

HOMEMADE SOUPS

CUP (6oz.) \$4 **BOWL** (12oz.) \$6 **BOWL & MINI MIXX** (3 mixx-ins) \$10

SPECIALTY SALADS

SANTA FE CHICKEN SALAD ^{gf} mini | full
\$8 \$10

grilled chicken breast, julienne carrots, tortilla strips, fire-roasted corn, black beans, queso fresco, wild field greens and romaine tossed with jalapeño-lime vinaigrette.

PALERMO INSALATA ^{veg} \$7 \$9

roasted red pepper, garbanzo beans, crispy capers, parmesan, crunchy croutons, raw red onion, iceberg and romaine tossed with spicy Sicilian vinaigrette.

GARDEN OF EDEN ^{veg gf} \$6 \$9

crisp granny smith apples, candied pecans, gorgonzola and wild field greens tossed with champagne-honey vinaigrette.

RUSTIC BEET SALAD ^{veg gf} \$7 \$9

fresh roasted beets, hickory-smoked almonds, roasted sweet potatoes, goat cheese, spinach and arugula tossed with tarragon-shallot vinaigrette.

THAI SALMON SALAD ^{gf} \$9 \$11

grilled Atlantic salmon*, julienne carrots, english cucumbers, edamame, black sesame seeds, wild field greens, napa and red cabbage tossed with orange-miso vinaigrette and topped with Thai chili sauce.

KNIFE & FORK ^{gf} \$9 \$11

grilled steak*, herb roasted potatoes, caramelized onions, roma tomatoes, gorgonzola and wild field greens tossed with balsamic vinaigrette.

HEALTH NUT ^{gf} \$9 \$11

grilled Atlantic salmon*, dried cranberries, walnuts, raw red onion, soy nuts and spinach tossed with non-fat pear-ginger vinaigrette.

TUNA NIÇOISE ^{gf} \$10 \$12

seared rare tuna*, haricots verts, egg, roasted potatoes, kalamata olives, tomatoes, field greens and romaine tossed with tarragon-shallot vinaigrette.

MAIN STREET CHOP CHOP ^{gf} \$8 \$10

roasted turkey, garbanzo beans, lentils, roma tomatoes, sugar snap peas, romaine, spinach and mozzarella chopped and tossed with stone-ground mustard vinaigrette.

CHISAYA MAMA (the antioxidant salad) ^{veg gf} \$8 \$10

kale, arugula, quinoa, fennel, radish and parmesan cheese tossed with lemon-mint vinaigrette.

ROCKET SALAD ^{veg gf} \$9 \$11

arugula, shredded cabbage, avocado, dates, goat cheese, tortilla strips, roasted corn, hickory-smoked almonds and scallions tossed with champagne-honey vinaigrette.

INSALATA BRASSICA ^{gf} \$8 \$10

brussels sprouts, arugula, dried cranberries, crispy bacon, hickory-smoked almonds and parmesan cheese tossed with honey-dijon vinaigrette.

ADD A PROTEIN

grilled steak*	\$4	house-made falafel (2)	\$3
grilled salmon* or shrimp	\$5	central soy organic extra-firm tofu	\$3
seared rare tuna*	\$5	avocado	\$1
grilled chicken	\$3	anchovy filet	\$1
house roasted turkey or pork	\$3	extra mixx-in or dressing	\$1
grilled portobello mushroom	\$3	extra roll	\$1

THE "MIXX"

CREATE YOUR SALAD: **MINI \$6** (3 mixx-ins) **FULL \$9** (5 mixx-ins)

field greens / romaine / spinach / arugula / napa & red cabbage / kale / iceberg

CHOOSE YOUR MIXX-INS

VEGGIES

sun-dried tomatoes
roma tomatoes
kalamata olives
artichoke hearts
caramelized onions
raw red onions
radish
celery
julienne carrots
english cucumbers
balsamic mushrooms
roasted red peppers
fire-roasted corn
sweet peas
wasabi peas
sugar snap peas
fresh roasted beets
herb-roasted potatoes
roasted sweet potatoes
haricots verts
herb-roasted garlic
fresh jalapeños
brussels sprouts
roasted broccoli

FRUITS

dates
granny smith apples
dried cranberries
golden raisins
red grapes

HERBS

fennel
scallions
fresh basil
fresh mint
crispy capers

CHEESE

mozzarella
gorgonzola
goat cheese
feta
parmesan
queso fresco
parmesan crisp

PROTEINS

bacon
egg

LEGUMES

edamame
black beans
french lentils
garbanzo beans

NUTS

candied pecans
walnuts
roasted peanuts
pine nuts
soy nuts
sliced almonds
hickory-smoked almonds

SEEDS

pumpkin seeds
sunflower seeds
black sesame seeds
chia seeds
hemp seeds

GRAINS

quinoa
crunchy croutons
crispy chinese noodles
tortilla strips

CHOOSE A DRESSING

balsamic vinaigrette
orange-miso vinaigrette
champagne-honey vin.
stone-ground mustard vin.
pear-ginger vinaigrette

curry vinaigrette
lemon-mint vinaigrette
jalapeño-lime vinaigrette
tarragon-shallot vinaigrette
spicy sicilian vinaigrette

honey-dijon vinaigrette
buttermilk ranch
creamy gorgonzola
caesar*
olive oil & vinegar

all dressings are gluten-free

SIGNATURE SANDWICHES & WRAPS

served with choice of potato chips or pasta salad.

substitute fries, sweet potato fries, chipotle black beans, cup of soup or mixed greens: \$2

THE COUNTRY CLUB \$10

turkey, smoked ham, bacon, cheddar cheese, lettuce and tomato with honey-dijon aioli served on a ciabatta.

CASABLANCA PITA POCKET ^{veg} \$9

house-made chickpea falafel patties, nestled in a grilled pita pocket with tomato, red onion, cilantro, arugula and tzatziki.

CLASSIC BLUE \$11

grilled steak*, caramelized onion, balsamic mushrooms and arugula with a blue cheese aioli on a baguette.

PRETZEL CHICKEN SANDO \$10

grilled chicken, pepper jack cheese, caramelized onions, tomato, spinach and garlic aioli on toasted pretzel bread.

SALMON BLT \$11

grilled Atlantic salmon*, bacon, lettuce, tomato and lemon tarragon aioli on a focaccia bun.

VEGGIE STACK ^{veg} \$9

grilled portobello mushroom, roasted red peppers, caramelized onions, havarti cheese and arugula with tzatziki on a focaccia bun.

PROVENCE MELT \$10

smoked ham, brie cheese and cornichons served with honey-dijon aioli on a french baguette.

STREET TACOS ^{gf} \$11

choice of pork, steak, chicken, tilapia, grilled portobello mushroom or organic tofu with shredded cabbage, queso fresco, onion and cilantro in corn tortillas topped with jalapeño-lime crema, served with chipotle black beans.

THE COBB WRAP \$10

house roasted turkey, tomato, avocado, bacon, arugula, creamy gorgonzola, oil and vinegar wrapped in a whole-wheat tortilla.

MEDITERRANEAN VEGGIE WRAP ^v \$9

haricots verts, mushrooms, roasted red peppers, hummus, basil and spinach tossed with tarragon shallot vinaigrette in a spinach tortilla.

CREATE YOUR OWN SANDWICH: \$9 – \$12

PROTEINS	BREADS	CHEESE	SPREADS	GARNISH
roasted turkey	sliced sourdough	havarti	honey dijon aioli	wild field greens
salami	sliced grains galore	provolone	hummus	tomato
smoked ham	focaccia bun	swiss	dijon mustard	cornichons
grilled chicken	french baguette	cheddar	lemon tarragon aioli	arugula
crispy pork	butter croissant	fresh mozzarella	mayonnaise	spinach
chicken salad	ciabatta	american	yellow mustard	basil
bacon	pretzel roll	pepper jack	olive oil & vinegar	raw red onion
organic tofu	whole wheat pita	brie	curry-tomato chutney	caramelized onion
falafel	whole wheat wrap	queso fresco	tzatziki	spicy banana peppers
steak	spinach wrap	parmesan	garlic aioli	roasted red peppers
shrimp	chipotle chili wrap	shredded mozzarella	coconut-ginger	balsamic mushrooms
salmon	gluten-free bread	feta	jalapeño-lime crema	cucumbers

1/2 SANDWICH COMBOS \$10

choose any half sandwich, served with your choice of soup or selected salad:

greek ^{veg gf} / garden of eden ^{gf} / caesar / classic garden salad ^v

PASTA

tomato basil / macaroni & cheese
add a protein \$3 – \$5

mini | full
\$6 | \$9

PLATE

CREATE YOUR OWN PLATE: \$11 – \$15

CHOOSE A PROTEIN

grilled chicken	seared tuna	house roasted pork
grilled salmon	grilled shrimp	house-made falafel
grilled steak	house roasted turkey	smoked or classic tofu

CHOOSE 2 SIDES

sautéed kale	sautéed mixed veggies	roasted sweet potatoes
brussels sprouts	sautéed spinach	fire roasted corn
garden of eden	house greens	caesar
french fries	sweet potato fries	crispy chickpeas

QUINOA BOWL

BUILD YOUR OWN BOWL served over quinoa and kale: \$11 – \$15

CHOOSE A PROTEIN

grilled chicken	seared tuna	house roasted pork	classic tofu
grilled salmon	grilled shrimp	house-made falafel	smoked tofu
grilled steak	house roasted turkey	portobello mushroom	bacon

CHOOSE 3 MIXX-INS add an extra mixx-in \$1 (see mixx-ins)

kalamata olives	raw red onion	spinach	fire roasted corn
caramelized onions	avocado	french lentils	roasted garlic
roma tomatoes	edamame	garbanzo beans	carrots
roasted red pepper	black beans	roasted broccoli	snap peas
brussel sprouts	feta	fresh basil	jalapeños

SIDES

blue cheese garlic bread ^{veg}	\$4	sautéed mixed veggies (3) ^{veg}	\$5
chipotle black beans ^v	\$3	roasted broccoli ^{veg}	\$5
crispy chickpeas w/sea salt ^v	\$3	french fries ^v	\$3
sautéed kale ^{veg}	\$5	sweet potato fries ^v w/curry aioli ^{veg}	\$4
sautéed brussels sprouts ^{veg}	\$5	house-made falafel (3) ^v gf w/tzatziki ^{veg}	\$5

homemade cookies, cupcakes, gluten-free and vegan sweets available daily.

^{veg} = vegetarian ^v = vegan ^{gf} = gluten-free

* items cooked to order. consuming raw or undercooked meats, poultry or eggs may increase your risk of food-borne illness. please be advised that our food may contain dairy, eggs, wheat, soybean, peanuts, tree nuts and shellfish. please alert a store manager for allergies request. prices do not include sales tax. menu items and pricing are subject to change.

The Mixx, founded in 2005, is locally owned and operated. All our products are made in-house. We partner with local companies and farmers to keep our ingredients fresh and of highest quality. Our cooking and salad dressing oils are non-GMO certified. We use filtered drinking water to bring you the purest options.

PLAZA
Kansas City (816) 756-2300

HAWTHORNE PLAZA
Overland Park (913) 338-4000

DOWNTOWN
Kansas City (816) 283-0300

mixxingitup.com