

*THE*  
*Southern*  
SALAD



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★ *CRAFT & CUSTOMIZE* ★  
*YOUR CATERING*

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# SALAD BAR \$14/GUEST (10-19 PEOPLE) \$13/GUEST (20+ PEOPLE)

TAX NOT INCLUDED IN PRICE | MIN 10 GUESTS | ALL SERVED WITH JALAPEÑO CHEDDAR CORNBREAD

**l**ocal (mostly)  
**o**rganic  
**v**egan  
**e**co-friendly

**1**

**CHOOSE YOUR BASE** Choose up to 2 All lettuce is sourced from our clean greens farms hydroponic greenhouse, which is professionally and responsibly managed by The Hancock Farm.

**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** (224-240 cal) **cilantro lime rice** (200 cal)

**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)

**pickled watermelon rind** (12 cal)  
**grapes** (16 cal)  
**watermelon** (12 cal)  
**green apples** (15 cal)  
**strawberry** (12 cal)

**BREAD**  
**cornbread croutons \*** (80 cal)  
**tortilla strips \*** (78 cal)

**HERB**  
**basil**  
**dill**  
**mint**  
**cilantro**  
**lemon lime zest**  
**OTHER**  
**chia, hemp & flax seed blend**

**3**

**PREMIUM** Choose 2 (extra +\$2) We recommend one cheese and 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)  
**smoked salmon** (75 cal)  
**hard-boiled eggs** (78 cal)

**NUTS**  
**roasted almonds** (85 cal)

**raw pecans** (90 cal)  
**sunflower seeds** (75 cal)

**OTHER**  
**avocado** (161 cal)  
**hummus** (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 V** (225 cal)  
**vegan caesar VN** (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 VN** (190 cal)  
**oil + vinegar V**  
**fresh squeeze of lime or lemon V**

## DRINKS

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

## DESSERTS

**COOKIES** \$3.75 ea  
 chocolate chip  
 vegan chocolate chip V  
 peanut butter V  
 oatmeal raisin V  
**POWER BALLS** \$1 ea  
 peanut butter V  
 walnut chocolate V

# SIGNATURE CREATION BOXED LUNCH

Price differs per bowl | All dressings come on the side | Served with jalapeño cheddar cornbread

## GREEN BOWLS

### THE SOUTHERN SALAD \$10.95

TSS blend, raw pecans, goat cheese, watermelon, cornbread croutons, pickled watermelon rind, sweet tea basil vinaigrette

### BARTOW CAESAR \$11.95

tuscan kale, bibb, cherry tomato, sunflower seeds, vegan ceasar dressing

### THE AUSTIN COBB \$11.95

TSS blend, cherry tomato, raw corn, red onion, shredded cheddar, crispy tortillas, avocado, lime, chipotle vinaigrette

### CAROLINA CHICKPEA \$10.75

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

### THE PAIGE \$12.95

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

### BREAKFAST BOWL \$10.75

kale, cherry tomato, butternut squash, black beans, fried egg, bacon, vidalia onion honey mustard, sourdough toast

ADD ROASTED CHICKEN \$3.50/pp

ADD PULLED PORK \$3/pp

ADD TRI TIP BEEF \$4/pp

ADD SHRIMP \$3/pp

## GRAIN BOWLS

### TRIPLE B \$11.95

quinoa, roasted brussels, butternut squash, granny smith apples, avocado, bacon, sunflower seeds, bbq ranch

### MEDITERRANEAN BOWL \$11.25

TSS blend, quinoa, mixed olives, roasted red peppers, cucumber, artichoke, green beans, feta, apple cider vinaigrette

### BURRITO BOWL \$10.75

cilantro-lime rice, black beans, roasted peppers, roasted broccoli, avocado, onions, vegan cilantro lime dressing

### THE POKE BOWL \$13.50

yellow fin tuna, avocado, onion, cucumber, soy marinade, kale, seaweed, spicy mayo, cilantro white rice

## SNACKS

### HUMMUS WITH TORTILLA CRISPS \$5

### SEASONED AVOCADO WITH PITA CHIPS \$5

### WATERMELON SNACK \$4

diced watermelon, feta, red onion, basil, balsamic glaze



Pricing Subject to Change



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](mailto: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](http://THE SOUTHERN SALAD.COM)

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