HOUSE MADE SOUPS

SMALL (12 oz) 4.5 / LARGE (16 oz) 5.75 / X-LARGE (32 oz) 8.75

*Soups are rotated daily and are subject to availability

★TURKEY CHILI

VEGAN SPLIT PEA

CHICKEN NOODLE

ASK ABOUT OUR SOUP SPECIALS!

KID FRIENDLY CHOICES

Served on Sliced 9-Grain Bread w/ Apple or Chips

PEANUT BUTTER + JELLY

GRILLED CHEESE

SWEETS + SNACKS

Some items may be subject to availability

★PEANUT BUTTER PROTEIN BITES
Granola, Honey, Chocolate Protein + Coconut Flakes

★SWEET POTATO CHIPS
House made

HONEY ROASTED SRIRACHA PEANUTS

FALAFEL APPETIZER
with Tzatziki Yogurt Sauce

EDAMAME
with Citrus Salt

FRESH-BAKED CHOCOLATE COOKIES

MARSHMALLOW RICE CEREAL TREAT

BLONDIE TOFFEE COOKIE

© 2020 ART OF SALAD. LONG BRANCH MENU REV. 10/2/2020

FRUIT SMOOTHIES 7.5

CHOICE OF ALMOND MILK, WHOLE MILK or COCONUT MILK

NUTTY BANANA
Peanut Butter + Banana

PARADISE
Strawberry + Banana + Pineapple

PITAYA
Dragonfruit + Banana

MATCHA
Banana + Honey

CHOCOBERRY
Strawberry + Nutella

ADD-ONS (+1 except where noted)

- MATCHA
- CHIA
- KALE
- SPINACH
- NUTELLA
- PEANUT BUTTER
- WHEY PROTEIN Vanilla or Chocolate
- AVOCADO (+2)

FRESH-PRESSED JUICES 6.5

Sold in 12oz bottles

ABC JUICE
Apple + Beets + Carrot

DRINK YOUR GREENS!
Kale + Spinach + Cucumber + Broccoli + Celery + Apple

PINEAPPLE CUCUMBER JUICE
Pineapple + Cucumber + Ginger

VITAMIN SHOTS!

- MULTIVITAMIN Wheatgrass 2
- DETOX Ginger, Lemon, Cayenne + Honey 2

DRINKS

CBD-INFUSED SPARKLING
Peach Ginger, Blackberry Chai, Pom Hibiscus

INFUSED WATER
Cucumber or Lemon

SARATOGA MINERAL WATER

BROOKLYN CRAFT GINGER ALE
Original, Pomegranate, or Blood Orange

COKE / DIET COKE

HOUSE-BREWED ICED TEA
(Unsweetened Black or Green) with Homemade Flavored Syrup

BAI 5 CALORIE
Mango, Peach, Coconut Lime Dragonfruit

WATER

Chopped Salads +
Craft Sandwiches + Soups +
Smoothies + Fresh Pressed Juices

ORDER ONLINE
CATERING FOR HOME OR WORK

DOWNLOAD OUR APP!
Available on the App Store | ANDROID APP ON Google Play

PIER VILLAGE - 78 OCEAN AVE
LONG BRANCH , NJ

848-888-5400

www.artofsalad.com

management@artofsalad.com

Art of Salad Regular Menu LONG BRANCH SEPT20.indd 1 10/2/20 9:59 AM

SIGNATURE CHOPPED SALADS

Bowl or Wrap

★BBQ CHICKEN
Romaine + Grilled Chicken + Avocado + Fried Onion Straws + Corn + Red Onion + Tortilla + Cheddar *Dressing: BBQ Ranch* 13

★TEX-MEX
Romaine + Grilled Chicken + Tomato + Corn + Black Bean + Cilantro + Red Onion + Tortilla Strips + Cheddar
Dressing: Avocado Ranch or Chipotle Ranch. 11

GRILLED CHICKEN CAESAR
Romaine + Grilled Chicken + Croutons + Parmesan
Dressing: Caesar 10

★ MEXICO CITY CAESAR
Romaine + Steak + Corn + Cilantro + Jalapeño + Tortilla Strips + Parmesan
Dressing: Caesar 13.75

CALI SALMON
Romaine + Salmon + Avocado + Tomato + Cucumber + Corn + Sunflower Seeds *Dressing: Green Goddess* 16.5

SANTORINI SUNRISE
Romaine + Grilled Chicken + Cucumber + Tomato + Chickpeas + Red Peppers + Olives + Feta Cheese *Dressing: Tzatziki Yogurt* 11

MANDARIN CHICKEN
Spinach + Grilled Chicken + Red Cabbage + Carrots + Mandarins + Edamame + Won Ton Strips *Dressing: Miso Ginger* 11

COBB
Romaine + Grilled Chicken + Avocado + Bacon + Egg + Olives + Tomato + Blue Cheese *Dressing: Ranch or Blue Cheese* 14.25

BUFFALO BLUE
Romaine + Panko Fried Chicken + Tortilla Strips + Tomato + Blue Cheese
Dressing: Blue Cheese + Hot Sauce 11

★AUTUMN HARVEST
Romaine & Spring Mix + Grilled Chicken + Corn + Craisins + Apples + Candied Walnuts + Cheddar *Dressing: Honey Mustard or Balsamic Vinaigrette* 11

FEEL THE BEET
Spring Mix + Beets + Apple + Candied Walnuts + Craisins + Feta Cheese
Dressing: Balsamic Vinaigrette 11

THAI-RRIFIC
Romaine + Grilled Chicken + Red Cabbage + Black Beans + Carrots + Cilantro + Peanuts *Dressing: Cilantro Lime* 11

★FALAFEL SALAD
Spring Mix + Falafel + Tomato + Cucumber + Red Onion + Quinoa + Feta Cheese *Dressing: Tzatziki Yogurt or Balsamic Vinaigrette* 11

★ MOST POPULAR

All menu items are subject to availability.
Prices do NOT include sales tax and are subject to change.

CREATE YOUR OWN BOWL OR WRAP! 11

PICK LETTUCE
Single or Mix
Romaine • Spring Mix • Kale • Spinach

PICK PROTEIN
Grilled Chicken • Salmon* • Steak* • Shrimp* • Bacon
Panko Fried Chicken
Vegan Options
Falafel • Tofu

PICK 4 TOPPINGS
Each additional topping: .75
Apple • Avocado* • Beets • Bell Pepper • Black Olives • Black Beans • Broccoli • Carrot • Chickpeas • Cilantro • Corn • Cucumber • Edamame • Egg • Jalapeños • Mandarins • Pickled Onion • Red Cabbage • Red Onion • Sauteed Mushrooms • Tomato

PICK 1 CRUNCH
Each additional crunch: .75
Candied Walnuts • Craisins • Croutons • Peanuts • Quinoa Sunflower Seeds • Tortilla Strips • Wasabi Peas • Won Ton Strips

PICK 1 CHEESE
Each additional cheese: .75
Blue Cheese • Cheddar • Feta • Parmesan

PICK DRESSING
Mixed in or on the Side. Each additional: .75

SIGNATURE SALAD DRESSINGS

- Avocado Ranch
- ★ Balsamic Vinaigrette V
- BBQ Ranch
- Blue Cheese
- Caesar
- Chili Mango
- ★ Chipotle Ranch
- ★ Cilantro Lime
- ★ Green Goddess
- Honey Mustard
- Miso Ginger
- Ranch

SLIM SALAD DRESSINGS

- Raspberry Vinaigrette V (Fat Free)
- Low Fat Italian V
- Tzatziki Greek Yogurt
- Balsamic Vinegar V
- Olive Oil V
- Red Wine Vinegar V
- Hot Sauce V
- Lemon Juice V

V = VEGAN.
All dressings are gluten-free.

PREMIUM EXTRAS

Steak	3
Salmon	4.5
Shrimp	3.5
Avocado	2
Extra Cheese	.75
Extra Topping	.75
Extra Protein	1.75
Extra Dressing	.75
Extra Bread	.50

Let us know if you have any allergy concerns. Please note that we will do our best to accommodate, but we cannot guarantee there has been no cross-contamination.

CRAFT SANDWICHES

Served with Sweet Potato Chips

ROASTED TURKEY & AVOCADO BLT
with Chipotle Mayo on sliced 9-Grain Bread 11

PESTO CHICKEN MELT
with Mozzarella + Red Onion + Sun Dried Tomato Spread on Ciabatta 10.75

TERIYAKI SALMON WRAP
with Carrot + Cabbage + Miso Ginger in a Wheat Wrap 13

SLICED STEAK MELT
with Mozzarella + Grilled Onion + Peppers + Herb Mayo on Flatbread 11

GRILLED VEGGIE MELT
Mushroom + Zucchini + Bell Pepper + Onion + Mozzarella + Balsamic Glaze + Spring Mix on Ciabatta 9.25

FALAFEL WRAP
with Tahini + Tzatziki Yogurt Dressing + Lettuce + Tomato + Onion in a Wheat Wrap 9.75

CHICKEN SALAD
with Cranberry Mayo + Walnuts + Red Onion + Spring Mix on sliced 9-Grain Bread 9.25

MIX + MATCH MEALS

PICK 2 SANDWICH + SALAD	14.5
PICK 2 SALAD + SOUP	13.5
PICK 2 SANDWICH + SOUP	10.25

BBQ Chicken + 1.75
Cobb Salad + 3
Mexico City Caesar + 3
Cali Salmon Salad + 5

Turkey & Avocado BLT + .50
Sliced Steak Melt + .50
Teriyaki Salmon + Falafel Wrap are not available as a combo.