CREATE YOUR OWN MONSTER!

WHOLE $15.50 HALF $10.50

1 CHOOSE SALAD BOWL OR WRAP (+ $0.50)

2 PICK YOUR GREENS

Romaine, Spinach, or Romaine & Spinach Blend

3 PICK FOUR TOPPINGS

Roma Tomatoes
Red Peppers
Red Onion
Green Onion
Black Beans
Cucumber
Pepperoncinis
Carrots
Black Olives
Dried Cranberries

CRUNCH
Croutons
Organic Pita Chips
Sunflower Seeds
Organic Corn Chips

CHEESE
Tillamook Cheddar
Feta
Bleu Cheese Crumbles
Parmesan

4 CHOOSE YOUR PROTEIN AND ADD MORE GOOD STUFF

All natural meats, gmo-free veggie proteins and other premium toppings are listed on the reverse side of this menu.

5 PICK YOUR DRESSING

(EXTRA SIDE $2, TAKE HOME A JAR $9)

Our small batch scratch made dressings are made with healthy fats, with no added sugars or artificial preservatives.

Santa Fe Ranch*
Avocado Ranch*
Vegan Ranch
Vegan Santa Fe Ranch
Grandma's Bleu Cheese*
Honey Mustard (Dairy Free)*
Vegan Caesar

Balsamic Vinaigrette
Red Wine Vinaigrette
Keep It Simple
Olive Oil
Red Wine Vinegar
Balsamic Vinegar
Sriracha
Frank's Red Hot Sauce

***Consuming raw or undercooked foods can increase risk of foodborne illness**

MELTS

OUR LARGE FLOUR WRAP STUFFED, FOLDED UP AND GRILLED.

CLASSIC MELT $14

Seasoned & Grilled Red Onion & Red Peppers, Tillamook Cheddar, Black Beans, Organic Corn Chips and a Blend of both Avocado and Santa Fe Ranch Dressings, Stuffed with Your Choice of Meat or Veggie Protein and Grilled Inside an Extra-Large Flour Wrap.

SPICY MELT $14

Seasoned & Grilled Red Peppers, Red Onion & Pepperoncinis, Bleu Cheese Crumbles, Roasted Red Potatoes, Grandma's Bleu Cheese Dressing & Sriracha, Stuffed with Your Choice of Meat or Veggie Protein and Grilled Inside an Extra-Large Flour Wrap.

CHICKEN BACON AVOCADO MELT $15

Chicken, Bacon, Avocado, Tillamook Cheddar, Roma Tomatoes, Red Onion and Avocado Ranch Dressing, Stuffed and Grilled Inside an Extra-Large Flour Wrap.

GARDEN MONSTERS

RAISING THE SALAD BAR



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SE PORTLAND
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www.gardenmonsters.net
Order Online!