

## GOURMET WRAPS

Whole Wheat | Traditional | Spinach | Tomato Basil

### BBQ CHICKEN

romaine lettuce, BBQ chicken, cheddar, roasted corn, tortilla strips and buttermilk ranch (678 Cal)...**7.99**

### ROASTED CHICKEN PORTOBELLO

baby spinach, roasted chicken, portobello mushrooms, roasted onions and balsamic vinaigrette (415 Cal)...**7.99**

### PESTO CHICKEN

baby field greens, pesto chicken, fresh mozzarella, sun-dried tomatoes and balsamic vinaigrette (597 Cal)...**7.99**

### BLACKENED CHICKEN

romaine lettuce, blackened chicken, avocado, black bean corn salsa, tortilla strips and citrus chipotle dressing (498 Cal)...**7.99**

### ROASTED CHICKEN & GOAT CHEESE

baby arugula, roasted chicken, goat cheese, smoked bacon and balsamic vinaigrette (638 Cal)...**7.99**

### TOSSED TUNA SALAD

baby arugula, tuna (mixed with apples, dried cranberries and mayo) with chopped tomatoes (405 Cal)...**7.99**

### SMOKED TURKEY & CHEDDAR

baby spinach, smoked turkey, cheddar, avocado, almonds and buttermilk ranch (626 Cal)...**7.99**

### BUFFALO CHICKEN

romaine lettuce, buffalo chicken, crumbled blue cheese, chopped tomatoes and blue cheese dressing (594 Cal)...**7.49**



## TOSSED TWO

- 1/2 SANDWICH
- MINI DYO SALAD OR MINI DYO HOT BOWL (INCLUDES: 1 BASE, 1 PROTEIN, 1 TOSS-IN & DRESSING)
- CUP OF SOUP

PICK ANY 2 FOR 9 BUCKS

## HOT BOWLS

### SOUTHWEST COWBOY CHICKEN

rice, blackened chicken, black bean corn salsa, avocado, tomatoes and citrus chipotle dressing (859 Cal)...**8.59**

### BILOXI BBQ CHICKEN

rice, BBQ chicken, black beans, roasted peppers, jalapeño and roasted corn (621 Cal) ...**7.99**

### SESAME ORANGE SHRIMP

rice, cayenne shrimp, edamame, mandarin oranges, carrots and sesame seeds (569 Cal)...**8.99**

## SMOOTHIES 5.99

No Sugar Added & Dairy-Free  
Naturally Sweetened with Dates or Honey!

### BANANA BERRY BLISS

strawberries and bananas (256 Cal)

### MANGO PINEAPPLE BLAST

bananas, mango and pineapple (285 Cal)

### GREEN DREAM

avocado, baby spinach, pineapple and ginger (306 Cal)

### SUPER AÇAÍ

açaí, strawberries, pineapple and bananas (183 Cal)

### VERY BERRY BLEND

raspberries, strawberries and blueberries (213 Cal)



**\*ADD ANY SMOOTHIE TO YOUR ENTRÉE AND GET \$1 OFF**  
Discounts & Offers may not be combined. See manager for details.

## HOT SOUPS

Ask about our **DAILY SOUPS!**

CUP...3.99 BOWL...5.99

Add a cup of soup to any entrée 2.99

## BEVERAGES

### Fountain Drinks & Tea

Reg...1.69 Lg...2.09

Bottled Beverages ..... 2.29

Coffee ..... 1.69

## SWEETS & SNACKS

Chips ..... 1.29

Brownie Bites.....0.59

Cookie Bites.....0.59

tossed®  
FRESH Food FAST



325.703.2005

2005 Knickerbocker Rd.  
San Angelo, TX 76904

## DESIGN YOUR OWN

### SALAD | HOT BOWL | WRAP 6.79

INCLUDES: 1 BASE, 1 PROTEIN, 3 TOSS-INS & DRESSING

### KIDS DY0 5.49 (12 years old and under)

INCLUDES: 1 BASE, 1 PROTEIN, 1 TOSS-IN & DRESSING

#### Step 1 BASES

Baby Arugula	White Rice
Baby Field Greens	Brown Rice
Baby Spinach	Orange Quinoa
Romaine Lettuce	

#### Step 2 PROTEINS

\*We only serve 100% natural chicken, no added hormones or steroids.

BBQ Chicken	Roasted Chicken
Blackened Chicken	Smoked Turkey
Buffalo Chicken	Black Forest Ham
Pesto Chicken	Miso Glazed Tofu ✓

#### SUB TO PREMIUM

Cayenne Shrimp (+1.99)  
Tossed Tuna Salad (+1.49)  
*(mixed with apples, dried cranberries and mayo)*

#### Step 3 TOSS-INS

\*Toss-Ins may change seasonally, so we can Keep It FRESH. Additional TOSS-IN .59

VEGGIES & MORE	Banana Peppers	Chick Peas	Grape Tomatoes	
	Beets	Chopped Tomatoes	Jalapeños	
	Black Bean Corn Salsa	Cucumbers	Mushrooms	
	Black Olives	Edamame	Purple Onions	
	Blue Cheese	Egg	Roasted Corn	
	Broccoli	Egg Whites	Roasted Peppers	
	Carrots	Feta Cheese	Roasted Onions	
	Cheddar Cheese	Fresh Peppers		
	FRUIT	Apples	CRUNCH	Croutons
		Dried Cranberries		Sunflower Seeds
Golden Raisins		Tortilla Strips		
Mandarin Oranges		Wonton Crisps		

#### ADD GOURMET (+1.29)

Almonds	Parmesan Cheese
Avocado	Roasted Portobello
Fresh Mozzarella	Smoked Bacon
Goat Cheese	Sun-Dried Tomatoes
Kalamata Olives	Walnuts

COMBO  
W / CHIPS &  
FOUNTAIN DRINK  
\$2.39

#### Step 4 DRESS IT UP

LF Low-Fat FF Fat-Free  
GF Gluten-Free DF Dairy-Free

CLASSIC	Caesar	• Blue Cheese GF	• Buttermilk Ranch GF
	Balsamic Vinaigrette GF DF	• Extra Virgin Olive Oil GF DF	
BOLD	Asian Sesame Ginger DF	• Citrus Chipotle GF DF	
	Greek Vinaigrette GF	• Honey Balsamic Vinaigrette GF DF	
LIGHT	Balsamic Vinegar GF DF	• Honey Dijon LF	
	Red Wine Vinegar DF	• Raspberry Vinaigrette GF FF DF	

## CHEF INSPIRED SALADS

### CHICKEN CAPRESE

romaine lettuce, blackened chicken, fresh mozzarella, avocado, chopped tomatoes and balsamic vinaigrette (498 Cal)...**8.99**

### Southwest Blackened Chicken

romaine lettuce, blackened chicken, feta, black bean corn salsa, avocado, chopped tomatoes, tortilla strips and citrus chipotle dressing (591 Cal)...**8.79**

### CAESAR

romaine lettuce, shaved parmesan, croutons and caesar dressing (481 Cal)...**5.99**

ADD Chicken (100-165 Cal)...**1.99** | ADD Shrimp (63 Cal)...**3.49**

### CRANBERRY CHICKEN GRAIN BOWL

quinoa, baby field greens, blackened chicken, feta cheese, chickpeas, dried cranberries, sunflower seeds and honey balsamic vinaigrette (486 Cal)...**8.49**

### APPLE WALNUT

romaine lettuce, roasted chicken, crumbled blue cheese, apples, walnuts, golden raisins and honey balsamic vinaigrette (708 Cal)...**8.49**

### ASIAN CHICKEN

romaine lettuce, roasted chicken, carrots, edamame, almonds, mandarin oranges, wonton crisps and asian sesame ginger dressing (565 Cal)...**8.49**

### TOSSED TUNA SALAD

baby field greens, tuna (mixed with apples, dried cranberries and mayo), avocado, carrots, cucumbers and honey balsamic vinaigrette (467 Cal) ...**8.99**

### CAYENNE SHRIMP

romaine lettuce, cayenne shrimp, avocado, tomatoes, roasted onions, black bean corn salsa, tortilla strips and citrus chipotle dressing (435 Cal)...**9.59**

### GREEK

romaine lettuce, feta, tomatoes, kalamata olives, cucumbers, fresh peppers, purple onions and greek vinaigrette (518 Cal)...**7.99**

Southwest Blackened Chicken



✓ Vegetarian    ○ Signature Items

\*Caloric content is without dressing and may vary slightly with portion variations.  
\* Before placing your order, please inform your Tossed Team Member or Catering Director if a guest in your party has a food allergy. Special dietary needs may be accommodated, separately packaged and labeled.

## PITAS

### PAZZO PESTO

pesto chicken, mozzarella cheese, tomatoes and pesto spread (512 Cal)...**6.99**

### OPA ATHENA

kalamata olives, purple onions, fresh peppers, tomatoes, oregano, feta cheese and greek vinaigrette (435 Cal)...**6.99**

### BAJA KICKIN' CHICKEN

blackened chicken, romaine, tomatoes, black bean corn salsa, avocado, cheddar and citrus chipotle (592 Cal)...**6.99**

### SPINACH-SHROOM

roasted portobello, purple onions, baby spinach, blue cheese and balsamic vinaigrette (455 Cal)...**6.99**

## ARTISANAL SANDWICHES

French Baguette | Multi-Grain | Classic Sliced Bread  
\*Served hot and toasty at your request

### SMOKED TURKEY & AVOCADO

smoked turkey, cheddar, baby field greens, avocado, sliced tomatoes and low fat honey dijon (583 Cal)...**8.59**

### CAPRESE

fresh mozzarella, sliced tomatoes, basil pesto spread, extra virgin olive oil and balsamic vinegar (504 Cal)...**7.99**

### BLACK FOREST HAM & SWISS

black forest ham, swiss cheese, romaine, sliced tomatoes and low fat honey dijon (511 Cal)...**8.49**

### TOSSED TUNA SALAD

tuna (mixed with apples, dried cranberries and mayo), baby arugula and sliced tomatoes (401 Cal)...**8.49**

### ULTIMATE GRILLED CHEESE

cheddar cheese, swiss cheese, smoked bacon and apple slices (529 Cal)...**5.49**

### ROASTED VEGGIE MELT

portobello mushrooms, peppers, roasted onions and shaved parmesan (356 Cal)...**7.99**

### ROAST BEEF & CHEDDAR MELT

roast beef, cheddar, roasted onions and buttermilk ranch (547 Cal)...**8.99**

### PESTO CHICKEN MELT

pesto chicken, roasted peppers and shaved parmesan (459 Cal)...**7.99**



Turkey & Avocado