

SUMMER VIBES

Chef Justin's menu inspiration stems from his Hawaii upbringing. From yuzu and furikake to salmon and soba noodles, this menu screams summer.

SUMMER SALADS

SALMON SOBA NOODLE BOWL \$11.95

misoyaki salmon, edamame, carrots, cucumber, cilantro, furikake, soba noodles, ginger scallion pesto, Hawaiian chili aioli

SHOOTS & FRUITS \$7.95 GF V

watermelon, cucumber, feta, mint, City Greens Farm pea shoots, citrus vinaigrette

YES YUZU \$12.95

sesame seared tuna, mango, pickled red onion, cilantro, avocado, cucumber, pepitas, mixed greens, romaine, yuzu chili dressing

SUMMER HOUSE \$8.95 GF V

peaches, dried cranberries, goat cheese, honey roasted walnuts, mixed greens, fig balsamic vinaigrette

SUMMER DRESSINGS

GINGER SCALLION PESTO GF VE

ginger, green onion, garlic, sesame oil, soybean oil, almonds, salt

HAWAIIAN CHILI AIOLI GF

sriracha, chili pepper, mirin, egg yolk, soybean oil

YUZU CHILI DRESSING VE

yuzu peel, lime juice, soy sauce, garlic clove, ginger, olive oil, agave, aji amarillo

FIG BALSAMIC VINAIGRETTE GF VE

dried figs, balsamic vinegar, dijon, olive oil, salt, pepper

SO, WHAT ABOUT SOBA?

Japanese for Buckwheat, Soba Noodles are thin noodles made from buckwheat flour, which is gluten free. Soba Noodles contain all eight essential amino acids and a good source of antioxidants and nutrients. Try ours chilled in the Salmon Soba Noodle Bowl!

FARM IN FOCUS

CITY GREENS FARM

PRODUCE: PEA SHOOTS

LOCATION: COTTONDALE, FL

In addition to our lettuces, this summer we are growing pea shoots at the farm for our seasonal menu. Inside our environmentally-controlled greenhouses and with hydroponic techniques, we are using pure water from one of the world's largest aquifers and natural minerals to grow these flavorful microgreens, which boast the flavor of peas throughout their stem and soft leaves.

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)
- BEEF 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)
- NEW! FRESNO TAHINI** \$7.95
cucumber, tomato, red onion, parsley, oregano, egg, red fresno chilis, romaine, tahini (431 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	tomatoes, grape
beets, roasted	jicama	walnuts, honey roasted
black beans	onion, red	cheese
blue corn chips	onion, white	blue
brussels, roasted	peanuts	feta
carrots	pecans, sweet roasted	goat
corn	red fresno chilis	mozzarella
cranberries, dried	red peppers, roasted	parmesan-reggiano
croutons	seaweed salad	pepper jack
cucumbers	tomatoes	white cheddar

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



▶ = 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

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

www.eatcitygreens.com

CITYGREENS

MENU 2017