

CREATE YOUR OWN CHOPPED SALAD

1. CHOOSE SIZE

SMALL \$4.99 + TAX (3 TOPPINGS)

LARGE \$6.99 + TAX (5 TOPPINGS)

**(DOES NOT INCLUDE ADD-ON'S OR
PROTEIN)**

2. CHOOSE LETTUCE

SPINACH

ROMAINE

GREEN LEAF

3. CHOOSE ADD-ON (\$1 EXTRA)

AMERICAN

FETA

SWISS

MUENSTER

PEPPER JACK

MOZZERELLA

WHOLE EGG OR EGGWHITE

AVOCADO



1704 Merrick Road Merrick NY 11566
Tel. 516-378-3455 • Fax 516-378-3605
www.bagelplaza.com

TOPPINGS (CIRCLE)

CARROTS

CUCUMBER

CORN

KIDNEY BEANS

CHICK PEAS

TOMATO

CHERRY TOMATO

RED ONION

CELERY

RED OR GREEN BELL PEPPER

BROCCOLI

BEETS

OLIVES

WALNUTS

RAISINS

CRAISINS

FLAX SEEDS

SUNFLOWER SEEDS

4. ADD PROTEIN (\$3 EXTRA)

SCOOP OF THE FOLLOWING:

TUNA

LIGHT VEGI TUNA

GRADEN TUNA

POACH SALMON

5. CHOOSE DRESSING

OIL & VINEGAR

BALSAMIC VINEGAR

LOW FAT GREEN GODDESS

BALSAMIC VINAIGRETTE

POPPY SEED

GREEK

NAME

PHONE

PICK UP TIME