

# PICK & MIX SALADS

- 1 PICK YOUR GREENS**  
20-25 cal
- 2 PICK 4 TOPPINGS**  
40-1100 cal
- 3 ADD A DRESSING**  
35-300 cal

ADDITIONAL TOPPINGS  
**Add** 10-275 cal ea

**GO ORGANIC!**  
**Add** 25 cal ea

**WRAP IT!**  
MAKE ANY SALAD INTO A WRAP  
FOR THE SAME PRICE

# SIGNATURE WRAPS

**BALSAMIC CHICKEN & ROASTED PEPPERS**  
roasted red peppers, provolone, lettuce, tomatoes, balsamic vinaigrette  
550 cal

**THAI CHICKEN**  
lettuce, carrots, cucumbers, chinese noodles, sesame dressing  
780 cal

**TURKEY BLTA**  
bacon, lettuce, tomatoes, avocado, basil aioli  
610 cal

**CHICKEN CAESAR**  
romaine, parmesan, croutons, caesar dressing  
555 cal

**CRANBERRY ALMOND CHICKEN SALAD**  
romaine, cranberries, almonds, tomatoes, onions, tarragon aioli  
590 cal

## VEGETARIAN

**SESAME ASIAN QUINOA**  
honey sesame quinoa salad, spinach, cucumbers, pickled onions, wasabi dressing  
700 cal



# SPECIALTY CIABATTAS

## **SOUTHWEST CHICKEN**

romaine, cheddar, fresh salsa,  
grilled on ciabatta bread

470 cal

## **CHICKEN AVOCADO**

avocado, lettuce, tomatoes  
with ancho cilantro dressing  
on ciabatta bread

460 cal



# PANINI

SERVED ON ARTISANAL BREAD

## **TURKEY CHIPOTLE**

avocado, pickled onions, cilantro,  
pepper jack, chipotle mayo

580 cal

## **TURKEY & HAM CUBAN**

swiss, pickles, dijon mayo

515 cal

## **CHICKEN MARGHERITA**

sun dried tomatoes, shaved  
parmesan, basil, pesto sauce,  
garlic aioli

745 cal

## **VEGETARIAN**

### **PESTO CAPRESE**

sun dried tomatoes, basil,  
fresh mozzarella, pesto sauce

650 cal



## **ADD A SIDE**

WITH PURCHASE OF A SALAD, SANDWICH, PANINI OR WRAP

SIDE SALAD | 30 cal

SMALL FRUIT CUP | 65 cal

SMALL SOUP | 85-190 cal



**WE SERVE 100% ALL-NATURAL CHICKEN**

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# MADE TO ORDER BREAKFAST

SERVED FROM 4:15AM - 11AM

## FLORENTINE PANINI

egg whites, spinach,  
pepper jack & tomatoes  
430 cal

## EGG & CHEESE CIABATTA

egg whites,  
cheese on ciabatta  
420 cal

## TEX MEX WRAP

egg whites, cheddar,  
fresh salsa & avocado  
575 cal



**ADD BACON,  
SAUSAGE OR HAM**  
Add 120-135 cal ea

**ADD BREAKFAST  
POTATOES OR FRUIT**  
Add 65-320 cal ea



## OATMEAL

build your own with  
your choice of 4 toppings  
200-540 cal

## LOW FAT YOGURT

with your choice of 4 toppings  
75-415 cal

## BREAKFAST SMOOTHIE

with oatmeal or granola  
350-830 cal