

THE
Southern
SALAD



★ CRAFT & CUSTOMIZE ★
YOUR CATERING

SALAD BAR

\$10/GUEST + TAX

MIN 10 GUESTS | ALL SERVED WITH JALAPEÑO-CHEDDAR CORNBREAD

local (mostly)
organic
vegan
eco-friendly

1 CHOOSE YOUR BASE Up to 2

red leaf (21 cal) buttercrunch (25 cal) tuscan kale (65 cal) TSS mix (red leaf, kale & buttercrunch) (10-15 cal)
organic brown rice (189 cal) quinoa (222-240 cal) Cilantro-Lime rice (200 cal)

*All lettuce is sourced from our clean greens farms hydroponic greenhouse, which is professionally and responsibly managed by The Hancock Farm.

2 TOP IT Choose up to 4 (extra \$.50) Our vegetables are sourced locally when in season. Check your in-store local list for the most up-to-date lineup of farms and seasonal ingredients.

VEGETABLES/LEGUMES

cherry tomato (7 cal)
cucumber (5 cal)
red onion (5 cal)
pickled red onion (15 cal)
green beans (9 cal)
roasted pepper (13 cal)
olives (35 cal)
marinated artichokes (30 cal)

roasted beets (30 cal)
chickpeas (92 cal)
raw corn (35 cal)
butternut squash (20 cal)
roasted brussel sprouts (11 cal)
marinated egg plant (12 cal)
roasted broccoli (15-20 cal)

FRUIT

pickled watermelon rind (12 cal)
grapes (16 cal)
watermelon (12 cal)
green apples (15 cal)
strawberry (12 cal)
BREAD
cornbread croutons * (90 cal)
tortilla chips * (78 cal)

HERB

basil
dill
mint
cilantro
lemon lime zest

OTHER

chia, hemp & flax seed blend

3 PREMIUM Pick 2 (extra \$2) We recommend one cheese & two proteins, but that's your call!

CHEESE

parmesan (88 cal)
feta (75 cal)
cheddar (110 cal)
blue cheese (100 cal)
goat cheese (103 cal)

PROTEINS

roasted chicken (142 cal)
bacon (100 cal)
citrus marinade
beaufort shrimp (120 cal)
pulled pork (200 cal)
tri tip beef (300 cal) \$2 per person

smoked salmon (75 cal)
\$2 per person

hard-boiled eggs (78 cal)

NUTS

roasted almonds (85 cal)
raw pecans (90 cal)
sunflower seeds (75 cal)

OTHER

avocado (161 cal)
hummus ^V (75 cal)

4 DRESS IT UP Choose 2 Additional dressings \$8 (12 oz. bottle)

strawberry balsamic
vinaigrette ^V (175 cal)
bbq ranch (274 cal)
vidalia onion honey
mustard (225 cal)
vegan caesar ^V (190 cal)

chipotle vinaigrette ^V (95 cal)
sweet tea + basil vinaigrette ^V (126 cal)
lemon + thyme vinaigrette ^V (120 cal)
citrus + mint vinaigrette ^V (120 cal)

agave + apple cider
vinaigrette ^V (109 cal)
vegan cilantro + lime ^V (190 cal)
oil + vinegar ^V
fresh squeeze of lime or lemon ^V

DRINKS

bottled water \$2 ea
sweet tea \$10/gallon
pellegrino \$2 ea
organic sweet tea \$20/gallon
organic lemonade \$20/gallon

DESSERT

power balls ^V \$1.5 ea
lemon-coconut, peanut butter,
walnut-chocolate
chocolate chip cookie ^V \$3 ea
peanut butter ^V \$3 ea
oatmeal raisin ^V \$3 ea

* = contains gluten ^V = vegan

ALL COMES WITH A \$25 DELIVERY CHARGE.

SIGNATURE CREATION BOXED LUNCH

PRICE DIFFERS PER BOWL | ALL DRESSINGS COME ON THE SIDE |
MINIMUM 10 GUESTS | SERVED WITH JALAPEÑO CHEDDAR CORNBREAD.

SALADS - \$10 boxed per person | 10 person minimum

TSS

TSS blend | raw peacans | goat cheese | watermelon |
cornbread croutons | pickled watermelon rind + sweet
tea | basil vinaigrette

BARTOW CAESAR

tuscan kale | bibb | cherry tomato | sunflower seeds |
vegan caesar dressing

THE AUSTIN COBB

TSS blend | cherry tomatoes | raw corn | red onion |
shredded cheddar | crispy tortillas | avocado | lime +
chipotle vinaigrette

GRAIN BOWLS - \$10 boxed per person | 10 person minimum

TRIPLE B

quinoa | roasted brussels + butternut squash | granny
smith apple | avocado | bacon | sunflower seeds +
bbq ranch

THE ASHEVILLE

organic brown rice | roasted beets | tuscan kale | marinated
eggplant | scoop of hummus + splash of oil & vinegar

MEDITERRANEAN BOWL

TSS blend | quinoa | mixed olives | roasted red peppers
| cucumber | artichoke | green bean | feta + apple cider
vinaigrette

BURRITO BOWL

Cilantro-Lime rice | black beans | roasted peppers | roasted
broccoli | avocado | onions | creamy cilantro/lime dressing

CAROLINA CHICKPEA

tuscan kale | chickpeas | red onion | cherry tomato |
cilantro | feta | olive oil | squeeze of lemon + zest

THE PAIGE

TSS blend | cherry tomato | basil | toasted almonds
| strawberry | cucumber | avocado | feta + lemon |
thyme vinaigrette

ADD ROASTED CHICKEN \$3/PERSON

ADD PULLED PORK \$2.5/PERSON

ADD TRI TIP BEEF \$4/PERSON

ADD SHRIMP \$3/PERSON

SNACKS - \$3.5 per person | 10 person min

marinated eggplant with tortilla crisps

hummus with tortilla crisps

fresh fruit skewers





Our food is made fresh to order, so 24-hour advance notice is required for catering orders. Same-day catering may be available but is not guaranteed. Each catering order that is delivered or picked up is completely self-sufficient. It will include compostable plates, napkins, cutlery and serving utensils. If you don't need them, let us know!

For catering, contact us at 706.504.4476 or email us at hello@thesouthern salad.com. Orders can also be placed online. Delivery charges are based on location and distance of delivery.

We know things happen! To cancel, we must be informed by 4pm the day prior to avoid the cancellation fee (35% of the total on the invoice)

1008 BROAD ST • 706.504.4476 • THE SOUTHERN SALAD.COM

Find our easy to use "ORDER CATERING" button on our website.