. Salad + Cup of Soup ..... \$7.65
- Reg. Salad + ½ Panini ..... \$9.10
- ½ Panini + Cup of Soup ..... \$7.30
- Panini ..... \$7.50
- Bowl of Soup ..... \$5.25
- + Pita Bread

\*Ty Cobb, Crazy Ivan & Seasonal's pricing varies.

## Create Your Own Salad

- Choose Your Size & Lettuce ..... \$3.50 or \$4.75
- Choose Your Proteins ..... \$2.25-\$3.25 each
- Choose Your Ingredients ..... 60¢-\$1 each

**WARNING:** excessive creativity can hit you in the wallet: 60¢ or \$1 per ingredient.

## Premium Ingredients & Proteins Marinated, Grilled & Baked Daily

..... \$2.25 each.....

- Customer Favorite** Citrus Grilled Chicken<sup>GF</sup>
- Southwestern Grilled Chicken<sup>GF</sup>
- BBQ Chicken<sup>GF</sup>
- Buffalo Chicken
- Crispy Chicken Tenders
- Olive Oil Marinated Tuna<sup>GF</sup>
- Customer Favorite** Grilled Portobello<sup>GF</sup>
- Marinated Tofu

..... \$3.25 each.....

- Marinated Steak
- Oven Roasted Salmon<sup>GF</sup>

GF = gluten free



# MAD Salads

visit [madgreens.com](http://madgreens.com) or inquire in our restaurant for current Seasonal selections or additional offerings.

## Classics

**Dionysos** (Greek)  
Romaine Lettuce, Red Onions, Tomatoes, Kalamata Olives, Cucumbers & Feta Cheese

Try with: Red Wine Vinaigrette  
We like: Citrus Grilled Chicken (extra \$)  
307 Cal, 22g Fat, 1219mg Sodium, 19g Carbs, 11g Protein

**MAD BLT**  
Romaine Lettuce, Tomatoes, Bacon & Croutons

Try with: Horseradish Ranch  
We like: Citrus Grilled Chicken (extra \$)  
424 Cal, 21g Fat, 1184mg Sodium, 36g Carbs, 21g Protein

**Ty Cobb** \$6.15/\$7.50  
Romaine Lettuce, Avocado, Tomatoes, Eggs, Bacon & Red Onions

Try with: Blue Cheese  
We like: Citrus Grilled Chicken (extra \$)  
412 Cal, 30g Fat, 910mg Sodium, 16g Carbs, 23g Protein

**MAD Caesar**  
Romaine Lettuce, Parmesan, Tomatoes & House Croutons

Try with: Caesar  
We like: Citrus Grilled Chicken (extra \$)  
318 Cal, 12g Fat, 768mg Sodium, 37g Carbs, 17g Protein

## Signature

**Da Vinci**  
Baby Greens, Red Onions, Roasted Red Pepper, Artichoke Hearts & Cannellini Beans

Try with: Balsamic Vinaigrette  
We like: Olive Oil Marinated Tuna (extra \$)  
139 Cal, <1g Fat, 692mg Sodium, 27g Carbs, 8g Protein

**Crazy Ivan** \$6.15/\$7.50  
Baby Greens, Roasted Beets, Pumpkin Seeds, House Croutons & Goat Cheese

Try with: Sherry-Molasses Vinaigrette  
We like: Grilled Portobellos (extra \$)  
572 Cal, 33g Fat, 776mg Sodium, 42g Carbs, 28g Protein

## Fruity

**Edgar Allan Poe**  
Baby Greens, Apples, Pears, Walnuts & Blue Cheese Crumbles

Try with: Port Wine Vinaigrette  
We like: Marinated Steak (extra \$)  
377 Cal, 27g Fat, 446mg Sodium, 25g Carbs, 12g Protein

**Don Quixote**  
Baby Greens, Mango, Avocado, Roasted Corn & Jack Cheese

Try with: Creamy Ginger  
We like: Southwestern Grilled Chicken (extra \$)  
320 Cal, 19g Fat, 212mg Sodium, 30g Carbs, 12g Protein

**Ernest Hemingway**  
Spinach, Cucumbers, Mandarin Oranges, Red Onions & Toasted Almonds

Try with: Fat Free Spicy Yogurt  
We like: Marinated Steak (extra \$)  
228 Cal, 13g Fat, 116mg Sodium, 22g Carbs, 10g Protein

## Add a Side-kick

complete your meal with:

- + Cup of Soup \$2.05
- + Fruit Salad \$2.95
- + Bowl of Soup \$3.65
- + Warm Pita Bread 1.99¢

Made from scratch dressings

Balsamic Vinaigrette\*, Fat Free Balsamic Vinaigrette\*, Blue Cheese, Caesar, Chipotle Caesar, Low Fat Caesar, Creamy Ginger\*, Horseradish Ranch, Lemon Curry Vinaigrette\*, Port Wine Vinaigrette\*, Ranch, Red Wine Vinaigrette\*, Shallot Tarragon Vinaigrette\*, Ginger Soy (low fat), Sherry-Molasses Vinaigrette\*, Honey Mustard\* (low fat), Cucumber Yogurt\* (fat free), Low Fat Ranch, Roasted Red Pepper\* (low fat) & Spicy Yogurt\* (fat free) \*gluten free

**MAD Molly Brown**  
Spinach, Green Onions, Mozzarella, Tomatoes & Grilled Sweet Onions

Try with: Sherry-Molasses Vinaigrette  
We like: Citrus Grilled Chicken (extra \$)  
200 Cal, 12g Fat, 421mg Sodium, 10g Carbs, 15g Protein

**Mark Twain** (pasta salad)  
Bowtie Pasta, Red Onions, Cucumbers, Feta Cheese & Roasted Red Pepper

Try with: Red Wine Vinaigrette  
We like: Citrus Grilled Chicken (extra \$)  
473 Cal, 13g Fat, 830mg Sodium, 70g Carbs, 18g Protein

All salad nutritionals are calculated WITHOUT dressing