



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			•						
	NEW CAESAR CRUNCH SALAD		•	•	•	•		•			
	DON QUIXOTE SALAD	GF		•	•						
	NEW ORCHARD SALAD		•	•	•	•					•
	PANCHO VILLA SALAD	GF		•	•						
	SIAM I AM SALAD	V, VEG, DF	•			•					
	TY COBB SALAD	GF		•	•						
GRAIN BOWLS	BAJA SHRIMP GRAIN BOWL		•	•	•				•		
	BUDDHA GRAIN BOWL	V, VEG, DF	•			•	•				
	SOUTHWEST GRAIN BOWL	GF		•	•						
	SPICY BACON BOWL	GF			•						•
WRAPS	ANNIE'S CHICKEN CLUB WRAP		•	•	•						
	NEW GREEN MACHINE WRAP	VEG	•	•	•	•					
	NEW PICNIC PESTO WRAP		•		•						
	NEW SPICY STREET CORN 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									
	SOUTHWEST 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									
	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 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
FRUIT	CRAISINS	V, VEG, GF, DF									
	NEW FUJI APPLE	V, VEG, GF, DF									
	MANGOS	V, VEG, GF, DF									
MADNESS	AVOCADO	V, VEG, GF, DF									
	BACON	GF, DF									
	EGGS	VEG, GF, DF		●							
	MAD SPICE AVOCADO	V, VEG, GF, DF									
	NEW ROASTED GARLIC HUMMUS	V, VEG, GF, DF					●				
CRUNCH	NEW CANDIED PECANS	V, VEG, GF, DF									●
	NEW FRITOS CORN CHIPS	V, VEG, GF, DF									
	NEW HOUSE-MADE FOCACCIA CROUTONS	VEG	●	●	●	●					
	JALAPENO CRISPS	V, VEG, DF	●								
	MAD SPICE PUMPKIN SEEDS	V, VEG, GF, DF									
	NEW PARMESAN CRISPS	VEG, GF			●						
	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			●						
	NEW MOZZARELLA PEARLS	VEG, GF			●						
	PARMESAN CHEESE	VEG, GF			●						
DRESSINGS	BALSAMIC VINEGAR	V, VEG, GF, DF									
	NEW BASIL PESTO SAUCE	VEG, GF			●						
	BLUE CHEESE DRESSING	VEG, GF		●	●						
	FRANKS BUFFALO SAUCE	V, VEG, GF, DF									
	CHIPOTLE CAESAR	GF		●	●			●			
	CILANTRO CHILI LIME DRESSING	VEG, GF		●	●						
	CITRUS HOISIN	V, VEG, DF	●			●	●				
	NEW CREAMY CAESAR DRESSING	GF		●	●			●			
	CREAMY GINGER DRESSING	VEG, GF		●	●						
	GINGER SOY	V, VEG, DF	●			●					
	NEW GREEN GODDESS DRESSING	VEG, GF		●	●						
	NEW HONEY BALSAMIC VINAIGRETTE	VEG, GF, 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		●	●						
	SRIRACHA ALMOND VINAIGRETTE	VEG, GF, DF									●
SEASONINGS	MAD SPICE	V, VEG, GF, DF									
	PEPPER	V, VEG, GF, DF									
	SALT	V, VEG, GF, DF									
	NEW TUXEDO SESAME SEEDS	V, VEG, GF, DF					●				

SIDES, DESSERTS, JUICES & DRINKS, KIDS		Lifestyle	Wheat Gluten	Egg	Milk/ Dairy	Soy	Sesame	Fish	Shell- fish	Peanut	Tree Nut
SIDES	NEW CREAMY WHIPPED FETA DIP	VEG, GF			●						
	NEW HERB FOCACCIA BREAD	VEG	●	●	●	●					
	NEW GREEN GODDESS PASTA SALAD	VEG	●	●	●						
	NEW LOADED MEDITERRANEAN HUMMUS	V, VEG, GF, DF					●				
	NEW LOADED SRIRACHA HUMMUS	V, VEG, GF, DF					●				
	CELERY & CARROT STICKS	V, VEG, GF, DF									
	MAD MAC HALF BOWL	VEG	●	●	●						
	MULTIGRAIN CHIPS	V, VEG, GF, DF					●				
DESSERTS	SEA SALT CARAMELS	VEG, GF			●						
	CHEWY MARSHMALLOW BAR	VEG, GF			●						
	PERUVIAN CHOCOLATE BROWNIE	VEG	●	●	●	●					
	SALTED CARAMEL COOKIE	VEG	●	●	●	●					●
	TOFFEE CRUNCH BLONDIE	VEG	●	●	●	●					●
JUICES	NEW EVOLUTION ORGANIC GREEN DEVOTION JUICE	V, VEG, GF, DF									
	NEW EVOLUTION ORGANIC BERRY BOOST DEFENSE UP	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	●	●	●						