



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.

V = VEGAN | VEG =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	ATHENA SALAD	GF			•						
	CRAZY IVAN SALAD		•		•		•				
	DON QUIXOTE SALAD	GF		•	•						
	MAD CAESAR SALAD		•	•	•		•	•			
	PANCHO VILLA SALAD	GF		•	•						
	POMONA SALAD	GF			•						•
	SIAM I AM SALAD	V, VEG, DF	•			•					
	TY COBB SALAD	GF		•	•						
GRAIN BOWLS	BAJA SHRIMP GRAIN BOWL		•	•	•				•		
	BUDDHA BOWL	V, VEG, DF	•			•	•				
	SOUTHWEST BOWL	GF		•	•						
	SPICY BACON BOWL	GF			•						•
	TERIYAKI CHICKEN GRAIN BOWL	DF	•			•					
	TERIYAKI SHRIMP GRAIN BOWL	DF	•			•			•		
	TERIYAKI TOFU GRAIN BOWL	V, VEG, DF	•			•					
WRAPS	ANNIE OAKLEY WRAP		•	•	•						
	CHIPOTLE CAESAR WRAP		•	•	•			•			
	SPICY BACON HEARTY WRAP		•		•						•
	SOUTHWEST HEARTY WRAP		•	•	•						
MAC	BBQ MAC BOWL		•	•	•						
	ELOTE MAC BOWL		•	•	•						
	MAD MAC BOWL	VEG	•	•	•						
CREATE YOUR OWN		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
BASE	KALE	V, VEG, GF, DF									
	MIXED GREENS	V, VEG, GF, DF									
	SPINACH	V, VEG, GF, DF									
	ROMAINE	V, VEG, GF, DF									
	WILD RICE BLEND	V, VEG, GF, DF									
PROTEINS	GRILLED CHICKEN	GF, DF									
	SOUTHWESTERN CHICKEN	GF, DF									
	PIRI-PIRI TOFU	V, VEG, GF, DF				•					
	PIRI-PIRI SHRIMP	GF, DF							•		
	QUINOA	V, VEG, GF, DF									
VEGGIES	CARROTS	V, VEG, GF, DF									
	CELERY	V, VEG, GF, DF									
	CHARRED BROCCOLI	V, VEG, GF, DF									
	CHICKPEAS	V, VEG, GF, DF									
	CUCUMBERS	V, VEG, GF, DF									
	EDAMAME	V, VEG, GF, DF				•					
	GREEN ONIONS	V, VEG, GF, DF									
	KALAMATA OLIVES	V, VEG, GF, DF									
	RED CABBAGE	V, VEG, GF, DF									
	RED ONIONS	V, VEG, GF, DF									
	ROASTED BEETS	V, VEG, GF, DF									
	ROASTED CORN	V, VEG, GF, DF									
	ROASTED RED PEPPERS	V, VEG, GF, DF									
	TOMATOES	V, VEG, GF, DF									

CREATE YOUR OWN		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
FRUITS	APPLES	V, VEG, GF, DF									
	CRAISINS	V, VEG, GF, DF									
	MANGOS	V, VEG, GF, DF									
MADNESS	AVOCADO	V, VEG, GF, DF									
	BACON	GF, DF									
	EGGS	VEG, GF, DF		●							
	HUMMUS - ROASTED GARLIC	V, VEG, GF, DF					●				
	HUMMUS - ROASTED RED PEPPER	V, VEG, GF, DF					●				
	HUMMUS - SPICY AVOCADO	V, VEG, GF, DF									
	MAD SPICE AVOCADO	V, VEG, GF, DF									
CRUNCH	HOUSE-MADE CROUTONS	V, VEG, DF	●				●				
	JALAPENO CRISPS	V, VEG, DF	●								
	PRALINE PECANS	V, VEG, GF, DF									●
	PUMPKIN SEEDS	V, VEG, GF, DF									
	MAD SPICE PUMPKIN SEEDS	V, VEG, GF, DF									
	SUNFLOWER SEEDS	V, VEG, GF, DF									
	TOASTED ALMONDS	V, VEG, GF, DF									●
	WONTONS	V, VEG, DF	●								
CHEESES	BLUE CHEESE	VEG, GF			●						
	CHEDDAR CHEESE	VEG, GF			●						
	COTIJA CHEESE	VEG, GF			●						
	FETA CHEESE	VEG, GF			●						
	GOAT CHEESE	VEG, GF			●						
	JACK CHEESE	VEG, GF			●						
	PARMESAN CHEESE	VEG, GF			●						
	DRESSINGS	BALSAMIC VINAIGRETTE	V, VEG, GF, DF								
BALSAMIC VINEGAR		V, VEG, GF, DF									
BLUE CHEESE DRESSING		VEG, GF		●	●						
CAESAR		GF		●	●			●			
CHIPOTLE CAESAR		GF		●	●			●			
CILANTRO CHILI LIME DRESSING		VEG, GF		●	●						
CITRUS HOISIN		V, VEG, DF	●			●	●				
CREAMY GINGER DRESSING		VEG, GF		●	●						
GINGER SOY		V, VEG, DF	●			●					
HONEY MUSTARD		VEG, GF, DF									
OLIVE OIL		V, VEG, GF, DF									
RANCH		VEG, GF		●	●						
RED WINE VINAIGRETTE		V, VEG, GF, DF									
RED WINE VINEGAR		V, VEG, GF, DF									
ROASTED JALAPENO RANCH		VEG, GF		●	●						
SHERRY MOLASSES VINAIGRETTE		V, VEG, GF, DF									
SRIRACHA ALMOND VINAIGRETTE		VEG, GF, DF									●

SIDES, DESSERTS, JUICES & DRINKS, KIDS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
SIDES	HUMMUS - TRIO W/PITA	VEG	●		●		●				
	HUMMUS - ROASTED GARLIC W/PITA	VEG	●		●		●				
	HUMMUS - ROASTED RED PEPPER W/PITA	VEG	●		●		●				
	MAD MAC HALF BOWL	VEG	●	●	●						
	MARK TWAIN	VEG	●	●	●						
	MULTIGRAIN CHIPS	V, VEG, GF, DF					●				
	SPICY AVOCADO HUMMUS W/PITA	VEG	●		●						
	WARM PITA BREAD	VEG	●		●						
DESSERTS	SEA SALT CARAMELS	VEG, GF			●						
	CHEWY MARSHMALLOW BAR	VEG, GF			●						
	PERUVIAN CHOCOLATE BROWNIE	VEG	●	●	●	●					
	SALTED CARAMEL COOKIE	VEG	●	●	●	●					●
	TOFFEE CRUNCH BLONDIE	VEG	●	●	●	●					●
JUICES	APPLE GREENIE JUICE	V, VEG, GF, DF									
	GREEN DETOX JUICE	V, VEG, GF, DF									
	WAKE UP JUICE	V, VEG, GF, DF									
	PINEAPPLE CITRUS COOLER JUICE	V, VEG, GF, DF									
DRINKS	BOTTLED WATER	V, VEG, GF, DF									
	COKE	V, VEG, GF, DF									
	DIET COKE	V, VEG, GF, DF									
	FRESH BREWED ICED TEA	V, VEG, GF, DF									
	FRESH TEAS AND LEMONADES	V, VEG, GF, DF									
	KIDS APPLE JUICE	V, VEG, GF, DF									
	KIDS MILK	VEG, GF			●						
	KIDS CHOCOLATE MILK	VEG, GF			●						
	FOUNTAIN SODA	V, VEG, GF, DF									
	TOPO CHICO SPARKLING MINERAL WATER	V, VEG, GF, DF									
KIDS	KIDS AWESOME BOX		●	●	●	●					
	THE MINI ME	GF			●						
	MAD MAC MINI BOWL	VEG	●	●	●						