



MAD greens®

SALADS | GRAIN BOWLS | WRAPS | CATERING



SALADS

MAKE ANY SALAD A WRAP!



TY COBB PROTEIN PACKED

Romaine, Southwestern Chicken, Avocado, Bacon, Red Onions, Eggs, Tomatoes with Blue Cheese Dressing

790/810 cal



MAD CAESAR

Romaine, House Grilled Chicken, Parmesan Cheese, Tomatoes, House-Made Croutons with Caesar Dressing

610/630 cal



DON QUIXOTE

Mixed Greens, Southwestern Chicken, Avocado, Mango, Roasted Corn, Jack Cheese with Creamy Ginger Dressing

750/750 cal



ATHENA GREEK SALAD

Romaine, House Grilled Chicken, Tomatoes, Red Onions, Kalamata Olives, Cucumbers, Feta Cheese with NEW Red Wine Vinaigrette

645/665 cal



CRAZY IVAN

Mixed Greens, House Grilled Chicken, Roasted Beets, Pumpkin Seeds, House-Made Croutons, Goat Cheese with Sherry Molasses Vinaigrette

780/790 cal



SIAM I AM VEGAN

Spinach, Kale, Quinoa, Piri-Piri Tofu, Sunflower Seeds, Carrots, Green Onions, Edamame with Ginger Soy Dressing

620/670 cal



POMONA

Mixed Greens, House Grilled Chicken, Apples, Feta Cheese, Craisins, Praline Pecans with Sherry Molasses Vinaigrette

840/850 cal



PANCHO VILLA

Mixed Greens, Southwestern Chicken, Quinoa, Roasted Corn, Avocado, MAD Spice Pumpkin Seeds with Cilantro Chili Lime Dressing

740/750 cal

WARM MAC BOWLS

ELOTE MAC BOWL

White Cheddar Mac and Southwestern Chicken topped with Cotija Cheese, Roasted Corn, Green Onions and Cilantro Chili Lime Dressing Drizzle

880 cal

BBQ MAC BOWL

White Cheddar Mac and House Grilled Chicken topped with Jack Cheese, Jalapeno Crisps, Green Onions and BBQ Sauce Drizzle

730 cal

MAD MAC BOWL

White Cheddar Mac topped with Jack and Cheddar Cheeses Add Bacon or Chicken for \$2/\$2.50 590 cal

\$5 OFF

WELCOME GIFT

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*\$5 off first rewards order of \$10 or more. Limited time only. Check your app for full offer details, terms, and conditions.



WARM GRAIN BOWLS

SOUTHWEST BOWL^{GF}

Wild Rice Blend, Spinach, Southwestern Chicken, Roasted Corn, Avocado, Tomatoes, Cotija Cheese with Cilantro Chili Lime Dressing

990 cal

BUDDHA BOWL VEGAN

Wild Rice Blend, Spinach, Piri-Piri Tofu, Red Onions, Pumpkin Seeds, Edamame, Carrots with Citrus Hoisin Dressing

900 cal

BAJA SHRIMP BOWL

Wild Rice Blend, Spinach, Piri-Piri Shrimp, Avocado, Mango, Cotija Cheese, Pickled Onions, Wonton Strips with Roasted Jalapeño Ranch Dressing

960 cal

SPICY BACON BOWL^{GF}

Wild Rice Blend, Spinach, House Grilled Chicken, Green Onions, Cheddar Cheese, Bacon, MAD Spice with Sriracha Almond Vinaigrette

870 cal

WRAPS

ANNIE OAKLEY

Whole Wheat Tortilla, Romaine, House Grilled Chicken, Avocado, Bacon, Jack Cheese with Ranch Dressing

978 cal

SOUTHWEST WRAP

Spinach Tortilla, Wild Rice Blend, Southwestern Chicken, Spinach, Roasted Corn, Avocado, Tomatoes, Cotija Cheese with Cilantro Chili Lime Dressing

1176 cal

SPICY BACON WRAP

Spinach Tortilla, Wild Rice Blend, House Grilled Chicken, Spinach, Green Onions, Cheddar Cheese, Bacon, MAD Spice with Sriracha Almond Vinaigrette

1056 cal

CHIPOTLE CAESAR

Whole Wheat Tortilla, Romaine, Southwestern Chicken, Tomatoes, Parmesan Cheese with Chipotle Caesar Dressing

768 cal



SIDES & DRINKS

HOUSE-MADE HUMMUS VEG

Roasted Garlic, Spicy Avocado or Roasted Red Pepper

310-720 cal

WARM PITA BREAD VEG

190 cal

MAD MAC HALF BOWL VEG

White Cheddar Mac topped with Cheddar and Jack Cheeses

300 cal

ASSORTED DESSERTS VEG

230-390 cal

FRESH JUICES

Pineapple Citrus Cooler, Apple Greenie, Wake Up or Green Detox

140-230 cal

ICED TEA & FOUNTAIN SODA

0-170 cal

HUMMUS TRIO VEG

With Warm Pita or Carrots/Celery Sticks

490-1040 cal

MARK TWAIN PASTA SALAD VEG

Roasted Red Peppers, Red Onions, Feta Cheese, Cavatappi Pasta, Cucumber and NEW Red Wine Vinaigrette

270 cal

ASSORTED BOTTLED

0-240 cal

PATHWATER

0 cal



KIDS

MAD MAC MINI BOWL VEG

White Cheddar Mac topped with Jack and Cheddar Cheeses + Water or 1% Low Fat Milk 410-480 cal

THE MINI ME

Greens or Grains and 3 Ingredients + Water or 1% Low Fat Milk + Fresh Fruit 360-430 cal

AWESOME BOX

House Grilled Chicken, Cavatappi Pasta, Edamame, Apples, Carrot Sticks, Ranch Dip + Water or 1% Low Fat Milk 620-690 cal

*These items are raw or undercooked or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of foodborne illness.

Additional nutrition or calorie information available upon request or by visiting madgreens.com. Calories listed are for a regular/big size including protein with medium dressing. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

CREATE YOUR OWN

REGULAR SALAD: BIG SALAD: GRAIN BOWL: WRAP:

1 PICK YOUR BASE

Crisp Mixed Greens	15 cal
Baby Spinach Leaves	30 cal
Romaine Hearts	25 cal
Hearty Kale Greens	30 cal
5-Grain Wild Rice Blend	290 cal

2 PICK YOUR PROTEIN

House-Grilled Chicken	100 cal
Roasted Southwest Chicken	140 cal
Piri-Piri Organic Tofu ^{V GF}	90 cal
Cooked Quinoa ^{V GF}	40 cal
Roasted Piri-Piri Shrimp**	80 cal

3 PICK ANY 4 INGREDIENTS (Additional Ingredients .85 unless noted)

VEGGIES

Sweet Roasted Beets	20 cal
Shredded Carrots	10 cal
Celery	0 cal
Chickpeas	40 cal
Fire-Roasted Corn	60 cal
Cucumbers	5 cal
Shelled Edamame	60 cal
Greek Kalamata Olives	90 cal
Green Onions	0 cal
Thinly Sliced Red Onions	15 cal
Fire-Roasted Red Peppers	0 cal
Fresh Grape Tomatoes	10 cal
Pickled Red Onions	10 cal

FRUITS

Granny Smith Apples	20 cal
Sweet Dried Craisins	110 cal
Juicy Mango Chunks	40 cal

MADNESS

Fresh Avocado	100 cal
MAD Spice Avocado	100 cal
Center-Cut Bacon Crumbles	150 cal

CRUNCH

Toasted Almonds	100 cal
House-Made Croutons	100 cal
Spicy Jalapeño Crisps	80 cal
Praline Pecans	160 cal
Raw Shelled Pumpkin Seeds	130 cal
MAD Spice Pumpkin Seeds	130 cal
Crunchy Sunflower Seeds	150 cal
Crispy Wonton Strips	80 cal

CHEESES

Crumbled Blue Cheese	130 cal
Mild Cheddar Cheese	70 cal
Creamy Cotija Cheese	120 cal
Crumbled Feta Cheese	150 cal
Velvety Goat Cheese	80 cal
Monterey Jack Cheese	90 cal
Shaved Parmesan Cheese	90 cal

Cage-Free Hard-Boiled Eggs	70 cal
Roasted Garlic Hummus	165 cal
Roasted Red Pepper	140 cal
Hummus +2.00	170 cal
Spicy Avocado Hummus	

4 PICK YOUR HOMEMADE DRESSING (2 oz serving medium)

VINAIGRETTES

Balsamic Vinaigrette ^{V GF}	360 cal
NEW Red Wine Vinaigrette ^{VEG GF}	300 cal
Sherry Molasses Vinaigrette ^{V GF}	350 cal
Sriracha Almond Vinaigrette ^{VEG GF}	240 cal

LOW FAT

Ginger Soy ^V	120 cal
Honey Mustard ^{VEG GF}	260 cal
Citrus Hoisin ^V	290 cal

CLASSICS

Blue Cheese ^{VEG GF}	290 cal
Caesar ^{GF}	270 cal
Chipotle Caesar ^{GF}	270 cal
Cilantro Chili Lime ^{VEG GF}	260 cal
Creamy Ginger ^{VEG GF}	310 cal
Ranch ^{VEG GF}	270 cal
Roasted Jalapeño Ranch ^{VEG GF}	200 cal

V = Vegan | VEG =Vegetarian | GF = Gluten-Free.

‡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. Prices subject to change.

MAD DELICIOUS

DRESSINGS

MADE FROM SCRATCH