

## paninis & sandwiches

served with your choice of side.

**turkey breast panini** - roasted turkey, honey dijon, light mayo, swiss, red onions, field greens and tomatoes on flatbread 9.10 **500 cal**

**california chicken panini** - grilled chicken, light mayo, honey dijon, avocado, bacon, field greens, tomatoes and red onions on a french roll 9.65 **450 cal**

**turkey bacon pepper jack sandwich** - roasted turkey, ranch, bacon, pepper jack, field greens, tomatoes and red onions on a butter croissant or honey wheat bread 9.65 **710 cal on croissant, 790 cal on honey wheat**

**salmon panini** - grilled salmon, dill aioli, field greens, tomatoes and red onions on flatbread 10.30 **500 cal**

**turkey jalapeño ranch panini** - roasted turkey, jalapeño ranch, pepper jack, avocado, field greens, tomatoes and red onions on jalapeño cheddar bread 9.65 **760 cal**

**portabella panini** - grilled portabella mushroom, roasted red peppers, basil pesto aioli, mozzarella, field greens, tomatoes and red onions on flatbread 9.65 **450 cal**

**cuban panini** - roasted turkey and oven baked ham, diced pickles, swiss and honey dijon on a french roll 9.10 **440 cal**

**chipotle black bean burger panini** - chipotle black bean burger, chipotle ranch, pepper jack, avocado, field greens, red onions and tomatoes on wheat flatbread 9.65 **710 cal**

**beef tenderloin panini** - grilled beef tenderloin, dijon horseradish spread, mozzarella, field greens, tomatoes and red onions on flatbread 10.30 **610 cal**

**buffalo tenders panini** - lightly breaded tenders tossed with buffalo wing sauce, cheddar, ranch dressing, field greens, tomatoes and red onions on a french roll 9.10 **520 cal**

**chicken breast panini** - grilled chicken, basil pesto aioli, mozzarella, field greens, tomatoes and red onions on flatbread 9.10 **570 cal**

**chicken tenders panini** - lightly breaded tenders, honey dijon, cheddar, field greens, tomatoes and red onions on flatbread 9.10 **620 cal**

**ham panini** - oven baked ham, honey dijon, light mayo, swiss, field greens, tomatoes and red onions on flatbread 9.10 **570 cal**

**curry chicken salad sandwich** - our signature curry chicken salad topped with field greens and tomatoes on a butter croissant or honey wheat bread 9.10 **660 cal on croissant, 740 cal on honey wheat**

## sides

macaroni & cheese **310 cal** • blue corn tortilla chips & salsa **235 cal** <sup>GF V</sup>   
 corn casserole **340 cal** • grilled zucchini & squash **35 cal** <sup>GF LC</sup>   
 white cheddar mashed potatoes **190 cal** <sup>GF</sup> • chips **140-200 cal**   
 parmesan crusted button mushrooms **120 cal** <sup>GF LC</sup>

substitute a fruit cup **60 cal** <sup>GF</sup>, cup of soup, house salad **80-140 cal** or caesar side salad **140 cal** <sup>LC</sup> 1.95   
 substitute a bowl of soup or byo salad (3 toppings) 2.95

## soups

cup 3.65 | bowl 5.15

tomato bisque **130 cal cup/190 cal bowl** <sup>GF</sup>   
 cheesy chicken tortilla **160 cal cup/290 cal bowl**   
 old fashioned chicken noodle **120 cal cup/210 cal bowl**

## doc's duos

1/2 panini or sandwich • house or caesar side salad 9.95   
 bowl of soup • house or caesar side salad 9.65   
 1/2 panini or sandwich • bowl of soup & chips 9.95

## kid's meals

(10 and under)

kid's meals come with a drink and a cookie.

**turkey panini** - roasted turkey, cheddar and light mayo on flatbread. served with your choice of chips or mandarin oranges 4.95

**ham panini** - oven baked ham, cheddar and light mayo on flatbread. served with your choice of chips or mandarin oranges 4.95

**macaroni & cheese** - served with your choice of chips or mandarin oranges 4.95

**grilled cheese panini** - mozzarella and cheddar on flatbread. served with your choice of chips or mandarin oranges 4.95

**crispy chicken tenders** - served with your choice of chips or mandarin oranges and dipping sauce 4.95

**build your own kid's salad** - includes your choice of any 3 toppings, grilled chicken or crispy chicken tenders 7.55

**doc green's**™  
GOURMET SALADS & GRILL

# takeout menu

healthy as you wanna be!

salads • wraps • sandwiches  
soups • entrées • dessert

the waterfront  
10096 E 13th St N • 316-636-8997

new market square  
2441 N Maize Rd • 316-558-8077

college hill  
410 N Hillside • 316-252-8124

derby  
2307 N Rock Rd • 316-425-1522

order online  
[www.eatdocgreens.com](http://www.eatdocgreens.com)

prices & menu subject to change.

<sup>GF</sup> | <sup>Gluten-Free</sup> (except pita bread) <sup>V</sup> | <sup>Vegan</sup> <sup>🌿</sup> | <sup>Spicy</sup>   
 <sup>LC</sup> | <sup>Low Carb</sup>. Ten or under net carbs. Not including pita bread that comes with our salads.

While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with gluten and nut allergies. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

For more information on nutrition please visit our website [eatdocgreens.com](http://eatdocgreens.com)

## salads

salads can be chopped upon request. additional toppings .75/ea.

**dr. fiesta** - crisp romaine, tomatoes, cucumbers, cheddar, black bean & corn salsa, carrots, tortilla strips, crispy chicken tenders and chipotle ranch dressing 11.25 **660 cal w/ chicken tenders, 490 cal w/ grilled chicken** <sup>GF</sup>

**dr. caesar** - crisp romaine, parmesan, croutons and caesar dressing 7.75 **380 cal**

**dr. grilled veggie** - field greens, grilled zucchini and squash, roasted red peppers, grilled portabella mushroom, red onions, avocado, and balsamic vinaigrette 10.25 **250 cal** <sup>GF LC</sup>

**dr. buffalo chicken** - crisp romaine, tomatoes, red onions, cucumbers, cheddar, buffalo tenders and ranch dressing 10.25 **430 cal w/ chicken tenders, 370 cal w/ grilled chicken** <sup>GF LC</sup> ↗

**dr. caribbean** - crisp romaine, baby spinach, strawberries, pineapple, grapes, almonds, cranraisins, grilled salmon and lite asian sesame dressing 12.95 **500 cal**

**dr. super chef** - crisp romaine, tomatoes, sliced egg, cheddar, croutons, ham, turkey and lite italian dressing or ranch dressing 11.00 **380 cal w/ lite italian, 490 cal w/ ranch**

**dr. chipotle** - field greens, avocado, red onions, sweet corn, tomatoes, crispy tortilla strips, chipotle black bean burger and chipotle ranch dressing 11.90 **490 cal**

**build your own salad** - choice of greens and dressing with any 5 toppings 7.95

**dr. beeks** - field greens, feta, cranraisins, candied walnuts and raspberry vinaigrette 7.95 **240 cal** <sup>GF</sup>

**dr. ranchoero** - crisp romaine, sweet corn, tomatoes, black beans, cheddar, crispy tortilla strips, grilled bbq chicken and ranch dressing 10.95 **480 cal** <sup>GF</sup>

**dr. fruity** - baby spinach, cranraisins, mandarin oranges, grapes, almonds, and raspberry vinaigrette 7.95 **290 cal** <sup>GF V</sup>

**dr. greek** - crisp romaine, tomatoes, roasted red peppers, feta, pepperoncini, black olives, cucumbers, red onions and athenian greek dressing 8.55 **210 cal** <sup>GF LC</sup>

**dr. asian sesame** - crisp romaine, mandarin oranges, almonds, crispy noodles, cucumbers, tomatoes and lite asian sesame dressing 7.95 **350 cal**

**dr. detroit** - baby spinach, button mushrooms, bacon, sliced egg and chunky bleu cheese dressing 7.95 **310 cal** <sup>GF LC</sup>

**dr. rosen rosen** - crisp romaine, bleu cheese crumbles, sliced egg, tomatoes, cucumbers, bacon, and ranch dressing 7.95 **370 cal** <sup>GF LC</sup>

**dr. tomahawk** - crisp romaine, bacon, black bean & corn salsa, avocado, crispy noodles, bbq grilled chicken and jalepeño ranch dressing 12.45 **660 cal** ↗

**dr. diablo** - crisp romaine, red onions, pico de gallo, fresh diced jalepeños, cheddar, bacon, diced pickles, angus beef burger and santa fe ranch dressing 10.95 **585 cal** <sup>GF</sup> ↗

## proteins

grilled chicken (plain, bbq or buffalo) 2.95 **170 -190 cal** <sup>LC</sup>  
chicken tenders (plain, bbq or buffalo) 2.95 **230-260 cal**  
fresh roasted turkey 2.95 **115 cal** <sup>LC</sup>  
oven baked ham 2.95 **120 cal** <sup>LC</sup>  
grilled portabella 2.45 **40 cal** <sup>LC</sup>  
salmon (grilled or chilled) 4.95 **200 cal** <sup>LC</sup>  
grilled beef tenderloin 4.95 **235 cal** <sup>LC</sup>  
chipotle black bean burger 2.95 **190 cal**  
angus beef burger 2.95 **280 cal** <sup>LC</sup>

## dressings

caesar **105 cal** <sup>GF</sup> • ranch **120 cal** <sup>GF</sup> • chunky bleu cheese **125 cal** <sup>GF</sup>  
honey dijon **105 cal** <sup>GF</sup> • raspberry vinaigrette **85 cal** <sup>GF V</sup>  
balsamic vinaigrette **70 cal** <sup>GF</sup> • jalapeño ranch **105 cal** <sup>GF</sup> ↗  
athenian greek **80 cal** <sup>GF</sup> • lite asian sesame **70 cal**  
fat free ranch **20 cal** <sup>GF</sup> • lite italian **10 cal** <sup>GF</sup> • chipotle ranch **120 cal** <sup>GF</sup>  
dorothy lynch **75 cal** <sup>GF</sup> • thousand island **75 cal**  
santa fe ranch **110 cal** <sup>GF</sup> ↗

## entrées

served with your choice of 2 sides.

crispy chicken tenders  
(plain, bbq or buffalo) 9.95 **460-520 cal**  
fresh roasted turkey 9.95 **170 cal** <sup>LC</sup>  
grilled beef tenderloin 12.95 **470 cal** <sup>LC</sup>  
grilled salmon 12.95 **400 cal** <sup>LC</sup>

## sides

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parmesan crusted button mushrooms **120 cal** <sup>GF LC</sup>

substitute a fruit cup **60 cal** <sup>GF</sup>, cup of soup,  
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(3 toppings) 2.95

<sup>GF</sup> | <sup>GF</sup> Gluten-Free (except pita bread) <sup>V</sup> | <sup>V</sup> Vegan ↗ | <sup>S</sup> Spicy  
<sup>LC</sup> | <sup>LC</sup> Low Carb. Ten or under net carbs. Not including pita bread that comes with our salads.

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## signature wraps

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**fiesta chicken** - grilled chicken, crisp romaine, tomatoes, shredded carrots, cheddar, black bean & corn salsa, tortilla strips and chipotle ranch dressing in a sun dried tomato wrap 9.65 **770 cal**

**southwestern steak** - grilled beef tenderloin, sweet corn, crisp romaine, black beans, cheddar, mozzarella, sour cream, avocado and A1 sauce in a garlic and herb wrap 10.85 **760 cal**

**buffalo chicken caesar** - grilled buffalo chicken, tomatoes, crisp romaine, parmesan and caesar dressing in a garlic and herb wrap 9.35 **630 cal** ↗

**thai chicken** - grilled chicken, crispy noodles, tomatoes, crisp romaine, cucumbers, mandarin oranges, almonds and lite asian sesame dressing in a sun dried tomato wrap 9.65 **800 cal**

**ranchoero chicken** - grilled bbq chicken, crisp romaine, tomatoes, cheddar, sweet corn, black beans, tortilla strips and ranch dressing in a garlic and herb wrap 9.65 **760 cal**

**turkey club** - roasted turkey, crisp romaine, tomatoes, bacon, avocado and honey dijon dressing in a garlic and herb wrap 9.65 **670 cal**

**grilled veggie** - grilled portabella mushroom, field greens, grilled zucchini and squash, avocado, red onions and balsamic vinaigrette in a sun dried tomato wrap 9.65 **510 cal**

**chipotle chicken pocket** - grilled chicken, chipotle ranch, black bean & corn salsa, cheddar, field greens and tomatoes grilled in a sun dried tomato wrap 9.65 **670 cal**

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