



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			•						
	CAESAR CRUNCH SALAD		•	•	•	•		•			
	NEW COWBOY COOKOUT STEAK SALAD		•	•	•						
	NEW MANGOCAGO SALAD (DON QUIXOTE)	GF		•	•						
	ORCHARD SALAD		•	•	•	•					•
	PANCHO VILLA SALAD	GF		•	•						
	SIAM I AM SALAD	V, VEG, DF	•			•					
	TY COBB SALAD	GF		•	•						
WARM BOWLS	ELOTE MAC BOWL		•	•	•						
	NEW HEART & SEOUL STEAK BOWL	DF	•			•	•				
	NEW MADITERRANEAN BOWL		•	•	•		•				
	MAD MAC BOWL	VEG	•	•	•						
	SOUTHWEST GRAIN BOWL	GF		•	•						
	NEW WILD HARVEST	GF			•						
WRAPS	ANNIE'S CHICKEN CLUB WRAP		•	•	•						
	CHIPOTLE CAESAR WRAP										
	NEW COWBOY COOKOUT STEAK WRAP		•	•	•						
	GREEN MACHINE WRAP	VEG	•	•	•	•					
	PICNIC PESTO WRAP		•		•						
	SPICY STREET CORN WRAP		•	•	•						
	NEW STEAK FAJITA WRAP		•	•	•						
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	NEW HERB-GRILLED CHICKEN	GF, DF									
	NEW LEMON HERB-GRILLED ORGANIC TOFU	V, VEG, GF, DF				•					
	NEW LEMON HERB-ROASTED SHRIMP	GF, DF							•		
	SOUTHWEST CHICKEN	GF, DF									
	QUINOA	V, VEG, GF, DF									
	NEW WARM FIRE-GRILLED STEAK TENDERLOIN	GF, DF									
VEGGIES	NEW BLACK BEANS	V, VEG, GF, DF									
	CARROTS	V, VEG, GF, DF									
	CELERY	V, VEG, GF, DF									
	NEW CHARRED BROCCOLI	V, VEG, GF, DF									
	NEW CHARRED RED ONION	V, VEG, GF, DF									
	CHICKPEAS	V, VEG, GF, DF									
	CUCUMBERS	V, VEG, GF, DF									
	EDAMAME	V, VEG, GF, DF				•					
	NEW GREEN CHILES	V, VEG, GF, DF									
	GREEN ONIONS	V, VEG, GF, DF									
	KALAMATA OLIVES	V, VEG, GF, DF									
	NEW RAINBOW SLAW	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									
	NEW ROASTED SWEET POTATOES	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										
	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										
	ROASTED GARLIC HUMMUS	V, VEG, GF, DF						●				
CRUNCH	CANDIED PECANS	VEG, GF				●	●				●	●
	NEW CRISPY ONIONS	V, VEG, DF	●									
	FRITOS CORN CHIPS	V, VEG, GF, DF										
	HOUSE-MADE FOCACCIA CROUTONS	VEG	●	●	●	●						
	MAD SPICE PUMPKIN SEEDS	V, VEG, GF, DF										
	PARMESAN CRISPS	VEG, GF			●							
	PUMPKIN SEEDS	V, VEG, GF, DF										
	NEW STACY'S PITA CHIPS	V, VEG, DF	●					●				
	SUNFLOWER SEEDS	V, VEG, GF, DF										
	WONTONS	V, VEG, DF	●									
CHEESES	BLUE CHEESE	VEG, GF			●							
	COTIJA CHEESE	VEG, GF			●							
	FETA CHEESE	VEG, GF			●							
	GOAT CHEESE	VEG, GF			●							
	MOZZARELLA PEARLS	VEG, GF			●							
	PARMESAN CHEESE	VEG, GF			●							
	NEW WHITE CHEDDAR	VEG, GF			●							
DRESSINGS	BALSAMIC VINEGAR	V, VEG, GF, DF										
	BASIL PESTO SAUCE	VEG, GF			●							
	BLUE CHEESE DRESSING	VEG, GF		●	●							
	CHIPOTLE CAESAR	GF		●	●				●			
	CILANTRO CHILI LIME DRESSING	VEG, GF		●	●							
	CREAMY CAESAR DRESSING	GF		●	●				●			
	CREAMY GINGER DRESSING	VEG, GF		●	●							
	FRANKS RED HOT BUFFALO SAUCE	V, VEG, GF, DF										
	GINGER SOY	V, VEG, DF	●			●						
	GREEN GODDESS DRESSING	VEG, GF		●	●							
	HONEY BALSAMIC VINAIGRETTE	VEG, GF, DF										
	HONEY MUSTARD	VEG, GF, DF										
	NEW LEMON VINAIGRETTE	V, 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										
	NEW SESAME GINGER DRESSING	V, VEG, DF	●					●				
	NEW SMOKY CHIPOTLE RANCH	VEG, GF		●	●							
DRIZZLES	BALSAMIC GLAZE DRIZZLE	V, VEG, GF, DF										
	BBQ DRIZZLE	V, VEG, GF, DF										
	CILANTRO CHILI LIME DRIZZLE	VEG, GF		●	●							
	FRANKS RED HOT BUFFALO SAUCE	V, VEG, GF, DF										
	NEW GREEN HERB DRIZZLE	V, VEG, GF, DF										
	NEW GOCHUJANG DRIZZLE	V, VEG, DF	●			●	●					
SEASONINGS	MAD SPICE	V, VEG, GF, DF										
	PEPPER	V, VEG, GF, DF										
	SALT	V, VEG, GF, DF										
	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	CREAMY WHIPPED FETA DIP	VEG, GF			•						
	HERB FOCACCIA BREAD	VEG	•	•	•	•					
	GREEN GODDESS PASTA SALAD	VEG	•	•	•						
	LOADED MEDITERRANEAN HUMMUS	V, VEG, GF, DF					•				
	LOADED SRIRACHA HUMMUS	V, VEG, GF, DF					•				
	CELERY & CARROT STICKS	V, VEG, GF, DF									
	MAD MAC HALF BOWL	VEG	•	•	•						
	NEW OH SNAP DILLY BITES	V, VEG, GF, DF									
	NEW STACY'S® PITA CHIPS	V, VEG, 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	EVOLUTION ORGANIC GREEN DEVOTION JUICE	V, VEG, GF, DF									
	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									
	NEW PURE LEAF ZERO SUGAR SWEET TEA	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	•	•	•						