

Folded Flats

Enjoy a Folded Flat alone or as part of our Two for You combo! Premium ingredients folded into soft flatbread. **8.49**

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 5.99 | Bowl 7.49

3 SERVED DAILY

Mushroom & Brie Bisque (veg)

Butternut Squash (veg)

GF Northwoods Chili

Roasted Red Pepper & Gouda Bisque (veg)

GF Baja Chicken Enchilada

GF Loaded Potato with Bacon

Shrimp Chowder

Southwest Black Bean (vegan)

Crave-A-Bowls

EACH ONE is crafted with our **POWER BLEND** base of shaved brussels sprouts, kale and roasted cauliflower rice. **14.29**

GF Ensenada Shrimp

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

GF Dixie Chick

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

GF Samurai Tuna

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

Savory Shareables

Try one of these delicious Savory Shareables.

Warm Herbed Goat Cheese 11.79

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

Hummus 9.99

Smoky chili hummus with warm homemade flatbread & lavasch.

Warm Artichoke Spread 10.99

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

Just for Kids!

Choose from the options below. Includes fountain drink, tea or milk. **6.99**

Cheese Pizza

Pepperoni Pizza

Turkey, Cheddar & Ranch

Folded Flat with Fruit

Creamy Mac & Cheese with Fruit

Pick Up Stix

Our signature dough is stuffed, rolled & baked then brushed with agave & kosher salt **5.79**

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, jalapeño straws & pepper jack.

Beverages

Sodas & Water

Organic Fresh Brewed

Iced Tea **3.09**

Fountain soda **3.09**

Bottled Water **4.39**

Bottled Soda **4.29**

Beers & Wines

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

Selection varies by location.



TO GO MENU

Visit us online at:
crushed-red.com



Get Social With Us! @crushedredsalad

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 **12.79**

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 13.29

Choose a premium pizza* 14.29

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

SOUPS

Enjoy a cup of one of our 3 daily soups.

SALADS

Health Nut
Chipotle BBQ Chicken

Choose any other Urban Crafted salad **13.29**

Choose a premium salad* **14.29**

*Premium Salads include:
Pesto Shrimp; Emerald Coast;
Tunapalooza; Play Gloria;
Tulsa Twister

Download the Crushed Red App!
Easy ordering and rewards.



Chopped Salads

Cowpoke 12.79 | 10.79

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

P This Pear is on Fire 14.79 | 11.79

GF 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 14.79 | 11.79

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

P Tunapalooza* 14.79 | 11.79

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

Welcome Back Cobber 12.79 | 10.79

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

P Play Gloria! 13.79 | 10.79

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

GF Chipotle BBQ Chicken 12.79 | 10.79

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

GF Health Nut 10.79 | 9.79

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

P Emerald Coast 14.79 | 11.79

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

GF Farmer's Market 12.79 | 10.79

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

P Pesto Shrimp 14.79 | 11.79

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

GF Cyprus 12.79 | 10.79

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

GF Chicken Salad-Salad 12.79 | 10.79

Crushed Red Signature Blueberry Apple Chicken Salad on a bed of field greens with sweet Peruvian peppers, Granny Smith apples & dried cranberries. Smoky Chili Ranch Dressing.

* 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 \$**.99**.

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

Crushed Red whole grain crust (11.79) Gluten free crust (+3.49)
Salads: Regular (11.79) | Small (10.79)

GREENS

House Mix / Romaine / Spinach / Kale

VEGETABLES

Jalapeño
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 (+1.79)
Portabellas (+1.79)
Avocados (+1.79)

FRUITS

Dried Cranberries
Granny Smith Apples
Pineapple

BEANS

Black Beans
Chickpeas
Edamame
French Green Beans

MEATS | FISH | EGGS

Bacon (+2.19)
BBQ Chicken (+2.99)
Roasted Chicken (+2.99)
Roasted Turkey Breast (+2.99)
All-Natural Pepperoni (+2.19)
Ham (+2.19)
Sweet Italian Sausage (+2.19)
Sirloin Steak (+2.99)
Seared Ahi Tuna (+5.99)
Pesto Roasted Shrimp (+4.99)
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
Balsamic Vinaigrette
Caesar
Low Fat Chipotle Ranch
Jalapeño 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

Order a side of piping hot flatbread for only 2.99.

P =Premium Menu Item

GF =Gluten Free Menu Item

Hand-Stretched Pizzas

REGULAR 14-INCH

Mona Lisa

11.79 | 19.39

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

P Roasted Chicken Gorgonzola

12.79 | 20.39

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

Queen Margherita

11.79 | 19.39

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

Fire Roasted Veggie

11.79 | 19.39

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

P Yukon Gold Steakhouse

12.79 | 20.39

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

Five Cheese

11.79 | 19.39

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

P Mushroom, Pepperoni & Sausage

12.79 | 20.39

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

P South Coast Shrimp

12.79 | 20.39

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

Chipotle BBQ Chicken

11.79 | 19.39

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

Big Island

11.79 | 19.39

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

Mushroom Medley

11.79 | 19.39

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