

## Folded Flats

Enjoy a Folded Flat alone or as part of our Two for You combo! Premium ingredients folded into soft flatbread. **6.99**

### 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 romaine & kale. **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.

## 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 7.89

Smoky chili hummus with warm homemade flatbread & lavasch.

### Warm Artichoke Spread 9.69

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 **4.39**

### 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.

## Beverages

### Sodas & Water

Organic Fresh Brewed

Iced Tea **2.59**

Fountain soda **2.59**

Bottled Water **3.79**

Bottled Soda **3.59**

### 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. **5.99**

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 **10.59**

### 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 10.99**

**Choose a premium pizza\* 11.89**

\*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 10.99**

**Choose a premium salad\* 11.89**

\*Premium Salads include: 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](http://crushed-red.com)



Get Social With Us! @crushedredsalad

## Chopped Salads

### Cowpoke 10.79 | 8.59

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

### **P** This Pear is on Fire 12.89 | 9.79

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

### **P** Tulsa Twister 12.89 | 9.79

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

### Welcome Back Cobber 10.79 | 8.59

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

### **P** Play Gloria! 11.89 | 9.19

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

### Chipotle BBQ Chicken 10.79 | 8.59

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

### Health Nut 8.59 | 7.59

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

### **P** Emerald Coast 12.89 | 9.79

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

### Farmer's Market 10.79 | 8.59

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

### **P** Pesto Shrimp 12.89 | 9.79

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

### Cyprus 9.99 | 7.89

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 (9.59) Gluten free crust (+2.29)**  
**Salads: Regular (9.89) | Small (8.79)**

#### 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  
Pineapple

#### BEANS

Black Beans  
Chickpeas  
Edamame

#### MEATS | FISH | EGGS

Bacon (+1.69)  
BBQ Chicken Breast (+2.29)  
Roasted Chicken Breast(+2.29)  
Roasted Turkey Breast(+2.29)  
All-Natural Pepperoni (+1.69)  
Sweet Italian Sausage (+1.69)  
Sirloin Steak (+2.29)  
Pesto Roasted Shrimp (+3.99)  
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  
Balsamic Vinaigrette  
Caesar  
Low Fat Chipotle Ranch  
Jalapeno Honey  
Feta Vinaigrette  
Cranberry Poppyseed  
Smoky Chili Ranch  
Asian Samurai

#### SAUCES

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

## Hand-Stretched Pizzas

REGULAR 14-INCH

### Mona Lisa

9.59 | 16.19

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

### **P** Roasted Chicken Gorgonzola

10.79 | 17.29

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

### Queen Margherita

9.59 | 16.19

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

### Fire Roasted Veggie

9.79 | 16.19

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

### **P** Yukon Gold Steakhouse

10.79 | 17.29

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

### Five Cheese

9.79 | 16.19

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

### **P** Mushroom, Pepperoni & Sausage

10.79 | 17.29

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

### South Coast Shrimp

10.79 | 17.29

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

### Chipotle BBQ Chicken

9.79 | 16.19

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

### Mushroom Medley

9.59 | 16.19

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

**Order a side of piping hot flatbread for only 2.29.**

**P** =Premium Menu Item