

SALADS

turn any salad into a wrap
bacon \$1 tofu \$2 chicken \$3 turkey \$3 shrimp \$3.5 seared tuna \$4

- ▶ **SOUTHWEST** \$8.95 GF V
avocado, black beans, corn, tomato, shaved onion, pepper jack, blue corn chips, romaine, mixed greens, jalapeño lime dressing (600 cal)
- SPINACH CLUB** \$9.25 GF
avocado, shaved onion, egg, bacon, white cheddar, spinach, creole honey mustard dressing (493 cal)
- CAPRESE** \$9.25 V
grape tomatoes, mozzarella, croutons, basil, arugula, mixed greens, lemon basil vinaigrette (363 cal)
- CHOPPED COBB** \$9.25 GF
avocado, tomato, bacon, egg, cucumber, blue cheese, romaine, dijon aioli (399 cal)
- QUINOA, KALE & CORN** \$8.95 GF V
carrot, corn, roasted brussel sprouts, quinoa, sheep's milk feta, kale, arugula, roasted tomato vinaigrette (476 cal)
- VEGAN QUINOA, KALE & CORN** \$8.95 GF VE
ditch the feta for baked tofu (459 cal)
- BEET STREET** \$8.95 GF V
roasted beets, carrot, goat cheese, honey roasted walnuts, mixed greens, romaine, citrus vinaigrette (429 cal)
- ▶ **TRUFFLE CAESAR** \$7.25
parmesan-reggiano, croutons, romaine, truffle caesar dressing (283 cal)



WRAPS

choice of whole wheat, spinach or tomato tortilla
bacon \$1 tofu \$2 chicken \$3 turkey \$3 shrimp \$3.5 seared tuna \$4

- ▶ **THAI PEANUT: CHICKEN OR SHRIMP** \$8.5/\$9.5
roasted chicken or gulf shrimp, basil, cilantro, carrot, cucumber, peanuts, spinach, spicy thai peanut sauce (526/480 cal)
- BBQ CHICKEN** \$8.95
roasted chicken, pepper jack, jicama, corn, tomato, blue corn chips, romaine, pineapple bbq sauce and dijon aioli (700 cal)
- TURKEY & AVOCADO** \$9.5
sliced turkey, avocado, bacon, shaved onion, romaine, mixed greens, dijon aioli (553 cal)
- AVOCADO HUMMUS: TOFU OR CHICKEN** \$8.25/9.25
housemade hummus, avocado, tomato, cucumber, romaine, lemon basil vinaigrette, with baked tofu VE or croutons and roasted chicken (654/725 cal)

SOUPS AND MORE

- SOUP**
visit our website for weekly specials and updates
- SNACKS**
seasonal fruit, pesto pasta, seaweed salad & more
- CHIPS & COOKIES**
freshly baked Willa Jean cookies, pop chips, pita chips & more
- DRINKS**
housemade lemonades, freshly brewed iced tea & more

COLD PRESSED JUICE

\$8 each | our juices contain only 100% raw vegetables and fruits GF VE

- GENERATION KALE**
kale, grapes, apple, orange, cucumber, lemon
- 24 CARROT GOLD**
carrot, apple, orange, ginger, beet, lime

BUILD YOUR OWN

\$8.75 | salad or wrap

PICK SOME GREENS

arugula	kale \$1	romaine
baby spinach	mixed greens	

MAKE IT SPECIAL select up to 4 - \$1 each additional

avocado	egg	cheese
beets, roasted	jicama	blue
black beans	onion, red	feta
blue corn chips	onion, white	goat
brussels, roasted	peanuts	mozzarella
carrots	red peppers, roasted	parmesan-reggiano
corn	seaweed salad	pepper jack
cranberries, dried	tomatoes	white cheddar
croutons	tomatoes, grape	
cucumbers	walnuts, honey roasted	

ADD SOME PROTEIN & PREMIUMS

bacon \$1	hummus \$2	tuna, seared \$4
chicken \$3	quinoa \$2	turkey \$3
gulf shrimp \$3.5	tofu, baked \$2	

DRIZZLE SOME DRESSING

citrus vinaigrette GF VE	lemon basil vinaigrette GF VE
creole honey mustard GF V	pineapple bbq sauce GF V
dijon aioli GF V	roasted tomato vinaigrette GF VE
fig balsamic vinaigrette GF VE	spicy thai peanut sauce V
jalapeño lime dressing GF V	truffle caesar dressing GF



▶ = favorite V = vegetarian
VE = vegan GF = gluten free

notice: consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

FROM OUR FARM TO YOUR FORK

We grow our greens at our very own hydroponic farm, bringing us as close as possible to the food we serve. No fertilizers. No pesticides. No funny stuff.

ONLY FROM SCRATCH

We chop, mix, bake, blend and roast everything every day. The result? Healthy, fresh and nutritious grub, from us to you.

MAKING MOTHER NATURE PROUD

From cage-free, organic chicken and local gulf shrimp to menus that change with the seasons, we serve food when it should be, the way it should be. After all, mother (nature) knows best.

JUST HOW YOU LIKE IT

Vegetarian, vegan, paleo or gluten-free? We've got you covered. Let our team know of any dietary restrictions or allergies, and we'll take it from there.

WE DELIVER

Order online at www.eatcitygreens.com or through our friends at UberEats and Postmates, and have your grub brought directly to your doorstep!

LETTUCE CATER

Let our Catering Concierge freshen up your next meeting or event. Check out our menu and give us a shout at catering@eatcitygreens.com.

Visit one of our locations:

downtown | 909 poydras street
new orleans, louisiana 70112
504.533.0004

elmwood | 5161 citrus boulevard
new orleans, louisiana 70123
504.229.4240

old metairie | 600 metairie road
metairie, louisiana 70005
504.323.2900

catering: 504.330.6622

ROMAINE IN TOUCH [f](#) [t](#) [@](#)

visit our website to place an order for delivery or pick-up
delivery available for poydras location only

www.eatcitygreens.com

CITYGREENS

MENU 2018



WINTER MENU

WINTER SALADS

SWEET POTATO

POWER BOWL \$8.95 GF V

cumin-lime roasted sweet potatoes, black beans, corn, quinoa, queso fresco, red onion, cilantro, mixed greens, romaine, avocado crema (458 cal)

SESAME TREAT \$12.95 GF

sesame seared tuna, avocado, shaved onions, cucumbers, citrus segments, carrots, cilantro, mixed greens, romaine, jalapeno lime dressing and sesame oil (464 cal)

AGAVE CHILI CHICKEN \$9.95

roasted organic chicken, citrus segments, white cheddar, crispy wontons, red onions, cilantro, romaine, mixed greens, agave chili vinaigrette (443 cal)

WINTER HOUSE \$8.95 GF V

pears, dried cranberries, blue cheese, honey roasted walnuts, mixed greens, citrus vinaigrette (510 cal)

DRESSINGS

AGAVE CHILI VINAIGRETTE GF VE

orange, agave, lemon, carrots, sambal oelek chili paste

AVOCADO CREMA GF V

avocado, jalapeno, lime, egg, sour cream, soybean oil



farm in focus

N & W FARMS

Produce: Sweet Potatoes

Location: Vardaman, MS

Did you know sweet potatoes are some of the most nutritious vegetables you can eat? Well, our friends at N & W Farms certainly do. For over 30 years, the team behind this family-owned farm has celebrated the tradition of growing great-tasting, quality Mississippi Sweet Potatoes. Get a taste in this season's Sweet Potato Power Bowl.