



Toss It Up

208 Sparks Street
Ottawa Ontario K1P 5C1

{P} 613.216.2845

{F} 613.216.2847

Build Your Own

Step 1 - Custom Salad or Wrap Toss it up fresh to go

Salad - 5.95

Iceberg
Romaine
Spinach
Spring Mix

Wrap - 4.95

Iceberg
Romaine
Spinach
Spring Mix



Step 2 - Choose Premium Toss Ins

Protein

Angus Steak	2.75	Shrimp	2.00
Japanese Steak	2.75	Tuna	2.25
Asian Chicken	2.75	Smoked Bacon	1.00
Herb Chicken	2.75	Smoked Ham	2.00
Tex Mex Chicken	2.75	Roast Turkey	2.00
Roast Salmon	2.75	Tofu	2.00

Fresh Fruit

Blueberries	1.00	Raspberries	1.00
Mango	1.00	Strawberries	1.00

Other Toss In's

Artichokes	.75	Almonds	.75
Avocados	.75	Walnuts	.75
Dried Cranberries	.75		

Cheese Please

Blue	1.50	Goat	1.50
Cheddar	1.00	Parmesan	1.00
Feta	1.00	Swiss	1.50

Step 3 - Choose Up to 4 Toss Ins +\$.60 for each additional topping over 4

Veggies & Fruit

Beets
Banana Peppers
Bean Sprouts
Black Beans
Broccoli
Carrots
Celery
Chick Peas
Cilantro

Corn
Cucumber
Caramelized Onions
Mandarin Oranges
Mushrooms
Raisins
Red Cabbage
Red Onions
Sweet Peppers

Red Onions
Roasted Red Peppers
Roma Tomatoes
Sliced Red Potatoes
Sun Dried Tomatoes
Artichoke Hearts
Black Olives
Potobello Mushrooms

Protein

Crumbled Egg

Crunch

Chinese Noodles
Croutons
Pumpkin Seeds
Sunflower Seeds
Tortilla Strips

Step 4 - Choose Your Dressing

Classic

Balsamic of Modena
Buttermilk Ranch
Chunky Blue Cheese

Greek Feta
Herbs and Spice

Honey Dijon
Raspberry Vinaigrette

Roasted Garlic Caesar
Toss Signature

Modern/Haute

Poppy Seed
Red Pepper Goat Cheese

Smokey Chipotle
Sun-dried Tomato and Basil

Toasted Sesame Dressing
Wasabi Cucumber

Spa

Buttermilk Ranch Light
Caesar Light

Japanese
Pear and Guava

Pomegranate and Ginger
Thai Ginger

Chef Designed Salads



Signature Salads

Bitchin' Chicken Caesar - 7.99

Marinated warm chicken breast, romaine hearts, parmesan sour dough croutons, maple bacon, shredded parmesan cheese. *Suggested dressings, Roasted garlic signature caesar dressing, Caesar light*

Asian Chicken - 8.99

Soya and maple glazed chicken breast, sweet peppers, cucumbers, bean sprouts, carrots, mandarins, crispy noodles, crunchy lettuce and cilantro. *Suggested dressings, Toasted sesame seed dressing, Japanese dressing*

Tex Mex Cluck - 8.99

Tex Mex chicken breast, black beans, sweet corn, red onions, avocado, sliced tomatoes, baby greens and crisp tortilla strips. *Suggested dressings, Smokey chipotle, Buttermilk ranch, Toss It Up signature house made dressing*

Spinach Cycle - 7.99

Toasted walnuts, goats cheese, sundried cranberries, tomatoes, red onion, mixed peppers, shredded carrots and baby spinach. *Suggested dressings, raspberry vinaigrette, Toss It Up signature house made dressing, Balsamic Italian*

Tossed Club - 7.99

Warm chicken breast, maple bacon, avocado, roma tomatoes and cheddar cheese. *Suggested dressings, Buttermilk ranch, Toss It Up signature house made dressing, Smokey chipotle*

Moo and Blue - 8.99

Charred Certified Angus Beef Steak, crumbled blue cheese, red onions, roasted peppers, sliced tomatoes and spring mix greens. *Suggested dressings, Toss It Up signature house made dressing, Balsamic of Modena, Chunky blue cheese*

Shogun Steak - 8.99

Charred Certified Angus Teriyaki Beef Steak, sweet peppers, bean sprouts, carrots, crispy noodles and baby spinach. *Suggested dressings, Toasted sesame seed dressing, Poppy seed, Wasabi cucumber*

Signature Salads

Tony Tuna - 7.99

Flaked white tuna, sliced roma tomatoes, bermuda onions, red bliss potatoes, boiled eggs, sliced cucumber, mixed greens, black olives and baby greens. *Suggested dressings, Toss It Up signature house made dressing, Balsamic of Modena, Sundried tomato and black olive*

East Coast Herb - 7.99

Herb roasted Atlantic salmon, roma tomatoes, red onions, sweet peppers, red bliss potatoes, cucumbers and baby greens. *Suggested dressings, Wasabi cucumber, Dijon mustard and honey, Toss It Up signature house made dressing*

Crouching Tiger, Visible Shrimp - 9.99

Soya and maple glazed tiger shrimp, sweet peppers, cucumbers, bean sprouts, carrots, mandarins, crispy noodles and crunchy iceberg lettuce, and cilantro. *Suggested dressings, Thai ginger dressing, Japanese dressing, Pomegranate and ginger*

Garden Patch - 7.99

Hot house tomatoes, cucumbers, sweet corn, black beans, red onion, chick peas, walnuts, shredded carrots, artichoke hearts, sun dried cranberries, sweet peppers, avocado, cheddar cheese and baby greens. *Suggested dressings, Toss It Up signature house made dressing, Herbs and Spice, Pear and guava*

Tofu 4U - 7.99

Sliced tofu, sweet peppers, cucumbers, bean sprouts, red onion, carrots, mandarins, crispy noodles, crunchy lettuce and cilantro. *Suggested dressings, Toasted sesame seed, Thai ginger, Pear and guava*

Mount Olympus - 7.99

Sweet peppers, tomatoes, red onion, cucumber, black olives, crumbled feta, crunchy iceberg lettuce. *Suggested dressings, Greek feta, Caesar with roasted garlic, Buttermilk ranch light*

Chef Designed Wraps



Signature Wraps

Swissie Steak - 6.99

Sliced Angus steak, Swiss cheese, red onions, romaine lettuce, roma tomatoes, roasted peppers and honey Dijon dressing

BBQBCB - 6.99

Sliced chicken breast, maple bacon, cheddar cheese, tomatoes, romaine lettuce and ranch dressing

Triple 'C' - 6.99

Roasted chicken breast tossed with romaine lettuce, bacon, shredded parmesan cheese, lemon and caesar dressing with roasted garlic

Tuna Soprano - 6.99

Flaked white tuna with sundried tomato and black olive dressing, with sliced tomatoes, Bermuda onions, sweet peppers, avocado, cheddar cheese and crisp greens

Tofusion - 6.99

Charred marinated tofu, slaw of red sweet peppers, red onion, carrots, bean sprouts, cilantro and goats cheese tossed with crisp lettuce and Japanese dressing

Fantastic Blended Drinks



Froyo to Gogo

Rich, creamy, light and delicious. Our Froyo to Gogo is naturally low in calories, low in fat and high in protein, making it a healthy choice for anyone on any diet.

Original or Green Tea - 3.69

With one topping - 3.99
With three toppings - 4.29

Original Yogurt Smoothie - 5.99

Choice of three blend-ins, skim milk
Add a shot of protein powder - 1.99

Toppings

Granola	Banana
Blueberries	Shredded coconut
Strawberries	Cap "N" crunch
Raspberries	White chocolate chips
Mango	Milk chocolate chips
Coco pops	

All wraps are served on our whole wheat tortillas