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Salad and Go

Menu Prices — October 24, 2026

Salad and Go menu with prices in United States, updated January 2020: 81 items across 8 categories, prices from $1.99 to $9.99.

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Salad and Go Menu with Prices (United States)

Salad and Go menu with prices in United States, updated January 2020: 81 items across 8 categories, prices from $1.99 to $9.99. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/salad-and-go

Menu categories: Main Attractions · Not-So-Secret Menu · Breakfast Burritos · Breakfast Bowls · Salads · Wraps · Sides & Snacks · Drinks

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**

ITEM	PRICE
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**
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**

ITEM	PRICE
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**
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**

ITEM	PRICE
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**
Pita Chips	**$1.99**

Drinks

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

ITEM	PRICE
Caramel Apple Arnold Palmer Caramel Apple Lemonade with Mango Green Tea or Black Tea.	**$2.29**
Frozen Strawberry Lemonade Sweet strawberries balanced with fresh citrus.	**$2.59**
Bottled Water (16.9oz) Healthy hydration.	**$2.29**