



FAX ORDER FORM

DATE _____ COMPANY NAME _____
 CONTACT NAME _____ PHONE _____ PICK-UP TIME _____ PAGE _____ OF _____

1. COMPLETE THE FORM BELOW
2. FAX YOUR ORDER TO (405)563-2604
3. CALL (405) 563-2605 TO CONFIRM THE ORDER

COMBINATION \$7.99/ \$8.99

Choice of Grilled Meat or Tofu, a Side and Half Salad

SALADS \$ 5.49

Choice of Salad, add 3 oz of Meat or Tofu for \$2.49 or Avocado for \$1.65.

SOUPS \$ 4.69

Three Daily and Daily Special.

- MEATS & TOFU -

Steak

Top sirloin, marinated overnight in our green onion adobo.

Chicken

Breast, marinated overnight in our green onion adobo.

Pork

Pork loin, marinated overnight in our green onion and pineapple adobo.

Tofu

Extra firm Tofu, marinated overnight in our green onion adobo.

-SIDES / \$ 1.69-

Spinach Rice: Steamed white rice with Spinach.

Carrot Rice: Steamed white rice with carrots.

Brown Rice.

Steamed Salted Potato.

Corn on the cob.

Avocado.

-SALADS-

Classic Garden Salad

Lettuce mix, dice tomatoes, cucumbers and celery, garnished with red onions & our homemade Herbs Ranch Dressing.

Bacon Spinach Salad

Spinach, sliced mushrooms and kalamata olives, chopped eggs and bacon, garnished with red onions, croutons & our homemade Honey Mustard Dressing.

Tropical Salad

Lettuce mix, corn, diced green bell peppers, cucumbers, and tomatoes, garnished with cheddar cheese, and tortilla chips & our homemade Light Vinaigrette.

Spinach Salad

Spinach, chopped cucumbers, and red onions, sliced radishes and shredded carrots, garnished with feta cheese & our homemade Cilantro Lime Vinaigrette.

Sautéed Veggies

Broccoli, Cauliflower, sliced Carrots and Yellow Zucchini, sautéed in a touch of vegetable oil, salt and pepper.

Fruit Salad

Diced fresh fruit, served with our natural Vanilla Yogurt Dressing.

-SOUPS-

Daily: Vegetables, Portobello Mushrooms, Creamy butternut squash

Monday: Cauliflower, **Tuesday:** Broccoli cheese,

Wednesday: Creamy Spinach, **Thursday:** Carrots,

Friday: Pureed Lentil, **Saturday:** Sweet Corn.

-DESSERTS / \$2.99-

Caramel Flan - Strawberries & Cream, - Pineapple Zucchini Cake

-DRINKS-

Soft Drinks \$1.59 / \$1.89

Bottled Drinks \$1.99 / \$2.39

	NAME	ORDER	MEATS AND TOFU	SIDES	SALADS	SOUPS	DRINKS / DESSERTS
		COMBINATION SALADS SOUPS	CHICKEN (CK) STEAK (ST) PORK (PK) TOFU (TF)	SPINACH RICE (SR) CARROT RICE (CR) BROWN RICE (BR) STEAMED SALTED POTATOE (SP) CORN ON THE COB (CC) AVOCADO (A)	CLASSIC GARDEN (CG) BACON SPINACH (BS) TROPICAL (T) SPINACH (S) APPLE SPINACH (AS) SAUTEED VEGGIES (SV) FRUIT (F)	VEGETABLES (V) PORTOBELLO MUSHROOMS(PM) CREAMY BUTTERNUT SQUASH (BNS) DAILY SPECIAL(DS)	FLAVOR AND SIZE SML
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							



8547 N ROCKWELL AVE, OKC OK 73132
 www.greenandgrilled.com



