

## Folded Flats

Enjoy a Folded Flat alone or as part of our Two for You combo! Premium ingredients folded into soft flatbread. **9.99**

### In the Club

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

### Angry Bird

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

### 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 hummus.

## All-Natural Soups

Cup 7.29 | Bowl 8.79

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)

## Oven Baked Sandwiches

All sandwiches served on a house baked roll & served with potato chips.

**Bread Pitt Fan Club 12.99**

Sliced turkey breast, bacon, avocado, Cheddar, shredded romaine & avocado-citrus ranch.

**Fowl Play 12.99**

Sliced chicken breast, jalapeño honey, pepperjack, shredded romaine, tomato & crispy jalapeño straws.

**Iconic BLT & A 12.99**

Avocado, bacon, Roma tomato, shredded romaine & avocado-citrus ranch.

**Crazy Caprese 11.99**

Fresh mozzarella, basil pesto, avocado, Roma tomato, red onion, spinach & balsamic glaze. **Add Chicken +3.89.**

## Savory Shareables

Try one of these delicious Savory Shareables.

**Warm Herbed Goat Cheese 13.29**

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

**Hummus 11.39**

Chipotle hummus served with warm flatbread & lavasch.

**Warm Artichoke Spread 12.49**

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 **6.69**

### 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 **3.69**

Fountain soda **3.69**

Bottled Water **4.99**

Bottled Soda **4.99**

### 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, juice or milk. **7.69**

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 Half Sandwich, a Cup of Soup or a Mini Salad. **14.39**

### 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 15.39**  
**Choose a premium pizza\* 16.59**  
\*Premium Pizzas include: Yukon Gold Steakhouse; Mushroom, Pepperoni & Sausage; 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 15.39**  
**Choose a premium salad\* 16.59**  
\*Premium Salads include: Pesto Shrimp; Emerald Coast; Tunapalooza; Play Gloria; Tulsa Twister & This Pear is on Fire

### SANDWICHES

**Choose an Urban Crafted sandwich 15.39**  
Iconic BLT & A  
Crazy Caprese  
**Choose a premium sandwich 16.59**  
Bread Pitt Fan Club  
Fowl Play  
Crazy Caprese w/Chicken



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**Crushed Red**  
Artfully Chopped Craft Salads™

TO GO MENU

Visit us online at:  
**crushed-red.com**

## Chopped Salads

### Cowpoke 14.39 | 12.29

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

### **P** This Pear is on Fire 16.59 | 13.29

**GF** Spiced pears, dried cranberries, candied walnuts, bacon, goat cheese & avocado with spinach & field greens. Jalapeño Honey dressing.

### **P** Tulsa Twister 16.59 | 13.29

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

### **P** Tunapalooza\* 16.59 | 13.29

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

### Welcome Back Cobber 14.39 | 12.29

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

### **P** Play Gloria! 15.39 | 12.29

**GF** Blueberries, strawberries, dried cranberries, candied walnuts & Gorgonzola with field greens. Cranberry poppyseed.

### **GF** Chipotle BBQ Chicken 14.39 | 12.29

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

### **GF** Health Nut 12.29 | 10.99

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

### **P** Emerald Coast 16.59 | 13.29

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

### **GF** Farmer's Market 14.39 | 12.29

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

### **P** Pesto Shrimp 16.59 | 13.29

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

### **GF** Cyprus 14.39 | 12.29

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

### **GF** Chicken Salad-Salad 14.39 | 12.29

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

### Hail Caesar 12.29 | 10.99

Parmesan cheese & croutons with crisp romaine. Caesar dressing.

### **GF** South of the Border 13.29 | 10.99

Avocado, tomato, roasted corn, Cheddar cheese, & tortilla strips with field greens. Lowfat Chipotle Ranch.

\* 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 **\$1.39**.

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

**Crushed Red whole grain crust (13.29) Gluten free crust (+4.49)**  
**Salads: Regular (13.29) | Small (12.29)**

#### 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 (+2.29)  
 Portabellas (+2.29)  
 Avocados (+2.29)

#### FRUITS

Dried Cranberries  
 Granny Smith Apples  
 Pineapple

#### BEANS

Black Beans  
 Chickpeas  
 Edamame  
 French Green Beans

#### MEATS | FISH | EGGS

Bacon (+2.89)  
 BBQ Chicken (+3.89)  
 Roasted Chicken (+3.89)  
 Roasted Turkey Breast (+3.89)  
 All-Natural Pepperoni (+2.89)  
 Ham (+2.89)  
 Sweet Italian Sausage (+2.89)  
 Sirloin Steak (+3.89)  
 Seared Ahi Tuna (+7.69)  
 Pesto Roasted Shrimp (+6.69)  
 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

## Hand-Stretched Pizzas

REGULAR 14-INCH

### Mona Lisa

13.29 | 21.99

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

### **P** Roasted Chicken Gorgonzola

14.39 | 23.29

Parmesan cream, roasted chicken, spinach, Gorgonzola, onion, tomato & Crushed Red mozzarella blend.

### Queen Margherita

13.29 | 21.99

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

### Fire Roasted Veggie

13.29 | 21.99

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

### **P** Yukon Gold Steakhouse

14.39 | 23.29

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

### Five Cheese

13.29 | 21.99

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

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

14.39 | 23.29

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

### **P** South Coast Shrimp

14.39 | 23.29

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

### Chipotle BBQ Chicken

13.29 | 21.99

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

### Big Island

13.29 | 21.99

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

### Mushroom Medley

13.29 | 21.99

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

**Order a side of piping hot flatbread for only 3.89.**

**P** =Premium Menu Item

**GF** =Gluten Free Menu Item