

# COLD SANDWICHES

Served with romaine on 100% whole grain bread

**GF** Gluten-free bread available

**VG** Indicates a vegan-friendly option

**Curried Chicken** chicken salad made with creamy curried-apricot dressing and currants **\$5.49**

**Buffaloberry Chicken** chicken salad made with creamy buffaloberry dressing, cherries, toasted almonds, and crushed rosemary **\$5.49**

**Blueberry-Pecan Chicken** chicken salad made with creamy blueberry dressing, wild blueberries, and toasted pecans **\$5.49**

**Zesty "Hot Wing" Chicken** chicken salad made with a creamy spicy-pepper dressing and optional tomatoes **\$5.49**

**Dilled Tuna** tuna salad made with creamy dill dressing, capers, and red onion **\$5.49**

**Wasabi Tuna** tuna salad made with creamy wasabi dressing, a touch of thyme, and optional tomatoes **\$5.49**

▼ **Buffaloberry Chicken Salad**



At first glance, Buffaloberries™ menu appears to be similar to the menus of other 'fast-casual' restaurants—so what exactly is the Buffaloberries™ difference?

**SELECT INGREDIENTS** make Buffaloberries™ different from other restaurants. That's why we chose to call ourselves a "select ingredient bar" instead of a restaurant, bistro, or similar name.

**WE INCLUDE GOOD THINGS** like antioxidant-rich foods, whole grains, fruits, and vegetables as well as foods that provide healthy Omega-3 fats and fiber. At Buffaloberries™, each and every recipe ingredient has been carefully chosen for proven health benefits.

**WE EXCLUDE BAD THINGS** that are suspected to or have been shown to cause health problems. Our menu items do not contain synthetic trans fats, high fructose corn syrup, Monosodium Glutamate (MSG), aspartame, cyclamates, saccharin, high levels of added sugar or sodium, animal by-products, added hormones or antibiotics, or fruits and vegetables with high levels of pesticide residues.

**WE PROMOTE PORTION CONTROL** based on recommendations for the daily intake of major dietary components from the US government, major healthcare providers and leading dietary organizations. We believe that the balance of key nutrients is the key to feeling satisfied and maximizing the body's use of food for fuel.

**WE GO EVEN FURTHER** by practicing environmental stewardship and supporting fair trade for an overall healthier world.



309 S Phillips Ave  
Sioux Falls, SD 57104

605.271.8280

[buffaloberries.com](http://buffaloberries.com)



# WARM SANDWICHES

Lightly toasted, served on 100% whole grain bread

**GF** Gluten-free bread available

**VG** Indicates a vegan-friendly option

**Dilled Tuna Melt** tuna salad made with creamy dill dressing, capers, and red onion topped with mozzarella **\$5.99**

**Wasabi Tuna Melt** tuna salad made with creamy wasabi dressing, a touch of thyme, and optional tomatoes topped with mozzarella **\$5.99**

**Bison Meatloaf Melt** two options: **\$6.29**  
 ① with sweet basil pesto and feta, or  
 ② with tangy BBQ and mozzarella

**Tuscan Chicken Melt** with tomatoes, black olives, red onion, pesto and mozzarella **\$6.29**

**VG Roasted Veggie with Caramelized Onions** sundried tomato spread, roasted zucchini, and tri-colored peppers **\$5.79**

**BBQ Chicken** with tangy BBQ sauce and caramelized onion **\$5.79**

▼ **Bison Meatloaf Melt**



# MENU

delicious. **healthy.** smashing idea.

# PIZZITAS™

6" personal pizzas made with a whole wheat crust

**GF** Gluten-free pizzita crusts available for 75¢

**VG** Indicates a vegan-friendly option

**Pepperoni** with zesty marinara and mozzarella **\$5.29**

**Tuscan Chicken** with tomatoes, black olives, red onion, pesto, and mozzarella **\$5.29**

**BBQ Chicken** with tangy BBQ sauce, caramelized onion, and mozzarella **\$5.29**

**Chicken Alfredo** with artichokes, tomatoes, black olives, and mozzarella **\$5.29**

**Roasted Veggie with Caramelized Onions** **\$5.29**  
sundried tomato spread, roasted zucchini, and tri-colored peppers topped with mozzarella

**VG** make it without mozzarella **\$4.59**

▼ Roasted Veggie with Caramelized Onions



# ENTREE SALADS

Leafy green spinach and romaine with crostini toasts

**GF** Gluten-free options available

**VG** Indicates a vegan-friendly option

**Tuscan Bean with Sweet Basil Pesto** black olives, tomatoes, red onion, white beans, and parmesan **\$5.69**

**VG** make it without parmesan **\$4.99**

**Cranberry-Pecan** dried cranberries, toasted pecans, lingonberry vinaigrette, and feta. **\$5.69**

**VG** make it without feta **\$4.99**

**Curried Chicken** chicken salad made with creamy curried-apricot dressing and currants **\$5.49**

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# PASTAS

Whole grain pastas served with crostini toasts

**GF** Gluten-free pastas available

**VG** Indicates a vegan-friendly option

**Dakota Bison Marinara** local grass-fed bison, zesty marinara, mushrooms, and mozzarella **\$6.29**

**Creamy Alfredo** torn spinach, tomatoes, red onions, artichokes, mushrooms, and parmesan **\$6.29**

**Sweet Basil Tuscan** with tomatoes, black olives, red onion, pesto, and parmesan **\$6.29**

**VG** make it without parmesan **\$5.59**

make it with chicken **\$7.79**

**Veggie Marinara** roasted zucchini, mushrooms, tri-colored peppers, and caramelized onions, topped with zesty marinara and feta **\$6.29**

**VG** make it without feta **\$5.59**

▼ Veggie Marinara



# SOUPS & SIDE SALADS

Served with crostini toasts

**GF** Gluten-free options available

**VG** Indicates a vegan-friendly option

## SOUPS

**Cup** 8 oz **\$2.99** **Bowl** 16 oz **\$4.29**

**Tomato Basil Bisque** with organic tomatoes, organic dairy, and sweet basil

**VG** **Two-Alarm Chipotle** with diced organic tomatoes, jalapeno mash, chipotle-seasoned organic vegetable broth, white beans, or chicken

**VG** **Cuban Black Bean** with sautéed onions, organic red, yellow, and green peppers, organic vegetable broth, and cumin

## SALADS

**VG** **Nutty Orange-Cranberry Wild Rice** **\$2.29**  
toasted pecans, oranges, and orange sesame dressing

**VG** **Balsamic Broccoli** red onion, dried apricots, sunflower seeds, and apricot-balsamic dressing **\$2.29**

**VG** **Five-Bean** garbanzo, green, red kidney, wax yellow, and pinto beans, and pickled onions in a tangy vinegar sauce **\$2.29**

**Leafy Green** mixed greens, shredded carrots, red onion, tomatoes, and choice of **VG** lingonberry vinaigrette, **VG** creamy balsamic-apricot, or parmesan ranch **\$2.29**