

Folded Flats

Enjoy a Folded Flat alone or as part of our Two for You combo! Premium ingredients folded into soft flatbread. **6.79**

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 4.99 | Bowl 6.19
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

Crave-A-Bowls

EACH ONE is crafted with our POWER BLEND base of shaved Brussels sprouts, kale & roasted cauliflower rice. 11.59

Ensenada Shrimp

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

Dixie Chick

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

Samurai Tuna

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

Savory Shareables

Try one of these delicious Savory Shareables.

Warm Herbed Goat Cheese 9.99

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

Hummus 7.69

Smoky chili hummus with warm homemade flatbread & lavasch.

Warm Artichoke Spread 9.49

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 **4.29**

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, jalapeno straws & pepper jack.

Beverages

Sodas & Water

Organic Fresh Brewed

Iced Tea **2.59**

Fountain soda **2.59**

Bottled Water **3.69**

Bottled Soda **3.49**

Beers & Wines

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

Selection varies by location.

Just for Kids!

Choose from the options below. Includes fountain drink, tea or milk. **5.89**

Cheese Pizza

Pepperoni Pizza

Turkey, Cheddar & Ranch

Folded Flat with Fruit

Creamy Mac & Cheese with Fruit

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 **(10.29)**

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 10.79

Choose a premium pizza* 11.59

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

SOUPS

Enjoy a cup of one of our 3 daily soups.

SALADS

Hail Caesar

South of the Border

Health Nut

Choose any other Urban Crafted salad 10.79

Choose a premium salad* 11.59

*Premium Salads include:
Tunapalooza; Pesto Shrimp;
Emerald Coast; Play Gloria; Tulsa
Twister & This Pear is on Fire

Download the Crushed Red App! Easy ordering and rewards.



Crushed Red

Artfully Chopped Craft Salads™

TO GO MENU

Visit us online at:
crushed-red.com



Get Social With Us! @crushedredsalad

Chopped Salads

Cowpoke 10.49 | 8.39

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

P Tunapalooza* 12.59 | 9.49

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 12.59 | 9.49

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 12.59 | 9.49

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

Welcome Back Cobber 10.49 | 8.39

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

P Play Gloria! 11.59 | 8.99

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

Chipotle BBQ Chicken 10.49 | 8.39

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

Health Nut 8.39 | 7.39

Broccoli, edamame, carrots, almonds, cranberries & chickpeas with spinach & romaine. Cranberry poppyseed.

P Emerald Coast 12.59 | 9.49

Pesto roasted shrimp, avocado, cucumbers, mushrooms & bacon with field greens. Balsamic vinaigrette.

Farmer's Market 10.49 | 8.39

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

P Pesto Shrimp 12.59 | 9.49

Pesto roasted shrimp, avocado, bacon, sweet Peruvian peppers, & edamame with field greens. Feta vinaigrette.

Cyprus 9.99 | 7.69

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 \$.59. Premium toppings (pizza and salads) subject to additional charge.

Crushed Red whole grain crust (9.29) Gluten free crust (+1.89)
Salads: Regular (9.69) | Small (8.59)

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 (+1.59)
 BBQ Chicken Breast (+2.19)
 Roasted Chicken Breast(+2.19)
 Roasted Turkey Breast(+2.19)
 All-Natural Pepperoni (+1.59)
 Sweet Italian Sausage (+1.59)
 Sirloin Steak (+2.19)
 Pesto Roasted Shrimp (+3.99)
 Seared Ahi Tuna (+4.99)
 Ham (+1.59)
 Crumbled Egg

CHEESES

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

CRUNCH

Almonds
 Candied Walnuts
 Croutons
 Jalapeño 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

REGULAR 14-INCH

Mona Lisa

9.29 | 15.79

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

P Roasted Chicken Gorgonzola

10.49 | 16.79

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

Queen Margherita

9.29 | 15.79

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

Fire Roasted Veggie

9.49 | 15.79

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

P Yukon Gold Steakhouse

10.49 | 16.79

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

Five Cheese

9.49 | 15.79

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

P Mushroom, Pepperoni & Sausage

10.49 | 16.79

Crushed Red organic tomato sauce, mushroom, pepperoni, sausage & Crushed Red Mozzarella Blend.

South Coast Shrimp

10.49 | 16.79

Tomato Parmesan cream, pesto shrimp, bacon, roasted corn, tomato, & Crushed Red Mozzarella Blend with crushed red pepper.

Chipotle BBQ Chicken

9.49 | 15.79

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

Mushroom Medley

9.29 | 15.79

Parmesan cream, portabella & white mushrooms, Crushed Red Mozzarella Blend & goat cheese with fresh rosemary.

Big Island

9.49 | 15.79

Crushed Red organic tomato sauce, pineapple, ham, caramelized onion, & Crushed Red Mozzarella Blend with fresh cilantro.

Order a side of piping hot flatbread for only 2.19.

P =Premium Menu Item