Restaurant Salad Menu with Prices & Calories 2026

Saladworks · Updated November 2026 · memphisincrediblepizza.com

Create Your Own Salad

Item	Price	Calories
Create Your Own Salad (Base + 5 Toppings)	$9.99	410-600
Add Premium Protein (Chicken, Turkey, Tuna)	+$3.50	120-200
Add Avocado	+$2.00	80
Add Extra Dressing	+$0.99	100
Wrap Option Instead of Salad	Included in $9.99	500-650

Signature Salads

Item	Price	Calories
The Classic Cobb	$10.99	720
Turkey Bacon Ranch	$10.99	690
Tuna Salad	$10.99	640
Buffalo Chicken	$11.49	700
Mediterranean Salad	$10.49	580
Southwest Chicken	$11.29	720

Premium Protein Add-Ons

Item	Price	Calories
Grilled Chicken Breast	$3.50	140
Roasted Turkey	$3.50	120
Steak Strips	$4.50	220
Hard-Boiled Egg	$1.50	70
Bacon	$2.00	150

Dressings & Extras

Item	Price	Calories
Ranch Dressing	$0.99	140
Caesar Dressing	$0.99	150
Balsamic Vinaigrette	$0.99	90
Honey Mustard	$0.99	120
Blue Cheese	$0.99	160
Olive Oil & Vinegar	$0.99	110

Sides & Snacks

Item	Price	Calories
Fresh Fruit Cup	$3.29	100
Chips	$1.99	150
Soup of the Day	$4.99	180-300
Yogurt Parfait	$4.49	210
Hummus & Veggies	$4.99	230

Kids Menu

Item	Price	Calories
Kids Turkey Wrap	$5.99	350
Kids Grilled Chicken Salad	$5.99	320
Kids Fruit Cup	$2.99	90
Kids Hummus & Pretzels	$3.99	180
Kids Cheese Stick	$1.50	70

Combo Meals

Item	Price	Calories
Salad + Drink Combo	$12.99	500-800
Wrap + Chips + Drink	$13.49	700
Salad + Soup Combo	$13.99	650-900
Kids Meal Combo (Salad + Drink)	$7.99	400
Protein Pack Combo (Salad + Protein + Drink)	$15.99	850-1000

Beverages

Item	Price	Calories
Bottled Water	$1.99	0
Iced Tea	$2.49	90
Lemonade	$2.49	110
Soda (Coke, Diet Coke)	$2.79	140
Sparkling Water	$2.29	0-10

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.