

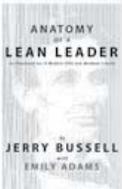
## Bringing Lincoln Leadership to Your Business in 2013



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Tossgreen emphasizes fresh ingredients regularly cooked or prepared in small batches. Photos: Caron Streibich

## All Mixed Up

Tossgreen offers a fun, healthy, fast-casual dining experience

**TOSSGREEN**  
4375 Southside Blvd., Southside  
619-4356

**C**risp. Crunchy. Chewy. Creamy. The possibilities are endless. You'll never think of salad the same way again. Tossgreen takes healthy to a new level by offering fresh and sustainable made-to-order salads and burritos.

Simple instruction signage guides the ordering process. The toughest part is deciding if you're hungry for a burrito (or tortilla-less burrito bowl) or salad.

Salads begin with a leafy green base: iceberg, romaine, mixed greens or spinach. I opted for half-spinach and half-mixed greens. For \$5.99, you select five toppings. There are more than 50 vegetables, fruits, legumes, nuts, "crunch" items and various cheeses. Want more than five? Pony up 49 cents each. I enjoy a mingling of flavors and textures, so my creation included hearts of palm, artichoke hearts, crisp pita chips, julienned carrots, sun-dried tomatoes, chickpeas and herb-roasted chicken, which was moist and flavorful.

Tossgreen also offers items you may not typically find on the average bed of lettuce, like jicama (a crunchy, slightly sweet root), red grapes, wasabi peas, toasted coconut, goat cheese and white cheddar.

Adding proteins is only 99 cents to \$1.99. Options include herb-roasted chicken, steak, roasted shrimp, roasted tofu, bacon, boiled eggs and avocado — we know, it's a fruit — but it has about 7 grams of protein.

Ingredients are placed in a large bowl with your choice of salad dressing, then tossed and chopped, ensuring an even distribution of dressing. With 18 choices, there's something for the pickiest diner, including ones with food allergies (dairy, gluten, oil). There's even a simple lime or lemon squeeze, which adds a surprising amount of flavor and minimal calories.

I sampled the carrot ginger, but found it



### READ THE BLOG

For more coverage of Northeast Florida's restaurants, go to [folioweekly.com/bite-sized](http://folioweekly.com/bite-sized).

too sweet and opted for the lemon shallot vinaigrette. A bit bland; I wouldn't order it again. I made a mental note to try the chipotle ancho vinaigrette.

Feeling uninspired? Order a chef-designed salad. Prices vary, but these concoctions are complete with protein, dressing and mix-ins.

For those craving a burrito, select a base of regular or wheat tortilla or bowl. It's soon copiously filled with brown or white rice, warm fajita-style veggies and black or pinto beans. Again, proteins are extra. There are several sauces that can be added, plus cheese and sour cream.

Tossgreen's emphasis on sustainable green practices is evident everywhere. Some of the locally sourced items, along with their sources, are handwritten on a chalkboard. Everything is recyclable or compostable, down to the bowls and plastic drinking cups. Chicken and steak are all-natural.

Offering four flavors of frozen yogurt and assorted mix-ins, Tossgreen wraps up your made-to-order meal with a healthful and tasty dessert. □

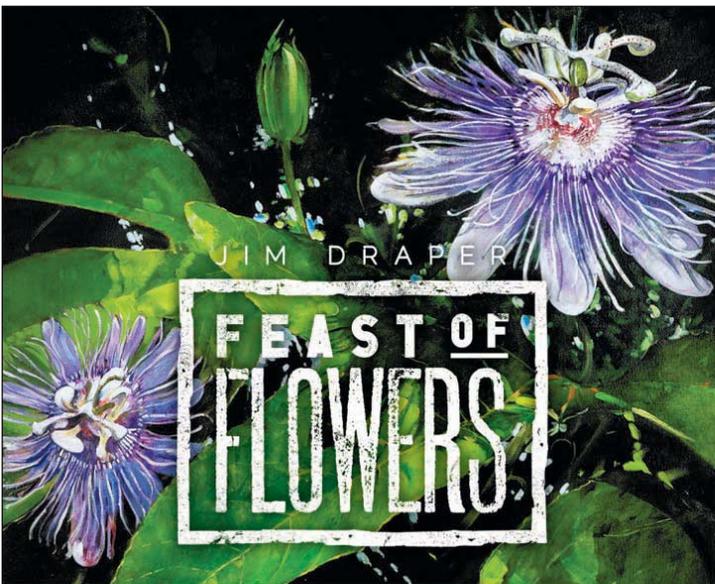
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Everything is recyclable or compostable, down to the bowls and plastic drinking cups.



With more than 50 toppings, customizing your salad is fun.



THROUGH APRIL 7, 2013

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Image Credit: Jim Draper, *Large Passion*, 2012, oil on canvas, 48 x 60 inches. © Jim Draper.