

## Sack Lunch Hoagies

### Lunch Box

pepperoni, salami, provolone, romaine, pepperoncini peppers, black olives, red wine vinaigrette 9.5

### Teacher's Pet

chicken, bacon, provolone, red onion, bell pepper, jalapenos, greek dressing 10.5

### Pastrami Collab.

pastrami smoked by \*Spark, \*Red Rocket whole grain mustard, provolone, romaine, red onion, pickle 10.5

### Hippy Love

hummus, provolone, artichoke hearts, red onion, bell pepper, romaine, cucumber, black olive, greek dressing (🌱 FYH Provolone) 10.5

### The A/V Club

turkey, bacon, provolone, lettuce, bell peppers, avocado mash, mayonnaise 10

### Lil' Turkey

For the kiddos! ½ hoagie, turkey, provolone, romaine, choice of side 7.5

### Hummus Roll-Up

Hummus, Turkey, Cucumber, Artichoke, Bell Peppers, Feta, Dilly Beans 12

## Sides

bag of chips (🌱 Sea Salt)... 3

🌱 GF big ol' pickle... 3

🌱 GF Pickled Vegetables... 4

🌱 GF Fruit cup... 6

🌱 GF Black Beans & Corn... 5

## Smoothies

### Gym Class 🌱 GF

spinach, blueberry, blackberry, black currant, apple... 9

### Ginger Berry 🌱 GF

strawberry, blueberry, blackberry, raspberry, apple, ginger... 9

### Summer Vacation 🌱 GF

mango, pineapple, banana, apple, coconut... 9

## Acai Bowls

### Old School 🌱 GF

Acai, strawberries, blueberries, bananas, agave, granola, chia seeds... 10.5

### Spring Break 🌱 GF

Acai, pineapple, blueberries, bananas, agave, granola, coconut, chia seeds... 10.5

### PB&J 🌱 GF

Acai, strawberries, blueberries, granola, peanut butter and agave drizzle, chia seeds... 10.5

## Sweet Treats

### Ice Cream and Fruit Salad...9

*(Banana Split)*

Vanilla Ice Cream, Banana, Pineapple, Strawberry, Chocolate and Caramel sauce, Whipped Cream

### Ice Cream Scoop...4

Single Scoop Vanilla with Chocolate or Caramel Syrup

Lori Lynn's Cookies.. 5 🌱 GF Brownies.. 4

# Ivywild Menu



## 11am-8pm

719-368-6117

[www.saladorbust.com](http://www.saladorbust.com)

[saladorbust@gmail.com](mailto:saladorbust@gmail.com)

[instagram.com/saladorbust](https://www.instagram.com/saladorbust)

[facebook.com/saladorbust](https://www.facebook.com/saladorbust)

## Not Salad

### Charcuterie

salami, pepperoni, calabrese, variety of cheese, artichoke hearts, pickled vegetables, fruit, dolmades, greek olives, naan, Red Rocket whole grain mustard... 19.5

### Smoked Salmon Plate

honey smoked salmon, capers, egg, cucumber, cream cheese, red onion, pickled vegetables, artichoke hearts, crackers... 23

### Hummus Plate

seasoned hummus, bell peppers, cucumbers, tomatoes, corn chips, naan (GF no naan)... 10


### Chips & Queso

corn chips, chili con queso... 9.5

### Dolmades GF


rice, mint and lemon wrapped in grape leaves... 6

### Frito\* Pie GF

just like you get at the game but a little tastier! Fritos, chili, cheddar, romaine, red onion, jalapeno ( FYH cheddar)... 7.5

### Chili GF/ Soup

red chili with cheddar

( FYH cheddar) and red onion / Soup du jour... 6 cup/8 bowl

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

## Salads


Add:

Seasoned Tofu... 3

Chicken... 4

Smoked Salmon... 7

### Mediterranean GF

heritage lettuce blend, spinach, artichoke hearts, quinoa, tomatoes, Greek olives, bell peppers, feta, dolmade, Greek dressing ( FYH Provolone)... 15.5


### Antipasto

romaine, salami, pepperoni, mozzarella balls, artichoke hearts, pepperoncinis, tomatoes, crouton, black olives, red wine vinaigrette... 16

### Spinach

spinach, bacon, blue cheese crumbles, red onion, beets, baby corn, quinoa, blueberries, seed blend, naan, red wine vinaigrette... 16

### Taco GF

romaine, cheddar, roasted corn and black-bean relish, bell peppers, red onions, jalapenos, tomatoes, black olives, avocado mash, salsa and ranch dressing ( no ranch, FYH cheddar)... 16

### Caprese

heritage lettuce mozzarella balls and cherry tomatoes skewered and served with pesto and balsamic drizzle... 7

### Seasonal Salad


ask about our seasonal specials!

## Salads Cont'd

### Chef

romaine, cheddar jack, hard boiled egg, cucumber, baby corn, tomatoes, turkey, bacon, croutons and ranch dressing... 16.5


### Veggie

heritage lettuce blend, spinach, quinoa, artichoke hearts, tomatoes, beets, bell peppers, pickled vegetables, Greek olives, naan, with choice of cheese / dressing ( FYH Cheese option)... 16.5

### Salmon Zing

heritage lettuce blend, salmon, feta, seed blend, cucumber, tomatoes, red onions, capers, pickled vegetables, \*Red Rocket Lemon Mustard Zing Vinaigrette... 21

### Garden Salad GF


heritage lettuce blend, bell peppers, red onions, cucumbers, tomatoes, cheddar / dressing ( FYH cheddar) Side 8 / Entree 13.5

### Build Your own

includes: 2 greens, 1 cheese, 4 veggies / fruit, 1 protein (add a bit more for a bit more)... 16.5



indicates vegan menu item / option

GF=Gluten Free and menu adjustment for dietary need  
\*Our  bread has only vegan ingredients, however it is made in a facility where eggs and dairy are used