MADgreens®
Eat Better

MAD SALADS

ADD MAD SPICE TO ANY SALAD.
OUR OWN SECRET SPICY BLEND OF PEPPERS & SEA SALT

REGULAR | BIG

SIAM I AM — 8.95/10.95
(PROTEIN POWER SALAD)
Warm Quinoa, Slow-Roasted Chicken, Kale, Peanuts, Carrots, Green Onions, Edamame, Spinach with Ginger Soy Dressing
581 Cal, 26g Fat, 791mg Sodium, 48g Carbs, 53g Protein

EDGAR ALLAN POE — 10.75/11.75
Baby Greens, Grilled Marinated Steak, Apples, Pears, Walnuts, Blue Cheese with Port Wine Vinaigrette**
584 Cal, 35g Fat, 993mg Sodium, 36g Carbs, 43g Protein

TY COBB — Perfect with MAD Spice — 9.15/10.15
Romaine, Grilled Southwestern Chicken, Avocado, Bacon, Red Onions, Eggs, Tomatoes with Blue Cheese Dressing
551 Cal, 32g Fat, 1241mg Sodium, 11g Carbs, 48g Protein

DIONYSOS (GREEK SALAD) — 8.50/9.50
Romaine, Grilled Citrus Chicken, Tomatoes, Red Onions, Kalamata Olives, Cucumbers, Feta with Red Wine Vinaigrette
417 Cal, 24g Fat, 1349mg Sodium, 12g Carbs, 35g Protein

MAD MOLLY BROWN — 7.95/8.95
(LIGHTER FARE)
Spinach, Grilled Southwestern Chicken, Green Onions, Mozzarella, Tomatoes, Grilled Sweet Onions with Sherry Molasses Vinaigrette
346 Cal, 14g Fat, 712mg Sodium, 8g Carbs, 39g Protein

MAD CAESAR — Perfect with MAD Spice — 7.95/8.95
Romaine, Slow-Roasted Chicken, Parmesan, Tomatoes, House-made Croutons with Caesar Dressing
477 Cal, 16g Fat, 749mg Sodium, 33g Carbs, 50g Protein

OLOMOMO — 8.95/9.95
(COLORADO-INSPIRED SALAD)
Baby Greens, Grilled Citrus Chicken, Apples, Feta, Craisins, OLOMOMO Cherry Vanilla Pecans with Sherry Molasses Vinaigrette
448 Cal, 18g Fat, 724mg Sodium, 37g Carbs, 36g Protein

CRAZY IVAN — 9.15/10.15
Baby Greens, Grilled Citrus Chicken, Roasted Beets, Pumpkin Seeds, House-made Croutons, Goat Cheese with Sherry Molasses Vinaigrette
533 Cal, 23g Fat, 505mg Sodium, 40g Carbs, 44g Protein

MARK TWAIN — Perfect with MAD Spice — 8.50/10.95
Pasta, Grilled Citrus Chicken, Feta, Red Onions, Roasted Red Peppers, Cucumbers with Red Wine Vinaigrette
640 Cal, 16g Fat, 996mg Sodium, 74g Carbs, 46g Protein

DA VINCI (LIGHTER FARE) — 8.50/9.50
Baby Greens, Grilled Portobellos, Artichoke Hearts, Roasted Red Peppers, Red Onions, Cannellini Beans with Balsamic Vinaigrette
158 Cal, 5g Fat, 929mg Sodium, 42g Carbs, 12g Protein

DON QUIXOTE — Perfect with MAD Spice — 10.15/11.15
Baby Greens, Grilled Piri Piri Shrimp, -OR- Grilled Southwestern Chicken, Mango, Roasted Corn, Jack Cheese, Avocado with Creamy Ginger Dressing**
391 Cal, 22g Fat, 921mg Sodium, 26g Carbs, 26g Protein

CREATE YOUR OWN — 9.50/10.50
Choose any 4 ingredients plus one Add-In:
Grilled Citrus Chicken, Grilled Southwestern Chicken, Slow-Roasted Chicken, Spicy Buffalo Chicken, Grilled Portobellos, Grilled Piri Piri Organic Tofu, Warm Quinoa, Seasonal Selection, { Grilled Marinated Steak,** Honey Smoked Salmon, Grilled Piri Piri Shrimp** + 1.75 }

SEASONAL
Our seasonal salads are hand-crafted for the spring, summer, fall & winter. They are always tasty. Check out our seasonal selections at madgreens.com or in any of our restaurants.

MAD PANINIS
Grilled Sandwiches on Sourdough Bread

ANNIE OAKLEY — 8.15
Slow-Roasted Chicken, Avocado, Bacon, Swiss Cheese with Ranch Dipping Sauce
737 Cal, 33g Fat, 1166mg Sodium, 54g Carbs, 59g Protein

MAD CUBAN — 8.15
Slow-Roasted Chicken, Ham, Dill Pickles, Swiss Cheese & Dijon Mustard
648 Cal, 19g Fat, 1292mg Sodium, 61g Carbs, 58g Protein

MONA LISA — 8.15
Fresh Mozzarella, Pesto, Basil, Tomatoes with Balsamic Onion Reduction
531 Cal, 24g Fat, 935mg Sodium, 54g Carb, 25g Protein

MAD WRAPS
Fresh Ingredients Wrapped in a Whole-Wheat Tortilla

SIAM I AM — 8.95
Warm Quinoa, Slow-Roasted Chicken, Kale, Peanuts, Carrots, Green Onions, Edamame, Spinach with Ginger Soy Dressing
630 Cal, 29g Fat, 1844mg Sodium, 78g Carbs, 24g Protein

BOLLYWOOD — Perfect with MAD Spice — 7.95
Slow-Roasted Chicken, Romaine, Grilled Sweet Onions, Celery with Sweet Curry Dressing
398 Cal, 10g Fat, 1140mg Sodium, 56g Carbs, 22g Protein

ALBERT E'S BLT — 7.95
Slow-Roasted Chicken, Bacon, Romaine, Tomatoes with Ranch Dressing
784 Cal, 43g Fat, 1844mg Sodium, 56g Carbs, 43g Protein

ADD-INS
Grilled, Marinated, Baked & Prepared Daily

- GRILLED CITRUS CHICKEN *All Natural*
- GRILLED SOUTHWESTERN CHICKEN *All Natural*
- SLOW-ROASTED CHICKEN *All Natural*
- SPICY BUFFALO CHICKEN *All Natural*
- GRILLED PORTOBELLOS
- GRILLED PIRI PIRI ORGANIC TOFU
- WARM QUINOA

+1.75 UPGRADE
- GRILLED MARINATED STEAK**
- HONEY SMOKED SALMON
- GRILLED PIRI PIRI SHRIMP**

HUMMUS
Hand-crafted Hummus served with warm Pita Bread

HUMMUS TRIO — 4.95
Trio of our Roasted Garlic, Roasted Beet & Spicy Avocado Hummus.

ROASTED GARLIC	2.75
SPICY AVOCADO	2.75
ROASTED BEET	2.75

LIGHTER FARE

DA VINCI SALAD *Reg. Size*	8.50
MOLLY BROWN SALAD *Reg. Size*	7.95
HUMMUS TRIO	4.95
HUMMUS SINGLE	2.75
CUP OF SOUP	3.75
BOWL OF SOUP	5.25
BOLLYWOOD WRAP	7.95

SKIP THE LINE. ORDER ONLINE. PICK UP AT REGISTER. *madgreens.com*

***These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. | Prices subject to change. Salad nutritional information is calculated WITHOUT dressing and based on a Regular-sized salad portion. Pick any dressing you would like or no dressing at all. While we offer gluten-free items, our kitchen is not gluten-free.*

INSPIRED INGREDIENTS {75 cents each} unless noted

FRUITS
Apples
Avocado +1.25
MAD Spice Avocado +1.25
Craisins
Mangos
Oranges
Pears

CRUNCH
Toasted Almonds
Bacon +1.25
House-made Croutons
Peanuts
Olomomo Cherry Vanilla Pecans +1.25
Pumpkin Seeds +1.25
Sunflower Seeds
Walnuts

VEGGIES
Artichoke Hearts
Roasted Beets
Roasted Broccoli
Cannellini Beans
Carrots
Celery
Chickpeas
Roasted Corn
Cucumbers
Edamame
Jalapeños
Kalamata Olives
Mushrooms
Green Onions
Grilled Sweet Onions
Red Onions
Roasted Red Peppers
Tomatoes°
Sun-dried Tomatoes°

CHEESE
Blue Cheese
Cheddar Cheese
Feta Cheese
Goat Cheese +1.25
Jack Cheese
Mozzarella Cheese
Parmesan Cheese +1.25

FISH & FOWL
Anchovies
Eggs

° We know

SALAD DRESSINGS Hand-crafted & made from scratch daily

VINAIGRETTES
Balsamic Vinaigrette GF
Port Wine Vinaigrette GF
Red Wine Vinaigrette GF
Shallot Tarragon Vinaigrette GF
Sherry Molasses Vinaigrette GF
Spicy Sriracha Almond Vinaigrette GF

CLASSICS
Blue Cheese GF
Caesar GF
Chipotle Caesar GF
Creamy Ginger GF
Horseradish Ranch GF
Ranch GF

LOW FAT
Low Fat Caesar
Ginger Soy
Honey Mustard GF
Low Fat Ranch
Roasted Red Pepper GF

FAT FREE
Fat Free Balsamic Vinaigrette GF
Spicy Yogurt GF

SEASONAL
Ask your salad artist about our seasonal dressing selection

GF = Gluten-Free

MAD JUICE 16oz 6.50

— Juicing Raw Fruits & Veggies Into Refreshing Creations —

GREEN DETOX
Kale, Cucumber, Celery, Ginger & Cayenne Pepper
142 Cal, 2g Fat, 123mg Sodium, 23g Carbs, 9g Protein

BRIGHT BUZZ*
Apple, Banana, Bee Pollen, Carrot, Pineapple & Lime
237 Cal, 1g Fat, 135mg Sodium, 58g Carbs, 3g Protein

MAD GREENIE
Apple, Kale, Lime & Orange
199 Cal, 1g Fat, 133mg Sodium, 47g Carbs, 2g Protein

MINT COOLER
Mint, Cucumber, Apple, Pineapple & Lime
142 Cal, 1g Fat, 22mg Sodium, 34g Carbs, 2g Protein

WAKE UP!
Carrot, Orange, Ginger, Apple & Lime
224 Cal, 1g Fat, 60mg Sodium, 50g Carbs, 5g Protein

BEET IT
Beet, Apple, Carrot & Lime
179 Cal, 1g Fat, 247mg Sodium, 41g Carbs, 3g Protein

STRAWBERRY COOLER
Strawberry, Orange, Apple, Pear & Mint
211 Cal, 1g Fat, 14mg Sodium, 49g Carbs, 2g Protein

**Bee pollen may cause an allergic reaction*

EXTRAS
WARM PITA BREAD 1.00
FRUIT SALAD 2.95
CHIPS 1.25
ADD-ON CUP OF SOUP 2.50
ASSORTED DESSERTS 1.65-3.99

DRINKS
MAD GREENS SIGNATURE ICED TEA 1.99
BOTTLED BEVERAGE 1.50-3.75
MAINE ROOT SODA 1.99
Fair Trade • Non-GMO • Gluten-Free • Vegan

maine root. beverages www.maineroots.com
FAIR TRADE CERTIFIED

MAD KIDS *12 years and under please.*

KIDS SUPER BOX 4.95
Slow-Roasted Chicken, Apples, Tomatoes, Cheddar Cheese, Croutons, Ranch Dip
+
Kids' Drink

KIDS AWESOME BOX 4.95
Grilled Citrus Chicken, Pasta, Edamame, Apples, Carrot Sticks, Ranch Dip
+
Kids' Drink

THE MINI ME 4.95
YOUR CHOICE OF:
Mini Salad, Ham & Cheese, Grilled Cheese, Pasta Salad, Mac & Cheese
+
Milk or Kids' Drink
+
Cookie or Fresh Fruit

Everything's Better When You Eat Better.

MADgreens® Eat Better

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