

## Design Your Own Salad \$8<sup>25</sup>

step  
**1**

### Choose Your Protein

Herb Marinated Grilled Chicken	+ \$3 <sup>25</sup>	Marinated Pork Tenderloin	+ \$3 <sup>50</sup>	Vegan Falafel	+ \$2 <sup>50</sup>
Grilled Flank Steak*	+ \$3 <sup>70</sup>	Roasted Turkey Breast	+ \$2 <sup>95</sup>	Organic Tofu	+ \$2 <sup>95</sup>
Grilled Atlantic Salmon*	+ \$3 <sup>70</sup>	Grilled Teriyaki Shrimp	+ \$3 <sup>70</sup>		

step  
**2**

### Choose Your Lettuce

Spring Mix	Romaine	Green Leaf	Spinach	Chopped Kale
------------	---------	------------	---------	--------------

### Choose up to 5 Toppings – each additional topping + 60¢

step  
**3**

#### Vegetables

Carrots	Roasted Red Peppers
Corn	Tomatoes
Cucumber	
Red Onions	

#### Cheese

Blue	Monterey Jack
Cheddar	Parmesan
Feta	

#### Fruit & Nuts

Apples	Sunflower Kernels
Dried Cranberries	Toasted Walnuts
Mandarin Oranges	

#### Other

Bacon	Croutons
Chinese Noodles	Garbanzo Beans
Chopped Egg	Olives

step  
**4**

### Choose Your Dressing

Sherry Shallot Vinaigrette	Roasted Lemon Vinaigrette	Buttermilk Ranch
Honey Dijon Vinaigrette	Asian Soy Ginger	Caesar
Apple Cider Vinaigrette	Light Balsamic Vinaigrette	Balsamic Vinaigrette

## House Designed Salads

<b>Asian</b>	\$10 <sup>95</sup>	<b>Crisp Chef</b>	\$10 <sup>95</sup>
Chicken, Spinach & Romaine, Sunflower Kernels, Mandarin Oranges, Cucumbers, Chinese Noodles, and Soy Ginger Dressing		Roast Turkey Breast, Green Leaf Lettuce, Bacon, Cheddar Cheese, Tomatoes, Egg, and Sherry Shallot Vinaigrette	
<b>Caesar</b>	\$8 <sup>25</sup>	<b>Chinese Shrimp</b>	\$11 <sup>75</sup>
Romaine, Shaved Parmesan, Croutons, and Caesar Dressing.		Marinated Shrimp, Spinach, Sunflower Kernels, Red Peppers, Cucumbers, Chinese Noodles, and soy-Ginger Dressing	
+ Chicken \$3 <sup>25</sup> + Steak \$3 <sup>70</sup> + Shrimp \$3 <sup>70</sup>		<b>Crisp Pork Tenderloin</b>	\$11 <sup>25</sup>
<b>Steakhouse*</b>	\$11 <sup>95</sup>	Dijon-Encrusted Pork Tenderloin, Green Leaf Lettuce, Roasted Red Peppers, Sliced Apple, Crumbled Blue Cheese, California Walnuts, and Apple Cider Vinaigrette	
Grilled Flank Steak, Romaine, Mushrooms, Vine-Ripened Tomatoes, Blue Cheese, Red onion, and Balsamic Vinaigrette		<b>Acropolis</b>	\$8 <sup>25</sup>
<b>F.C.N.</b>	\$8 <sup>25</sup>	Romaine Lettuce, Chopped Tomatoes, Cucumbers, Olives, Feta Cheese, Grilled Onions, and Balsamic Vinaigrette	
Fruit, Cheese & Nuts: Mixed Greens, Apple, Mandarin Oranges, Blue Cheese, Walnuts, Craisins, and Lemon Vinaigrette		+ Chicken \$3 <sup>25</sup> + Steak \$3 <sup>70</sup> + Shrimp \$3 <sup>70</sup>	
+ Chicken \$3 <sup>25</sup> + Steak \$3 <sup>70</sup> + Organic Tofu \$2 <sup>95</sup>		<b>Albacore Tuna</b>	\$10 <sup>75</sup>
<b>Grilled Atlantic Salmon*</b>	\$11 <sup>75</sup>	Albacore Tuna, Spring Mix, Tomatoes, Olives, Red Onion, Chopped Egg, Cucumbers, and Dijon Mustard Vinaigrette	
Salmon Fillet, Spring Mix, Tomatoes, Parmesan Cheese, Red Peppers, Olives, Pesto Drizzle, and Lemon Vinaigrette		<b>BBQ Chicken</b>	\$10 <sup>95</sup>
<b>Crisp Cobb</b>	\$10 <sup>95</sup>	Romaine Lettuce, Sweet and Sour BBQ Chicken, Roasted Corn, Cheddar Cheese, Chopped Tomatoes, Red Onions, and Ranch Dressing	
Grilled Chicken, Green Leaf Lettuce, Smoked Bacon, Blue Cheese, Chopped Egg, Vine-Ripened Tomatoes, and Honey Dijon Vinaigrette			

# crisp wraps

Pressed on Choice of Wrap  
Sun-Dried Tomato | Spinach | Whole Wheat

<b>California Club</b>	\$11 <sup>75</sup>	<b>The Monterey</b>	\$11 <sup>75</sup>
Grilled Chicken, Guacamole, Smoked Bacon, Tomato, Romaine, and Herb Ailoi		Grilled Chicken Breast, Bacon, Jack Cheese, Tomatoes, Green Leaf Lettuce, and Cajun Ailoi	
<b>Grilled Atlantic Salmon*</b>	\$12 <sup>50</sup>	<b>The Chophouse*</b>	\$12 <sup>50</sup>
Salmon, Tomato, Roasted Red Peppers, Black Olives, Spinach, and Pesto Drizzle		Sliced Roast Beef, Jack Cheese, Red Onion, Romaine, and Horseradish Remoulade	
<b>Organic Tofu</b>	\$11 <sup>50</sup>	<b>Turkey BLT</b>	\$11 <sup>25</sup>
Balsamic Marinated Tofu, Chick Peas, Red Onion, Carrots, Cucumbers, Spinach, and Balsamic Reduction		Sliced Turkey, Bacon, Tomato, Green Leaf Lettuce, and Herb Ailoi	
<b>Classic Reuben</b>	\$11 <sup>75</sup>	<b>Crisp Pork Tenderloin</b>	\$11 <sup>95</sup>
Corned Beef, Sauerkraut, Swiss Cheese, and Thousand Island Dressing		Marinate Pork, Red Peppers, Roasted Corn, Sliced Apple, Crumbled Blue Cheese, and Dijon Vinaigrette	
<b>Grilled Veggie</b>	\$11 <sup>50</sup>	<b>BBQ Chicken</b>	\$11 <sup>75</sup>
Grilled Mushrooms, Zucchini, Roasted Red Pepper, Fresh Basil, Spinach, and Balsamic Reduction		Sweet and Sour BBQ Chicken, Roasted Corn, Red Onion, Cheddar Cheese, Romaine, and Ranch Dressing	
<b>Chilled Albacore Tuna</b>	\$11 <sup>95</sup>	<b>Heavenly Hummus</b>	\$11 <sup>50</sup>
Chilled Tuna, Tomato, Red Onion, Carrots, Romaine, and Soy Ginger Drizzle		Roasted Red Pepper, Hummus, Black Beans, Mushrooms Grilled Zucchini, Spinach, and Balsamic Drizzle	

Served with your Choice of Side Salad or Pasta Salad

# crisp grain bowls

<b>Napa Bowl</b>	\$8 <sup>25</sup>	<b>Add Your Protein</b>	
Organic Quinoa, Napa Cabbage, Red Onion, Black Beans, Roasted Sunflower Seeds, and Lemon Pesto Drizzle		Herb Marinated Grilled Chicken	+ \$3 <sup>25</sup>
<b>Zestful Bowl</b>	\$8 <sup>25</sup>	Grilled Flank Steak	+ \$3 <sup>70</sup>
Organic Quinoa, Chopped Kale, Red Peppers, Roasted Corn, Garbanzo Beans, and Jalapeño Dressing		Grilled Atlantic Salmon	+ \$3 <sup>70</sup>
<b>Mediterranean Bowl</b>	\$8 <sup>25</sup>	Marinated Pork Tenderloin	+ \$3 <sup>50</sup>
Brown Basmati Rice, Spinach, Feta Cheese, Black Olives, Vegan Falafel, and Lemon Vinaigrette		Roast Turkey Breast	+ \$2 <sup>95</sup>
		Grilled Teriyaki Shrimp	+ \$3 <sup>70</sup>
		Vegan Falafel	+ \$2 <sup>50</sup>
		Organic Tofu	+ \$2 <sup>75</sup>

Home Made Soup of the Day Cup \$3<sup>75</sup> Bowl \$5<sup>00</sup>

*Food cooked to order. \*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

**Crisp Dilworth**  
1412-F East Blvd.  
Charlotte, NC 28203  
704-372-2010



**Crisp Latta Arcade**  
320 South Tryon St.  
Charlotte, NC 28202  
704-376-0015

[www.crispfoods.com](http://www.crispfoods.com)