Salty Girl
CLEAN FOOD CO.

SALADS

Lean Green GF — $14
arugula, spinach, quinoa, spicy broccoli, shredded carrots, avocado, shaved almonds, and roasted chickpeas | served with green goddess dressing

Steak Bacon Bleu — $17
steak, romaine, spinach, red onion, avocado, bacon, blistered tomatoes, crumbly bleu, and toasted breadcrumbs | served with bleu cheese or honey balsamic dressing

Asian Crunch VG — $14
romaine, cabbage mix, bean sprouts, edamame, toasted cashews, sesame seeds, scallions, and chow mein strips | served with carrot ginger dressing - *remove chow mein and make it GF

ADD ONS:

Chicken	$7
Salmon	$8
Steak	$9

RICE BOWLS

Teriyaki Salmon ask for GF — $18
salmon, jasmine rice, cucumber, edamame, avocado, mango pineapple pico de gallo, toasted cashews, and sesame seeds | topped with teriyaki sauce

The Cowgirl GF — $17
steak, jasmine rice, spicy broccoli, shredded carrots, edamame, sesame seeds, and micro greens | served with teriyaki sauce

Mexi Bowl GF — $16
grilled chicken, brown rice, romaine, caramelized onions, bell pepper, corn, black beans, and monterey jack cheese | served with a green goddess and chipotle aioli drizzle

PROTEIN PLATES

Caramelized Steak GF — $18
steak, brown rice, caramelized onions, spicy broccoli, peppers, and blistered cherry tomatoes | topped with bleu cheese drizzle and micro greens

BBQ Baby GF DF — $17
chicken, brown rice, sweet potatoes, and cabbage slaw | served with homemade cajun bacon BBQ sauce and micro greens

WRAPS

served with chips - GF wraps available | +3

Out West Wrap — $16
grilled chicken, brown rice, mango pineapple pico de gallo, corn, beans, monterey jack cheese, chipotle aioli, on a bed of arugula

Salt Haus Steak Wrap — $16
steak, brown rice, romaine, tomatoes, avocado, provolone, caramelized onion, charred scallion pesto, on a bed of arugula

Veggie Wrap — $15
sweet potato, spinach, cabbage mix, bean sprouts, red onion, tomato, cucumber, avocado, on a bed of arugula | served with a side green goddess dressing

SANDWICHES

served with chips

The Malibu — $17
grilled chicken, provolone, bacon, red onion, tomato, and shredded lettuce, on a toasted ciabatta roll | side of chipotle aioli

The South Beach Steak — $18
steak, peppers, onions, monterey jack cheese and provolone, on a toasted ciabatta roll | served with chipotle aioli

Chicky Pesto — $17
grilled chicken, arugula, tomato, red onion, charred scallion pesto on a toasted ciabatta roll | side of honey balsamic dressing

SIDES

Chips		$2.50
Jasmine Rice	VG GF	$3.50
Brown Rice	VG GF	$3
Spicy Broccoli	VG GF	$4
Sweet Potatoes	VG GF	$4

EXTRAS

Chia Seed Pudding	VG GF	$7
Protein Balls | 3	GF	$6

DRESSINGS

- Chipotle Aioli GF
- Teriyaki Sauce VG GF
- GF Teriyaki Sauce VG
- Honey Balsamic VG GF
- Blue Cheese GF
- Green Goddess GF
- **Cajun Bacon BBQ** DF GF
- Carrot Ginger VG GF
- Charred Scallion Pesto VG GF
- Extra Dressings | $1

DRINKS

WATER	$3
LMNT	$4
POPPI	$3.50
SPINDRIFT	$4
HAPPY BEING	$4
WILDWONDER	$4

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Please inform your server if you have any food allergies or dietary restrictions.

585.203.1997
349 West Commercial St.
Suite 1250, East Rochester, NY 14445

FOUNDED BY | CHRISTINA OHRENSTEIN & NINA CAMMILLERI

SMOOTHIES

Blueberry Bliss GF $9

blueberry, whole milk, banana, vanilla greek yogurt, chia seeds, and agave | topped with oats

The Pink Palm GF $10

raspberries, mango, vanilla, agave, orange juice, and vanilla greek yogurt | raspberry puree & yogurt lined cup | topped with chia seeds

Miami Glow GF $10

mango, pineapple, peaches, agave, collagen powder, coconut water, and orange juice | peach puree lined cup | topped with toasted coconut

Cookies & Cream $9

banana, whole milk, Oreos, vanilla, oats, vanilla greek yogurt, and cocoa powder |yogurt & chocolate lined cup | topped with crushed Oreo

PB&J GF $10

strawberries, raspberries, vanilla greek yogurt, agave, vanilla, peanut butter, and almond milk |raspberry puree & peanut butter lined cup

Cocoa Cabana GF $9

banana, whole milk, cocoa nibs, agave, vanilla, chia seeds, and peanut butter | chocolate lined cup | topped with cocoa nibs

Smoothie Add Ins:

Vanilla Protein Powder	GF	$3
Unflavored Protein Powder	GF	$3
Chocolate Protein Powder	GF	$3
Baobab Powder	VG GF	$1

nutrient dense powder | supports immune system with vitamin C + boosts digestion and skin health + aids in blood sugar balance + helps maintain energy

Collagen Powder GF $2.50

supplement to support skin elasticity, joint health, hair, nails, and bone density

Coconut	$.50
Cocao Nibs	$1

The Salty Girl Boutique

Discover the Salty Girl Boutique — a curated collection of apparel, accessories, and local creators.

@saltygirlfoodco