

signature salads & wraps

wraps served with couscous

- wild sockeye salmon** 11
mixed greens, honey orange-glazed salmon, sundried tomato, apricot, tortilla chips, red onion, black beans, goat cheese, basil vinaigrette
- asian shrimp** 11
mixed greens, grilled shrimp, snap peas, carrots, bean sprouts, mandarin oranges, toasted almonds, sesame seeds, chinese noodles, asian ginger vinaigrette
- ahi tuna nicoise** 11
mixed greens & arugula, seared ahi tuna, fingerling potatoes, pickled onion, grape tomatoes, snap peas, kalamata olives, capers, boiled egg, raspberry vinaigrette
- southwest spicy chicken** 9
mixed greens & arugula, seasoned chicken, avocado, roasted poblano, corn, cumin black beans, red onion, blue corn tortilla chips, queso fresco, southwestern vinaigrette
- original caesar** 9
romaine, seasoned chicken, shaved parmesan, herb & garlic croutons, egg-free caesar
- chipotle chicken ranch** 9
romaine, seasoned chicken, corn, red bell peppers, cucumbers, cherry tomatoes, blue corn tortilla chips, monterey jack cheese, smoky chipotle ranch
- tree hugger** 9
baby spinach, marinated tofu, edamame, pickled onion, mandarin oranges, crimini mushrooms, pumpkin seeds, tomato, orange catalina
- jamie's greek** 9
romaine, seasoned chicken, pickled red onion, kalamata olives, garbanzo beans, herb croutons, cucumbers, grape tomatoes, feta cheese, greek vinaigrette
- caprese** 9
mixed greens & arugula, croutons, grape tomatoes, mozzarella, fresh basil, red onion, kalamata olives, balsamic vinaigrette, evoo
- the plaza skinny** 9
arugula, seasoned chicken, avocado, bean sprouts, capers, sundried tomatoes, hearts of palm, toasted sunflower seeds, basil vinaigrette
- the whole deal** 9
mixed greens, turkey, ham, salami, sweet peppers, pepperoncinis, blue cheese, red onion, kalamata olives, red wine-tarragon vinaigrette
- the sonoma** 9
arugula, seasoned chicken, sundried tomatoes, smoked cheddar, toasted pumpkin seeds, red onion, lemon & thyme artichoke hearts, honey-dijon vinaigrette
- the bahamian jerk** 9
mixed greens, seasoned chicken, jerk seasoning, mango salsa, cumin black beans, bacon, lime-jalapeno vinaigrette

+ extra couscous .75

build your own

salads and wraps 9

- 1 - select greens
- 2 - pick any 5 toppings
- 3 - choose a protein
- 4 - top with a coolgreens custom dressing*

+ each additional topping .50

+ add tuna, shrimp or salmon 2

* smoky chipotle ranch | egg-free caesar
basil vinaigrette | asian ginger vinaigrette
raspberry vinaigrette | greek vinaigrette
balsamic vinaigrette | honey-dijon vinaigrette
red wine-tarragon vinaigrette | orange catalina
lime-jalapeno vinaigrette | poppy seed vinaigrette
southwestern vinaigrette

flatbread pizzas

barbeque chicken 8

roasted chicken, coolgreens barbeque sauce, crimini mushrooms, red bell pepper, smoked cheddar, green onion

southwestern 8

roasted chicken, tomato sauce, black beans, corn, red onion, roasted poblano, queso fresco, blue corn tortilla chips

coolgreens skinny 8

basil pesto, grapes, sundried tomato, figs, walnuts, goat cheese, arugula

hummus 7

roasted garlic hummus, carrots, artichoke hearts, kalamata olives, bean sprouts, feta cheese, sundried tomato pesto

margarita 7

grape tomato, fresh garlic, mozzarella, basil, evoo

formaggio 7

tomato sauce, smoky cheddar, monterey jack, parmesan cheese


coolgreens
cafe & bistro

soups

3 / 5

- m.** spicy asian vegetable
smoky tomato and basil
- t.** harvest vegetable
butternut squash and coconut
- w.** white chicken chili
chef's seasonal selection
- th.** southwest chicken chili
wild mushroom and arugula
- f.** white chicken chili
curry corn chowder
- sa.** red chicken pozole
roasted fennel and potato
- su.** white chicken chili
green chile chicken gumbo

fresh combos

- side salad & pizza 11
- soup & side salad 10
- soup & wrap 10
- soup & pizza 10
- + add tuna, shrimp or salmon 2

beverages

- pelegrino (750ml)** 3
- boylan** 3
grape, orange, root beer
- izze** 3
pomegranate, apple, blackberry,
pink grapefruit
- honest tea** 3
honey green, peach white, half/half
- san pellegrino** 3
lemon, orange
- perrier** 3
- fiji water** 3
- fresca** 2

frozen yogurt

all flavors are fat free

2 / 4 / 6

- daily** original tart frozen yogurt
- m.** dark chocolate sorbet
- t.** blueberry frozen yogurt
- w.** strawberry frozen yogurt
- th.** dark chocolate sorbet
- f.** pink grapefruit sorbet
- sa.** coconut frozen yogurt
- su.** mixed berry frozen yogurt

smoothie blends

- coolberri parfait** 6
layered yogurt, fruit, crunch of
your choice
- tropic blend** 5
original tart, oj, mango, pineapple,
coconut milk
- berriwild** 5
original tart, strawberry, raspberry,
blackberry, blueberry
- strawberry banana** 5
original tart, strawberry, banana,
almonds
- kiwi-strawberry** 5
original tart, strawberry, kiwi
- go wild** 5
pick a yogurt and any 3 toppings
- + boosts .75
soy protein, flax seed, whey protein

locations

- downtown oklahoma city** - city place | **edmond** - spring creek
- nichols hills plaza** | **norman** - brookhaven village
- oklahoma city** - quail village

delicious. naturally.

