







SIGNATURE SALADS

HANDTOSSED

	CALORIES
APPLE ORCHARD    	628
CALI CLUB SALAD 	524
COBB 	602
FISH FIESTA   	615
GREEK CRUNCH   	542
POWERHOUSE BOWTL   	853

BUILD YOUR OWN

**Based on popular choices - caloric nutrition will vary.*

BOWL CALORIES

QUINOA BLEND BASE   678

SALAD

MIXED GREENS BASE  672

ROMAINE BASE    783

SPINACH BASE    604










WRAP

SPINACH TORTILLA  871

WHEAT TORTILLA   531

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NUTRITIONAL

BENEFITS GUIDE

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-  HIGH IN CALCIUM
-  LOW CHOLESTEROL
-  HIGH IN VITAMIN A & C
-  HIGH IN PROTEIN
-  HIGH IN FIBER
-  LOW FAT
-  HIGH IN IRON
-  UNDER 500 CALORIES

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FULL MENU

CALORIC COUNTS

INNOVATIVE | ON TREND

HEALTHY | MENU ITEMS

NSA
BETHESDA
Building 62

FRESH 
CHOICES
A CRAFTED CAFÉ

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