



Salad and Go

Menu Prices — September 9, 2026

Restaurant & Food Industry Reports



US Fast Food Restaurant Market Research

This Report will provide in-depth Market and Industry Analysis, Evaluate General Indicators, Financial and Scrutinize Investment Attractiveness.

Fast Food Industry →



The 2025 US Pizza Restaurants & Industry Trends Report

Pizza Industry →



The U.S. Fast-Casual Restaurant Industry

A Comprehensive Analysis of Market Dynamics, Consumer Trends, Innovation, and Competitive Strategies.

Fast Casual Industry →



2025 US Dining Restaurants & Industry

MARKET RESEARCH

Casual Dining Industry →

Competitor Price Intelligence →

Main Attractions

ITEM	PRICE
Green Reviver A blend of lemon, apple and ginger with a nutritious boost from kale, spinach and parsley.	\$3.89
Blueberry Basil Lemonade House-made with sweet blueberries, citrus and basil.	\$2.29
Cucumber Mint Lemonade House-made with fresh citrus, cucumber and mint.	\$2.29
Sweet Potato Gochujang Soup (Bowl) A rich, creamy soup inspired by Korean flavors, blended with sweet potatoes, shiitake mushroom, red bell peppers, green...	\$6.39
Sweet Potato Gochujang Soup (Cup) A rich, creamy soup inspired by Korean flavors, blended with sweet potatoes, shiitake mushroom, red bell peppers, green...	\$4.89
Southwest Harvest Salad Sweet potatoes, roasted corn, pepper jack cheese, tortilla strips, romaine and choice of protein. Paired with Spicy Adob...	\$9.99
Apple Cider Lemonade Crisp apple meets zesty lemon in this refreshing fall-inspired twist. Lightly sweet, perfectly tart, and bursting with o...	\$2.29
Southwest Harvest Wrap Sweet potatoes, roasted corn, pepper jack cheese, tortilla strips, romaine, choice of protein and spicy adobo in a flour...	\$9.99

Not-So-Secret Menu

ITEM	PRICE
Man-Go Crazy FSL Strawberry meets mango in this tangy-sweet blend with our classic FSL.	\$3.19
Mango Tango Tea Our classic Mango Green Tea with mango flavoring. Double the mango, double the refreshment!	\$2.29
Dirty FSL (Add Half & Half) The beloved Frozen Strawberry Lemonade made dirty with your choice of cream!	\$2.59
Dirty FSL (Add Almond Milk) The beloved Frozen Strawberry Lemonade made dirty with your choice of cream!	\$3.18
Buffalo Caesar Salad A bold twist on the classic Caesar, featuring spicy buffalo chicken. Buffalo chicken, Parmesan cheese, croutons and r...	\$9.09
Avocado Toast Caesar Salad Creamy avocado and extra croutons bring the crunch and comfort of avo toast to the Caesar. Avocado, Parmesan cheese,...	\$9.99
Tex-Mex Caesar Salad A Southwest-inspired Caesar with corn, roasted poblano peppers, pico, and tortilla strips, for a crunchy kick. Parmes...	\$9.99

Breakfast Burritos

ITEM	PRICE
Traditional Burrito Eggs, breakfast potatoes, bacon and pepper jack cheese in a flour tortilla with house-made salsa on the side.	\$4.99
Southwest Burrito Eggs, turkey sausage, pepper jack cheese and roasted poblano peppers in a flour tortilla with house-made salsa on the si...	\$4.99
Fiesta Burrito Eggs, breakfast potatoes, turkey sausage, pepper jack cheese, pico de gallo and tortilla strips in a flour tortilla with...	\$4.99
Bacon, Egg and Cheese Burrito Eggs, bacon and pepper jack cheese in a flour tortilla with house-made salsa on the side.	\$4.99

ITEM	PRICE
Turkey Sausage, Egg and Cheese Burrito Eggs, turkey sausage and pepper jack cheese in a flour tortilla with house-made salsa on the side.	\$4.99
Mediterranean Burrito Eggs, spinach, avocado and feta cheese in a flour tortilla with house-made salsa on the side.	\$4.99
Build Your Own Burrito Make it your own! May need reheating as some ingredients are added cold.	\$4.99
Breakfast Bowls	
ITEM	PRICE
Traditional Bowl Eggs, breakfast potatoes, bacon and pepper jack cheese with house-made salsa on the side.	\$4.99
Southwest Bowl Eggs, turkey sausage, pepper jack cheese and roasted poblano peppers with house-made salsa on the side.	\$4.99
Fiesta Bowl Eggs, breakfast potatoes, turkey sausage, pepper jack cheese, pico de gallo and tortilla strips with house-made salsa on...	\$4.99
Bacon, Egg and Cheese Bowl Eggs, bacon and pepper jack cheese with house-made salsa on the side.	\$4.99
Turkey Sausage, Egg and Cheese Bowl Eggs, turkey sausage and pepper jack cheese with house-made salsa on the side.	\$4.99
Mediterranean Bowl Eggs, spinach, avocado and feta cheese with house-made salsa on the side.	\$4.99
Build Your Own Bowl Make it your own! May need reheating as some ingredients are added cold.	\$4.99
Salads	
ITEM	PRICE
Southwest Harvest Salad (Salads) Sweet potatoes, roasted corn, pepper jack cheese, tortilla strips, romaine and choice of protein. Paired with Spicy Adob...	\$9.99
Fajita Salad Avocado, poblano peppers, red peppers, spicy black beans, pico de gallo, pepper jack cheese, romaine and choice of prote...	\$9.99
Cobb Salad Avocado, bacon, hard-boiled egg, tomatoes, blue cheese crumbles, romaine, mixed greens and choice of protein. Paired wit...	\$9.99
Caesar Salad Parmesan cheese, croutons, romaine and choice of protein. Paired with Caesar dressing (add 340 cal).	\$9.09
BBQ Ranch Salad Avocado, pico de gallo, roasted corn, spicy black beans, tortilla strips, pepper jack cheese, romaine, mixed greens and...	\$9.99
Greek Salad Kalamata olives, cucumbers, tomatoes, red onions, feta cheese, romaine, mixed greens and choice of protein. Paired with...	\$9.09
Roasted Autumn Salad Sweet potatoes, Brussels sprouts, candied pecans, dried cranberries, shaved Parmesan cheese, romaine and choice of prote...	\$9.99
Thai Salad Red peppers, carrots, cucumbers, red cabbage, romaine and choice of protein. Paired with Thai peanut dressing (add 300 c...	\$9.09
Buffalo Chicken Salad Buffalo chicken, banana peppers, carrots, celery, tomatoes, croutons and romaine. Paired with creamy blue cheese dressin...	\$9.99
Jalapeño Ranch Salad Bacon, pickled red onions, roasted corn, tomatoes, pepper jack cheese, romaine, mixed greens and choice of protein. Pair...	\$9.99

ITEM	PRICE
Build Your Own Salad Make it your own!	\$9.99

Wraps

ITEM	PRICE
Southwest Harvest Wrap (Wraps) Sweet potatoes, roasted corn, pepper jack cheese, tortilla strips, romaine, choice of protein and spicy adobo in a flour...	\$9.99
Fajita Wrap Avocado, poblano peppers, red peppers, spicy black beans, pico de gallo, pepper jack cheese, romaine, choice of protein,...	\$9.99
Buffalo Chicken Wrap Buffalo chicken, banana peppers, carrots, celery, tomatoes, croutons, romaine and creamy blue cheese dressing in a flour...	\$9.99
Caesar Wrap Parmesan cheese, croutons, romaine, choice of protein, and Caesar dressing in a flour tortilla.	\$9.09
BBQ Ranch Wrap Avocado, pico de gallo, roasted corn, spicy black beans, tortilla strips, pepper jack cheese, romaine, mixed greens, cho...	\$9.99
Jalapeño Ranch Wrap Bacon, pickled red onions, roasted corn, tomatoes, pepper jack cheese, romaine, mixed greens, choice of protein, and jal...	\$9.99
Roasted Autumn Wrap Sweet potatoes, Brussels sprouts, candied pecans, dried cranberries, shaved Parmesan cheese, romaine, choice of protein,...	\$9.99
Cobb Wrap Avocado, bacon, hard-boiled egg, tomatoes, blue cheese crumbles, romaine, mixed greens, choice of protein, and creamy bl...	\$9.99
Thai Wrap Red peppers, carrots, cucumbers, red cabbage, romaine, and choice of protein in a flour tortilla. Paired with Thai peanu...	\$9.09
Greek Wrap Kalamata olives, cucumbers, tomatoes, red onions, feta cheese, romaine, mixed greens, choice of protein, and creamy Gree...	\$9.09
Build Your Own Wrap Make it your own!	\$9.99

Sides & Snacks

ITEM	PRICE
Sweet Potato Gochujang Soup (Bowl) (Sides & Snacks) A rich, creamy soup inspired by Korean flavors, blended with sweet potatoes, shiitake mushroom, red bell peppers, green...	\$6.39
Sweet Potato Gochujang Soup (Cup) (Sides & Snacks) A rich, creamy soup inspired by Korean flavors, blended with sweet potatoes, shiitake mushroom, red bell peppers, green...	\$4.89
Green Enchilada Chili (Bowl) Tender chicken, roasted peppers and beans combined in a flavorful broth with tortilla strips on the side.	\$6.39
Green Enchilada Chili (Cup) Tender chicken, roasted peppers and beans combined in a flavorful broth with tortilla strips on the side.	\$4.89
Snack Pack Choice of protein and any two salad ingredients. Served with choice of dressing.	\$5.19
Kids Salad Carrots, cucumbers, croutons and romaine. Paired with ranch dressing (add 220 cal).	\$3.89
Hummus and Pita Chips Smooth, creamy traditional hummus with pita chips.	\$5.89
Hummus Smooth, creamy traditional hummus.	\$4.59

ITEM	PRICE
Pita Chips	\$1.99
Drinks	
Apple Cider Lemonade (Drinks)	\$2.29
Crisp apple meets zesty lemon in this refreshing fall-inspired twist. Lightly sweet, perfectly tart, and bursting with o...	
Caramel Apple Lemonade	\$2.29
A crisp blend of apple, lemon, and caramel, this fall lemonade perfectly balances sweet, tart, and indulgent flavors.	
Green Reviver (Drinks)	\$3.89
A blend of lemon, apple and ginger with a nutritious boost from kale, spinach and parsley.	
Blueberry Basil Lemonade (Drinks)	\$2.29
House-made with sweet blueberries, citrus and basil.	
Cucumber Mint Lemonade (Drinks)	\$2.29
House-made with fresh citrus, cucumber and mint.	
Blackberry Bramble Lemonade	\$2.29
Lemonade swirled with juicy blackberry for a berry-packed sip.	
Summer Stone Fruit Lemonade	\$2.29
A blend of peach, nectarine and apricot flavors in crisp, refreshing lemonade.	
Sunkissed Yuzu Lemonade	\$2.29
Tart yuzu citrus meets lemonade for a light, zippy, sunshine-filled drink.	
Mango Grove Lemonade	\$2.29
Sweet, golden mango blended into lemonade for a smooth, refreshing twist.	
Black Cherry Orchard Lemonade	\$2.29
Sweet black cherry meets tart lemonade for a summer refresher.	
Traditional Lemonade	\$2.29
House-made lemonade, perfectly balanced to refresh.	
Cold Brew Coffee	\$2.59
Made with small-batch roasted coffee beans. Add your favorite milk or flavor shot!	
Black Tea	\$2.29
Fresh brewed black tea with mild, earthy flavor notes.	
Mango Green Tea	\$2.29
Fresh brewed green tea with hints of citrus and mango.	
Traditional Arnold Palmer	\$2.29
House-made lemonade and Mango Green Tea or Black Tea.	
Cucumber Mint Arnold Palmer	\$2.29
House-made Cucumber Mint Lemonade and Mango Green Tea or Black Tea.	
Blueberry Basil Arnold Palmer	\$2.29
House-made Blueberry Basil Lemonade and Mango Green Tea or Black Tea.	
Apple Cider Arnold Palmer	\$2.29
House-made Apple Cider Lemonade and Mango Green Tea or Black Tea.	
Caramel Apple Arnold Palmer	\$2.29
Caramel Apple Lemonade with Mango Green Tea or Black Tea.	
Frozen Strawberry Lemonade	\$2.59
Sweet strawberries balanced with fresh citrus.	
Bottled Water (16.9oz)	\$2.29
Healthy hydration.	