

SOUPITY SALAD EXPRESS MENU

32 Williams Street

(H&R Block and the Antique Train Station on the corner)

Berkeley Springs, WV 25411

Hours: 11:00 a.m. - 4:00 p.m. - (304) 258-TOGO (8646)

Thursday - Sunday

100% Vegetarian & Organic

Specifically designed for people “on the go”!

CUSTOMIZED SOUP & SALAD BAR - \$7.50/lb.

Follow your heart and your appetite - enjoy as much or as little as you like! Everything except the wraps, smoothies and “treats”, are based on weight...Get so much, for so little...

Thai-Style Black Bean Salad

Mediterranean Ratatouille

Surprise Salad - changes weekly

Mediterranean Frittatas

SOUP‘N’WRAP COMBO - \$8.75

SPECIAL MADE-TO-ORDER

(delivered to your table with a smile within minutes)

WRAP OR PITA - Dolmas, Curried Egg Salad, Veggie,

\$5.50

Mediterranean Falafel or Chick de Faux

Salad

GREEN PIZZA - Topped with Smoked Cheddar & Feta cheeses!

SCRAMBLE EGGS W/SPINACH & GARLIC - heart healthy

\$6.95

THE INVIGORATOR - Fresh apples-carrots-ginger + lime! \$5.50

FRUITY SMOOTHIES - \$4.75

Raspberries, strawberries, mangoes, blueberries, or blackberries.. MIX THEM UP!
We customize all smoothies to suit your needs....vegan or lactose intolerant...

KIDDIES ONLY

(must be between 1 - 100 years of age)

Grill cheese wrap \$3.75
Peanut butter, raisins & banana wrap \$3.75
Fresh apple chunks with Peanut butter & raisins \$3.75

YUMMY TREATS

(All treats are baked on the premises and are Gluten-Free)

Apple/Banana Muffins - Small \$2.50 Jumbo \$4.00

Classic Chocolate Chip with Walnut Cookies - \$1.50

Dare to indulge in our guilt-free & “real” cookies!!!

New York Cheddar Chips - \$1.75

Boomibars - Nutritious, gluten-free and incredibly tasty assorted bars - \$2.00

Frozen Sorbet Pop - \$4.00

Raspberry Sorbet with French Vanilla ice cream - shaped as large flowers, stars or hearts on a stick...**SUPER YUMMY AND REFRESHING!!**

Frozen Vegan Sorbet Pop - \$4.00

Your choice of raspberries, or mango Sorbet, infused with a banana, agave & lemon juice in your choice of a large flower, star or a heart on a stick - **SO GOOD!**

GINGERED RASPBERRY LEMONADE

OR

ANTI-OXIDANT PUNCH

WITH ICE ONLY - \$3.75

AS A SMOOTHIE - \$4.75

FR. ROAST COFFEE, HOT CHOC OR BOTTLE JUICES - \$2.00

ALKALIZING & COMFORTING TEA & CANNED JUICES - \$1.75

w/natural sweeteners (Agave, Honey, Stevia or raw sugar)

Please lettuce serve you and let our food be your medicine ...

ALL SUNDAYS 3:00-4:00 p.m. - SOUP, SALAD & WRAPS ½ PRICE!