



Salata

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Menu Prices — October 17, 2026

Salata menu with prices in United States, updated April 2025: 49 items
across 5 categories, prices from \$1.60 to \$19.00.

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Salata Menu with Prices (United States)

Salata menu with prices in United States, updated April 2025: 49 items across 5 categories, prices from \$1.60 to \$19.00. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/salata

Menu categories: Most Ordered · Entrees · Soups & Sides · Desserts · Drinks

Most Ordered

ITEM	PRICE
Regular Salad Choose your base and pick from over 50 toppings, then customize it with our signature salad dressings and proteins, incl...	\$13.70
Small Salad Choose your base and pick from over 50 toppings, then customize it with our signature salad dressings and proteins, incl...	\$12.45
Wrap Build your own wrap by choosing from over 50 toppings, then customize it with our signature dressings and consider addin...	\$12.85
Tomato Basil Soup	\$5.65
Caesar Salad Romaine hearts, fresh baked croutons, and parmesan cheese served with classic caesar dressing on the side.	\$12.45
Chicken Tortilla Soup	\$5.65
Cobb Salad Salata mix greens, tomatoes, carrots, eggs, bacon, and blue cheese served with buttermilk ranch dressing on the side.	\$12.45
Greek Salad Salata mix greens, tomatoes, cucumbers, carrots, red onions, black olives, banana peppers, and feta cheese served with f...	\$12.45
Harvest Salad Salata mix greens, grapes, apples, dried cranberries, feta cheese, and walnuts served with balsamic vinaigrette dressing...	\$12.45
Jalapeño Avocado Salad Salata mix, tomatoes, jicama, black beans, corn, cilantro, feta cheese, fresh jalapeños, and Jalapeño Avocado dressing	\$12.45
Seasonal Fruit Cup	\$5.00
Sweet Tea	\$3.75

Entrees

ITEM	PRICE
Wrap (Entrees) Build your own wrap by choosing from over 50 toppings, then customize it with our signature dressings and consider addin...	\$12.85
Caesar Salad (Entrees) Romaine hearts, fresh baked croutons, and parmesan cheese served with classic caesar dressing on the side.	\$12.45
Southwest Wrap Salata mix greens, tomatoes, corn, black beans, cheddar cheese, and spicy chipotle ranch dressing in a southwest tortill...	\$12.85
Greek Salad (Entrees) Salata mix greens, tomatoes, cucumbers, carrots, red onions, black olives, banana peppers, and feta cheese served with f...	\$12.45
Harvest Salad (Entrees) Salata mix greens, grapes, apples, dried cranberries, feta cheese, and walnuts served with balsamic vinaigrette dressing...	\$12.45
Caesar Wrap romaine hearts, parmesean cheese, classic caesar dressing, croutons, on a wheat tortilla	\$12.85
Jalapeño Avocado Salad (Entrees) Salata mix, tomatoes, jicama, black beans, corn, cilantro, feta cheese, fresh jalapeños, and Jalapeño Avocado dressing	\$12.45

ITEM	PRICE
Southwest Salad salata mix greens, tomato, corn, black beans, mixed cheese, and chipotle ranch dressing	\$12.45
Cobb Salad (Entrees) Salata mix greens, tomatoes, carrots, eggs, bacon, and blue cheese served with buttermilk ranch dressing on the side.	\$12.45
Kids Meal - Protein	\$10.00
White Miso Superfood Salad salata mix, carrots, radish, bean sprouts, edamame, pickles, cilantro, mandarin oranges, white miso vinaigrette, shrimp,...	\$18.65
Mediterranean Veggie Wrap Salata mix greens, tomatoes, cucumbers, red onions, chickpeas, feta cheese, and fresh herb vinaigrette on a cucumber tor...	\$12.85
Kids Meal - No Protein	\$10.00
Grilled Tofu Wrap arugula, cucumber, broccoli, red onion, edamame, cabbage, beets, grilled tofu, ginger lime vinaigrette, almonds, sesame...	\$17.75
White Miso Superfood Wrap salata mix, carrots, radish, bean sprouts, edamame, pickles, cilantro, mandarin oranges, white miso vinaigrette, shrimp,...	\$19.00
Grilled Tofu Salad arugula, kale, baby kale, spinach, carrots, bell pepper, broccoli, red onion, beets, strawberry, grapes, fresh herb vina...	\$17.40
Regular Salad (Entrees) Choose your base and pick from over 50 toppings, then customize it with our signature salad dressings and proteins, incl...	\$13.70
Small Salad (Entrees) Choose your base and pick from over 50 toppings, then customize it with our signature salad dressings and proteins, incl...	\$12.45

Soups & Sides

ITEM	PRICE
Seasonal Fruit Cup (Soups & Sides)	\$5.00
Add Avocado	\$2.50
Bottled Dressings	\$10.00
Add Croissant	\$1.60
Add Baked Pita Strips	\$1.60
Tomato Basil Soup (Soups & Sides)	\$5.65
Chicken Tortilla Soup (Soups & Sides)	\$5.65

Desserts

ITEM	PRICE
Pumpkin Puff Cookie	\$1.90
Oatmeal Raisin Cookie 170 calories.	\$1.90
Chocolate Chunk Cookie 190 calories.	\$1.90
White Chocolate Macadamia Cookie 200 calories.	\$1.90

Drinks	
Item	Price
Raspberry Lemonade 150 calories.	\$3.45
Sweet Tea (Drinks)	\$3.75
Prickly Pear Limeade 150 calories.	\$3.45
Peach Lemonade 150 calories.	\$3.45
Black China Tea	\$3.45
Tropical Green Tea	\$3.45
Bottled Water	\$3.15
Sparkling Water	\$4.40