

Folded Flats

Premium ingredients folded into soft flatbread. Served with a bag of chips **9.99**

Make it gluten free for **1.00** more.

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 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

Make it gluten free for **2.99**

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.

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 served w/Fruit

Creamy Mac & Cheese
served w/Fruit

Salad with Romaine, Cheddar,
Croutons & Ranch served w/Fruit

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.

Hot Honey Pepperoni Stix

Pepperoni, Crushed Red Mozzarella Blend & Mike's Hot Honey.

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.



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 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.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. Tuscan vinaigrette.

GF Cyprus 14.39 | 12.29

Chickpeas, Kalamata olives, cucumber, tomato, red onion & feta cheese with field greens. Tuscan 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 10.49 | 9.49

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.

GF The Lou 14.39 | 12.29

House mix with pepperoni, artichoke hearts, black olives, chickpeas, red onions and pepperoncini. Tossed with Crushed Red Mozzarella Blend & Tuscan 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 1.39.

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

Crushed Red whole grain crust (13.29) | 14-Inch (21.99)

Gluten free crust regular (+2.99) | 14-Inch (+4.99)

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
Tuscan Vinaigrette
Cranberry Poppyseed
Smoky Chili Ranch

SAUCES

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

Hand-Stretched Pizzas

Make a regular pizza gluten free for 2.99 | 14-inch for 4.99 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

V =Vegan Menu Item