



ALLERGEN & LIFESTYLE INFORMATION

‡THE FOLLOWING MAJOR FOOD ALLERGENS ARE USED AS INGREDIENTS: MILK, EGG, FISH, CRUSTACEAN SHELLFISH, TREE NUTS, PEANUTS, WHEAT, SOY, AND SESAME. PLEASE NOTIFY OUR TEAM FOR MORE INFORMATION ABOUT THESE INGREDIENTS OR VISIT OUR INTERACTIVE ALLERGEN AND NUTRITIONAL MENUS.

WHILE WE OFFER GLUTEN-FREE ITEMS, OUR KITCHEN IS NOT GLUTEN-FREE AND CROSS CONTAMINATION CAN OCCUR.

Vg = VEGAN | V = VEGETARIAN | GF = GLUTEN-FREE | DF = DAIRY-FREE

<https://www.madgreens.com/menus/>

CORE MENU ENTREES		Lifestyle	Wheat Gluten	Egg	Milk/Dairy	Soy	Sesame	Fish	Shell-fish	Peanut	Tree Nut
SALADS	NEW BERRY BOOST SALAD	GF			•	•				•	•
	NEW BLUE MOON SALAD		•	•	•						
	CAESAR CRUNCH SALAD		•	•	•	•		•			
	NEW CHILI LIME CHOP SALAD	GF		•	•				•		
	COWBOY COOKOUT STEAK SALAD		•	•	•						
	NEW GREEK GODDESS SALAD	V	•	•	•		•				
	MAD COBB SALAD	GF		•	•						
	MANGOCAGO SALAD (DON QUIXOTE)	GF		•	•						
ORCHARD SALAD		•	•	•	•				•	•	
WARM BOWLS	HEART & SEOUL STEAK BOWL	DF	•			•	•				
	MEDITERRANEAN BOWL		•	•	•		•				
	SOUTHWEST GRAIN BOWL	GF		•	•						
	NEW SRIRACHA SESAME TOFU BOWL	V, GF, DF				•	•				•
	WILD HARVEST BOWL	GF			•						
	MAC: ELOTE MAC BOWL		•	•	•						
	NEW MAC: GREEN CHILI MAC		•		•						
	MAC: MAD MAC BOWL	V			•						
WRAPS	ANNIE'S CHICKEN CLUB WRAP		•	•	•						
	CHIPOTLE CAESAR WRAP		•	•	•			•			
	GREEN MACHINE WRAP	V	•	•	•	•					
	PICNIC PESTO WRAP		•		•						
	SPICY STREET CORN WRAP		•	•	•						
	STEAK FAJITA WRAP		•	•	•						
CREATE YOUR OWN		Lifestyle	Wheat Gluten	Egg	Milk/Dairy	Soy	Sesame	Fish	Shell-fish	Peanut	Tree Nut
BASE	KALE	Vg, V, GF, DF									
	MIXED GREENS	Vg, V, GF, DF									
	SPINACH	Vg, V, GF, DF									
	ROMAINE	Vg, V, GF, DF									
	WILD RICE BLEND	Vg, V, GF, DF									
PROTEINS	HERB-GRILLED CHICKEN	GF, DF									
	LEMON HERB-GRILLED ORGANIC TOFU	Vg, V, GF, DF				•					
	LEMON HERB-ROASTED SHRIMP	GF, DF							•		
	SOUTHWEST CHICKEN	GF, DF									
	QUINOA	V, VEG, GF, DF									
	WARM FIRE-GRILLED STEAK TENDERLOIN	GF, DF									
VEGGIES	BLACK BEANS	Vg, V, GF, DF									
	NEW BLUEBERRIES	Vg, V, GF, DF									
	CARROTS	Vg, V, GF, DF									
	CELERY	Vg, V, GF, DF									
	CHARRED BROCCOLI	Vg, V, GF, DF									
	CHARRED RED ONION	Vg, V, GF, DF									
	CHICKPEAS	Vg, V, GF, DF									
	CUCUMBERS	Vg, V, GF, DF									
	EDAMAME	Vg, V, GF, DF				•					
	GREEN CHILES	Vg, V, GF, DF									
	GREEN ONIONS	Vg, V, GF, DF									
	KALAMATA OLIVES	Vg, V, GF, DF									
	RAINBOW SLAW	Vg, V, GF, DF									
	RED CABBAGE	Vg, V, GF, DF									
	RED ONIONS	Vg, V, GF, DF									
	ROASTED CORN	Vg, V, GF, DF									
	ROASTED RED PEPPERS	Vg, V, GF, DF									
	ROASTED SWEET POTATOES	Vg, V, GF, DF									
NEW STRAWBERRIES	Vg, V, GF, DF										
TOMATOES	Vg, V, GF, DF										

CREATE YOUR OWN		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
FRUIT	CRAISINS	Vg, V, GF, DF									
	FUJI APPLE	Vg, V, GF, DF									
	MANGOS	Vg, V, GF, DF									
MADNESS	AVOCADO	Vg, V, GF, DF									
	BACON	GF, DF									
	EGGS	V, GF, DF		●							
	MAD SPICE AVOCADO	Vg, V, GF, DF									
	ROASTED GARLIC HUMMUS	Vg, V, GF, DF					●				
CRUNCH	CANDIED PECANS	V, GF			●	●				●	●
	CRISPY ONIONS	Vg, V, DF	●								
	FRITOS CORN CHIPS	Vg, V, GF, DF									
	HOUSE-MADE FOCACCIA CROUTONS	V	●	●	●	●					
	MAD SPICE PUMPKIN SEEDS	Vg, V, GF, DF									
	PARMESAN CRISPS	V, GF			●						
	PUMPKIN SEEDS	Vg, V, GF, DF									
	STACY'S PITA CHIPS	Vg, V, DF	●				●				
	SUNFLOWER SEEDS	Vg, V, GF, DF									
	NEW TOASTED ALMONDS	Vg, V, GF, DF									●
	WONTONS	Vg, V, DF	●								
CHEESES	BLUE CHEESE	V, GF			●						
	COTIJA CHEESE	V, GF			●						
	FETA CHEESE	V, GF			●						
	GOAT CHEESE	V, GF			●						
	MOZZARELLA PEARLS	V, GF			●						
	PARMESAN CHEESE	V, GF			●						
	WHITE CHEDDAR	V, GF			●						
DRESSINGS	BALSAMIC VINEGAR	Vg, V, GF, DF									
	BASIL PESTO SAUCE	V, GF			●						
	BLUE CHEESE DRESSING	V, GF		●	●						
	CHIPOTLE CAESAR	GF		●	●			●			
	CILANTRO CHILI LIME DRESSING	V, GF		●	●						
	CREAMY CAESAR DRESSING	GF		●	●			●			
	CREAMY GINGER DRESSING	V, GF		●	●						
	FRANKS RED HOT BUFFALO SAUCE	Vg, V, GF, DF									
	GREEN GODDESS DRESSING	V, GF		●	●						
	HONEY BALSAMIC VINAIGRETTE	V, GF, DF									
	NEW HONEY CITRUS VINAIGRETTE	V, GF, DF									
	HONEY MUSTARD	V, GF, DF									
	LEMON VINAIGRETTE	Vg, V, GF, DF									
	OLIVE OIL	Vg, V, GF, DF									
	RANCH	V, GF		●	●						
	RED WINE VINEGAR	Vg, V, GF, DF									
	SESAME GINGER DRESSING	Vg, V, DF	●				●				
SMOKY CHIPOTLE RANCH	V, GF		●	●							
NEW SRIRACHA ALMOND VINAIGRETTE	V, GF, DF									●	
DRIZZLES	BALSAMIC GLAZE DRIZZLE	Vg, V, GF, DF									
	BBQ DRIZZLE	Vg, V, GF, DF									
	CILANTRO CHILI LIME DRIZZLE	V, GF		●	●						
	FRANKS RED HOT BUFFALO SAUCE	Vg, V, GF, DF									
	GOCHUJANG DRIZZLE	Vg, V, DF	●			●	●				
GREEN HERB DRIZZLE	Vg, V, GF, DF										
SEASONINGS	MAD SPICE	Vg, V, GF, DF									
	PEPPER	Vg, V, GF, DF									
	SALT	Vg, V, GF, DF									
	TUXEDO SESAME SEEDS	Vg, V, GF, DF					●				

SIDES, DESSERTS, JUICES & DRINKS, KIDS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
SIDES	CREAMY WHIPPED FETA DIP	V, GF			•						
	HERB FOCACCIA BREAD	V	•	•	•	•					
	GREEN GODDESS PASTA SALAD	V	•	•	•						
	LOADED MEDITERRANEAN HUMMUS	Vg, V, GF, DF					•				
	LOADED SRIRACHA HUMMUS	Vg, V, GF, DF					•				
	CELERY & CARROT STICKS	Vg, V, GF, DF									
	MAD MAC HALF BOWL	V	•		•						
	OH SNAP DILLY BITES	Vg, V, GF, DF									
STACY'S® PITA CHIPS	Vg, V, DF	•				•					
DESSERTS	SEA SALT CARAMELS	V, GF			•						
	CHEWY MARSHMALLOW BAR	V, GF			•						
	PERUVIAN CHOCOLATE BROWNIE	V	•	•	•	•					
	SALTED CARAMEL COOKIE	V	•	•	•	•					•
	TOFFEE CRUNCH BLONDIE	V	•	•	•	•					•
JUICES	EVOLUTION ORGANIC GREEN DEVOTION JUICE	Vg, V, GF, DF									
	EVOLUTION ORGANIC BERRY BOOST DEFENSE UP	Vg, V, GF, DF									
DRINKS	BOTTLED WATER	Vg, V, GF, DF									
	COKE	Vg, V, GF, DF									
	DIET COKE	Vg, V, GF, DF									
	FRESH BREWED ICED TEA	Vg, V, GF, DF									
	FRESH TEAS AND LEMONADES	Vg, V, GF, DF									
	KIDS APPLE JUICE	Vg, V, GF, DF									
	KIDS MILK	V, GF			•						
	KIDS CHOCOLATE MILK	V, GF			•						
	FOUNTAIN SODA	Vg, V, GF, DF									
	PURE LEAF ZERO SUGAR SWEET TEA	Vg, V, GF, DF									
TOPO CHICO SPARKLING MINERAL WATER	Vg, V, GF, DF										
KIDS	KIDS AWESOME BOX		•	•	•	•					
	THE MINI ME	GF			•						
	MAD MAC MINI BOWL	V	•		•						