

Folded Flats

Enjoy a Folded Flat alone or as part of our Two for You combo! Premium ingredients folded into soft flatbread. (6.49)

In the Club

Roasted turkey breast, bacon, avocado, romaine & Cheddar with ranch.

Angry Bird

Sriracha chicken, bacon, black olives, romaine & Gorgonzola with Sriracha ranch.

More Cowbell

Sirloin steak, tomato, romaine & Gorgonzola with goddess spread.

On Fleek Greek

Chipotle hummus, red pepper, artichoke, black olives, spinach, & fresh mozzarella with Balsamic vinaigrette.

Chicken Caesar

Roasted chicken breast with crisp romaine, tomatoes & Parmesan.

Chipotle BBQ Chicken

Chipotle bbq chicken, roasted corn, black beans, pepper jack & romaine with ranch.

All-Natural Soups

Cup 4.79 | Bowl 5.89

3 SERVED DAILY

Mushroom & Brie Bisque (veg)

Butternut Squash (veg)

Harvest Grain with Mushrooms (v)

Northwoods Chili

Roasted Red Pepper & Gouda Bisque (veg)

Southwest Sweet Potato

Cheesy Garden Vegetable

Shrimp Chowder

Savory Shareables

Warm Herbed Goat Cheese 9.59

Crusted with sliced almonds & dried cranberries, topped with agave nectar. Served with homemade lavasch & warm flatbread.

Hummus 7.29

Smoky chili hummus with warm homemade flatbread & lavasch.

Warm Artichoke Spread 8.99

Artichoke hearts & Parmesan in a creamy garlic base. Served with warm flatbread & lavasch.

Pick Up Stix

Our signature dough is stuffed, rolled & baked then brushed with agave & kosher salt (3.39)

Sassy Sicilian Stix

Sriracha, roasted garlic & Crushed Red Mozzarella Blend.

Jackie Chan Stix

Bacon, Pineapple, sweet & spicy chili paste & Crushed Red Mozzarella Blend.

Cabo Diablo Stix

Roasted corn, black beans, Sriracha, jalepeno straws & pepper jack.

Crave-A-Bowls

EACH ONE is crafted with our POWER BLEND base of shaved brussels sprouts, kale and roasted cauliflower rice. (10.99)

Ensenada Shrimp

Chili dusted shrimp, roasted corn, black beans, red bell pepper and cilantro with smoky chili ranch.

Dixie Chick

Avocado, roasted chicken, mushroom, black olive and red bell pepper with zesty ranch.

Samurai Tuna

Seared rare tuna chunks, red bell pepper, broccoli, cilantro and cucumber with an Asian style dressing.



Crushed Red

Artfully Chopped Craft Salads™

TO GO MENU

TWO for YOU

Pair **two** of the following from the list below: a Folded Flat, a Half Pizza, a Cup of Soup or a Mini Salad (9.79)

FOLDED FLATS

Chicken Caesar

More Cowbell

In The Club

Angry Bird

On Fleek Greek

Chipotle BBQ Chicken

PIZZAS

Mona Lisa

Mushroom Medley

Queen Margherita

Choose any other Hand-Stretched pizza (10.29)

Choose a premium pizza* (10.99)

*Premium Pizzas include: Yukon Gold Steakhouse, Mushroom, Sausage & Pepperoni, Sedona Steak, South Coast Shrimp and Roasted Chicken Gorgonzola

SOUPS

Enjoy a cup of one of our 3 daily soups

SALADS

Health Nut

Chipotle BBQ Chicken

Choose any other Chopped salad (10.29)

Choose a premium salad* (10.99)

*Premium Salads include: Tunapalooza, Emerald Coast, Pesto Shrimp, Play Gloria, Texas Twister and This Pear is on Fire

Just for Kids!

Choose from the options below. Includes fountain drink, tea or milk. (5.59)

Cheese Pizza

Pepperoni Pizza

Turkey, Cheddar & Ranch
Folded Flat with Fruit

Creamy Mac & Cheese with Fruit

Beverages

Sodas & Water

Organic Fresh Brewed Iced Tea **2.49**

Fountain Soda **2.49**

Bottled Water **3.49**

Bottled Soda **3.29**

Beers & Wines

Visit your local Crushed Red for a great selection of local beers and wines!

Selection varies by location.

Visit us online at:
crushed-red.com

Crush it with a franchise! Visit us at:
franchisecrushedred.com



Get Social With Us! @crushedredsalad

Chopped Salads

Cowpoke 9.99 | 7.99

Steak, tomato, onion, Gorgonzola & jalapeño straws with field greens. Goddess dressing.

P Tunapalooza* 11.99 | 8.99

Seared Ahi tuna, green beans, Kalamata olives, hard-boiled egg, tomato, roasted Yukon Gold potatoes & goat cheese with mixed greens. Goddess dressing.

P This Pear is on Fire 11.99 | 8.99

Spiced pears, dried cranberries, bacon, goat cheese, avocado with spinach and house mix. Tossed with habanero honey dressing & topped with candied walnuts.

P Tulsa Twister 11.99 | 8.99

Chili dusted sirloin, fresh jalapeno, roasted corn, black beans, sweet pepper drops, corn cake croutons, jalapeno straws & cheddar. Smoky chili ranch.

Welcome Back Cobber 9.99 | 7.99

Roasted chicken breast, avocado, bacon, egg, Gorgonzola, croutons & tomato with field greens. Goddess dressing.

P Play Gloria! 10.99 | 8.49

Blueberries, strawberries, dried cranberries, candied walnuts & blue cheese with field greens. Cranberry poppyseed.

Chipotle BBQ Chicken 9.99 | 7.99

Chipotle bbq chicken breast, roasted corn, black beans, pepper jack, cilantro, tortilla strips with field greens. Ranch dressing.

Health Nut 7.99 | 6.99

Broccoli, edamame, carrots, almonds, cranberries & chickpeas with spinach & romaine. Raspberry vinaigrette.

P Emerald Coast 11.99 | 8.99

Pesto roasted shrimp, avocado, cucumbers, mushrooms & bacon with field greens. Roasted red pepper vinaigrette.

Farmer's Market 9.99 | 7.99

Roasted turkey breast, goat cheese, sunflower seeds, apples & cranberries with field greens. Honey mustard.

P Pesto Shrimp 11.99 | 8.99

Pesto roasted shrimp, avocado, bacon, sweet Peruvian peppers, & edamame with field greens. Tamarind cashew dressing.

Cyprus 9.49 | 7.29

Chickpeas, Kalamata olives, cucumber, tomato, red onion & feta cheese with field greens. Feta vinaigrette.

*These items may be served raw or undercooked based on your specification, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Craft Your Own Salad or Pizza

Choose your fresh ingredients.

Pizzas include 2 free toppings. Additional standard toppings \$.50.

Premium toppings (pizza and salads) subject to additional charge.

Crushed Red whole grain crust (8.79) Gluten free crust (+1.69)

Salads: Regular (8.99) | Small (7.69)

GREENS

House mix / Romaine / Spinach / Kale

VEGETABLES

Jalapeno
White Mushrooms
Black Olives
Kalamata Olives
Caramelized Onions
Red Onion
Pepperoncini Peppers
Red Bell Peppers
Roasted Corn
Roasted Yukon Potatoes
Tomatoes
Spinach
Broccoli
Carrots
Cilantro
Cucumbers
Sweet Pepper Drops

PREMIUM VEGETABLES

Artichoke Hearts (+1)
Portabellas (+1)
Avocados (+1)

FRUITS

Dried Cranberries
Granny Smith Apples
Fresh Oranges
Pineapple

BEANS

Black Beans
Chickpeas
Edamame
French Green Beans

MEATS | FISH | EGGS

Bacon (+1.5)
BBQ Chicken Breast (+2)
Roasted Chicken Breast (+2)
Roasted Turkey Breast(+2)
All-Natural Pepperoni (+1.5)
Sweet Italian Sausage (+1.5)
Sirloin Steak (+2)
Pesto Roasted Shrimp (+3.75)
Seared Ahi Tuna (+4.75)
Ham (+1.5)
Crumbled Egg

CHEESES

Crushed Red Mozzarella Blend
Fresh Mozzarella
Goat Cheese
Feta
Gorgonzola
Cheddar
Parmesan
Pepper Jack

CRUNCH

Almonds
Candied Walnuts
Croutons
Jalapeno Straws
Sunflower Seeds
Tortilla Strips
Corn Cake Croutons

DRESSINGS

Goddess
Ranch
Honey Mustard
Raspberry Vinaigrette
Balsamic Vinaigrette
Roasted Pepper Vinaigrette
Caesar
Chipotle Ranch
Habanero Honey
Feta Vinaigrette
Tamarind Cashew
Cranberry Poppyseed
Smoky Chili Ranch
Asian Samurai

SAUCES

Crushed Red Organic Tomato Sauce
Ancho Chili Cream
Tomato Parmesan Cream
Basil Pesto
Parmesan Cream
EVO Roasted Garlic
Chipotle BBQ

Hand-Stretched Pizzas

Mona Lisa 8.79

Extra virgin olive oil & roasted garlic, Kalamata olives, spinach, feta, goat cheese & Crushed Red mozzarella blend.

P Roasted Chicken Gorgonzola 9.99

Parmesan cream, roasted chicken breast, spinach, Gorgonzola, onion & tomato.

Queen Margherita 8.79

Basil pesto, fresh mozzarella, & tomato with fresh basil.

Fire Roasted Veggie 8.99

Crushed Red organic tomato sauce, artichokes, portabellas, onion, tomato, red pepper, black olive & Crushed Red mozzarella blend with fresh rosemary.

P Yukon Gold Steakhouse 9.99

Parmesan cream, steak, bacon, Yukon potato, onion, Gorgonzola & Crushed Red mozzarella blend with fresh rosemary.

Five Cheese 8.99

Extra virgin olive oil & garlic, goat cheese, feta, Gorgonzola, Parmesan & Crushed Red mozzarella blend with fresh basil.

P Mushroom, Pepperoni & Sausage 9.99

Crushed Red organic tomato sauce, mushroom, pepperoni, sausage & Crushed Red mozzarella blend.

South Coast Shrimp 9.99

Tomato Parmesan cream, pesto shrimp, bacon, roasted corn, tomato, & CR mozzarella cheese blend with crushed red pepper.

Chipotle BBQ Chicken 8.99

Chipotle bbq chicken breast, black beans, roasted corn, caramelized onion & pepperjack with fresh cilantro.

Northwoods Chili 8.99

Old fashion chili with peppers, cheddar, red onion & crispy tortilla strips.

Mushroom Medley 8.79

Parmesan cream, portabella & white mushrooms, Crushed Red mozzarella blend & goat cheese with fresh rosemary.

Big Island 8.99

Crushed Red organic tomato sauce, pineapple, ham, caramelized onion, & Crushed Red mozzarella cheese blend with fresh cilantro.

P Sedona Steak 9.99

Ancho chili cream, savory chili dusted steak, Peruvian sweet peppers & CR mozzarella blend with fresh rosemary.

Order a side of piping hot flatbread for only 1.99

P = Premium Menu Item