

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)...**7.49**

SMOKED TURKEY & CHEDDAR

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

BUFFALO CHICKEN **NEW!**

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



HOT SOUPS

Ask about our **SOUP OF THE DAY!**

CUP (80 - 240 CAL)2.59

BOWL (160 - 480 CAL)3.99

Add a cup of soup to any entrée 1.99

LET'S GO CANES!

Lettuce Cater

YOUR EVENTS

FROM BIG TAIL GATES TO SMALL MEETINGS! LEAVE ALL THE PLANNING TO US FOR A STRESS-FREE EXPERIENCE!



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FRESH Food FAST



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HURRICANE FOOD COURT

IT'S ALL ABOUT THE "U" AT TOSSED

DESIGN YOUR OWN

SALAD OR WRAP 6.99

Includes 1 BASE, 4 of your favorite TOSS-INS & DRESSING

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

START with any combination of greens

GREENS	Baby Arugula (20 Cal)	Baby Spinach (10 Cal)	Kale (44 Cal)
	Baby Field Greens (15 Cal)	Romaine lettuce (20 Cal)	

TOSS-IN choose 4 fresh items Additional TOSS-INS .59

VEGGIES & MORE	Banana Peppers (5 Cal)	Chopped Tomatoes (15 Cal)	Jalapeños (8 Cal)
	Black Bean Corn Salsa (40 Cal)	Cucumbers (10 Cal)	Mushrooms (15 Cal)
	Broccoli (4 Cal)	Egg (80 Cal)	Red Onions (10 Cal)
	Carrots (15 Cal)	Egg Whites (20 Cal)	Roasted Peppers (15 Cal)
	Chick Peas (35 Cal)	Fresh Peppers (10 Cal)	Roasted Onions (45 Cal)
	Roasted Corn (32 Cal)	Grape Tomatoes (10 Cal)	

FRUIT	Apples (16 Cal)	CRUNCH	Croutons (90 Cal)
	Dried Cranberries (70 Cal)		Sunflower Seeds (50 Cal)
	Golden Raisins (60 Cal)		Tortilla Strips (53 Cal)
	Mandarin Oranges (60 Cal)		Wonton Crisps (70 Cal)

ADD-IN any of the following

PROTEIN 1.99	BBQ Chicken (165 Cal)	Almonds (90 Cal)
	Blackened Chicken (111 Cal)	Avocado (120 Cal)
	Pesto Chicken (207 Cal)	Edamame (34 Cal)
	Roasted Chicken (100 Cal)	Smoked Bacon (20 Cal)
	Smoked Turkey (80 Cal)	Roasted Portobello Mushrooms (45 Cal)
		Sun-Dried Tomatoes (70 Cal)
CHEESE 1.59	Blue (20 Cal)	Walnuts (230 Cal)
	Cheddar (20 Cal)	
	Feta (20 Cal)	
	Goat (20 Cal)	
	Fresh Mozzarella (20 Cal)	Cayenne Shrimp (63 Cal)
	Shaved Parmesan (20 Cal)	Tossed Tuna Salad (mixed with apples, dried cranberries and mayo) (110 Cal)

COMBO W / CHIPS & 20 oz. BOTTLED BEVERAGE 2.29

DRESS it up

CLASSIC	Caesar (150 Cal)	• Blue Cheese (137 Cal) GF	• Buttermilk Ranch (130 Cal) GF
	Balsamic Vinaigrette (83 Cal) GF DF	• Extra Virgin Olive Oil (240 Cal) GF DF	
BOLD	Asian Sesame Ginger (125 Cal) DF	• Citrus Chipotle (100 Cal) GF DF	
	Greek Vinaigrette (144 Cal) GF	• Honey Balsamic Vinaigrette (89 Cal) GF DF	
LIGHT	Balsamic Vinegar (30 Cal) GF DF	• Dijon Honey Mustard (80 Cal) LF	
	Red Wine Vinegar (8 Cal) DF	• Raspberry Vinaigrette (34 Cal) GF FF DF	

LF Low-Fat FF Fat-Free GF Gluten-Free DF Dairy-Free
*Toss-Ins may change seasonally, so we can Keep It FRESH

SALADS FRESH & MADE-TO-ORDER

✓ Vegetarian ○ Signature Items

○ SOUTHWEST BLACKENED CHICKEN

romaine lettuce, blackened chicken, feta, black bean corn salsa, avocado, chopped tomatoes, tortilla strips and citrus chipotle dressing [591 Cal]...**8.99**

○ CHICKEN CAPRESE

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

✓ CAESAR

romaine lettuce, shaved parmesan, croutons and caesar dressing [481 Cal]...**6.99**
ADD Chicken (100-165 Cal)...**1.99** | ADD Shrimp (63 Cal)...**2.99**

CRANBERRY CHICKEN GRAIN BOWL **NEW!**

quinoa, baby field greens, blackened chicken, feta cheese, chickpeas, dried cranberries, sunflower seeds and honey balsamic vinaigrette [486 Cal]...**7.99**

○ APPLE WALNUT

romaine lettuce, roasted chicken, crumbled blue cheese, apples, walnuts, golden raisins and honey balsamic vinaigrette [708 Cal]...**8.99**

○ ASIAN CHICKEN

romaine lettuce, roasted chicken, carrots, edamame, almonds, mandarin oranges, wonton crisps and asian sesame ginger dressing [565 Cal] ...**8.99**

○ 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**

COBB

romaine lettuce, roasted chicken, crumbled blue cheese, grape tomatoes, avocado, roasted onions, smoked bacon and blue cheese dressing [747 Cal]...**8.99**

✓ GREEK

romaine lettuce, feta, grape tomatoes, olives, cucumbers, olives, fresh peppers, red onions and greek vinaigrette [518 Cal]...**7.69**
ADD Chicken (100-165 Cal)...**1.99**
ADD Shrimp (63 Cal)...**2.99**

Southwest Blackened Chicken



ARTISANAL SANDWICHES

French Baguette | Multi-Grain
*Served hot and toasty at your request

○ TURKEY & AVOCADO

turkey, cheddar, baby field greens, avocado spread, sliced tomatoes and low fat honey dijon [583 Cal]...**8.59**

PESTO CHICKEN MELT

pesto chicken, roasted peppers and shaved parmesan [459 Cal]...**7.99**

✓ GREEN GODDESS **NEW!**

mozzarella cheese, slice tomatoes, basil spread, tarragon, chives and baby field greens [443 Cal]...**7.49**

✓ ULTIMATE VEGAN **NEW!**

Hummus spread, sliced tomatoes, pickles, cucumbers and avocado spread [464 Cal]...**7.49**



Turkey & Avocado

COMBO DEALS

Add chips & fountain drink 1.99

Add chips & 20 oz. bottled beverage 2.29

PITAS **NEW!**

✓ MARGARITA NAPOLI

mozzarella cheese, tomatoes, basil spread, oregano and extra virgin olive oil [459 Cal]...**6.99**

○ PAZZO PESTO

pesto chicken, mozzarella cheese, tomatoes and pesto spread [512 Cal]...**6.99**

✓ OPA ATHENA

black olives, red onions, fresh peppers, tomatoes, oregano, feta cheese and extra virgin olive oil [435 Cal]...**6.99**

✓ SPINACH-SHROOM

portobello mushrooms, red onions, baby spinach, blue cheese and balsamic vinaigrette [455 Cal]...**6.99**

○ BAJA KICKIN' CHICKEN

blackened chicken, romaine hearts, tomatoes, black bean corn salsa, avocado spread, cheddar and citrus chipotle [592 Cal]...**6.99**

*Caloric content 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.