

GRILL BOWLS

PASTA BOWLS

Choose regular or wheat penne pasta
Served with grilled
sourdough bread

Tuscan Marinara Bowl 5.29
Penne pasta with roasted basil marinara sauce topped with Parmesan cheese
Add all-natural grilled chicken \$2 or add Certified Angus Beef® \$4
Add ½ grilled sliced Portabella for \$2

Italian White Bowl 5.99
Penne pasta in a light white sauce topped with Parmesan cheese
Add all-natural grilled chicken \$2 or add Certified Angus Beef® \$4
Add ½ grilled sliced Portabella for \$2

NEW Pesto Pasta Bowl 6.99
Penne pasta with a pesto light white sauce, bruschetta tomatoes and Parmesan cheese
Add all-natural grilled chicken \$2

RICE BOWLS

Our blend of brown and seasoned wild rice served with fresh grilled vegetables and all-natural grilled chicken
Served with grilled sourdough bread

Asian Teriyaki Bowl 7.99
All-natural grilled chicken, broccoli, grilled red pepper, crispy noodles and teriyaki sauce served over our brown & wild rice blend
Sub Certified Angus Beef® for \$2 more

Asian Sweet & Spicy Bowl 8.49
All-natural grilled chicken, broccoli, grilled red pepper, crispy noodles and sweet & spicy sauce served over our brown & wild rice blend
Sub Certified Angus Beef® for \$2 more, or fresh Atlantic salmon for \$4

California Bowl GF COOPER FIT FOODS 8.99
All-natural grilled chicken, fresh grilled seasonal vegetables, bruschetta tomatoes, Parmesan cheese & balsamic glaze served over our brown & wild rice blend
Sub Certified Angus Beef® for \$2 more, or fresh Atlantic salmon for \$4

STARTERS, SHAREABLES & SOUPS

House-made Pita Chips 3.79
Crispy wheat chips served with choice of 2: house-made hummus, black bean hummus or basil marinara sauce

Grilled Vegetable Bruschetta COOPER FIT FOODS 5.49
Grilled marinated fresh seasonal vegetables topped with balsamic glaze & Parmesan cheese
Served with grilled sourdough bread

Grilled Chicken Satays 4.99
Grilled skewers served with Asian cucumber salad & dipping sauce.
Sub Certified Angus Beef® \$2 more



Black Bean Steak Soup GF 4.39 cup 5.39 bowl
Ranch-style black bean soup with grilled Certified Angus Beef® and applewood smoked bacon topped with green onions & Monterey Jack cheese
Served with grilled sourdough bread

Chicken Tortilla Soup GF 3.99 cup 4.99 bowl
Made from scratch with all-natural grilled chicken in our unique pureed vegetable base with a jalapeño kick. Topped with fresh avocado, pico, tortilla strips and cilantro
Served with grilled sourdough bread

Side House or Side Caesar Salad COOPER FIT FOODS 2.99
GF no croutons or sub GF

SIDES GF

Grilled Corn Salad, Asian Cucumber Salad, Seasoned Wild & Brown Rice, Fresh Steamed Broccoli 1.79

Seasonal Fresh Fruit GF 2.39



"Eat Well. Live Well. Feel Good. Now, we've made it even easier to accomplish. We've partnered with Dr. Cooper & Cooper Aerobics to bring you delicious eats that are Cooper recommended. Look for this orange stamp to see just what the Doctor ordered."



These items are recommended for gluten sensitive diets. Cedars is not a gluten free kitchen but we will take every precaution to ensure our gluten-free and low gluten items are safe for your diet. Be sure to order your meal with no bread and substitute GF croutons for regular croutons. Please advise our cashier of any allergies.

GRILL SALADS

CLASSIC SALADS

Substitute or add gluten free croutons for .75

Cedars Caesar Salad 5.99
Crisp romaine lettuce tossed with Parmesan cheese, grilled sourdough croutons & our house made Caesar dressing
Add all-natural grilled chicken \$2 or Certified Angus Beef® \$4
GF no croutons or sub GF

Cedars House Salad 5.99
Fresh cucumbers, grape tomatoes, carrots, grilled red onions on romaine and iceberg lettuce. Topped with shredded Monterey Jack cheese, grilled sourdough croutons, & your choice of dressing
Add all-natural grilled chicken \$2 or Certified Angus Beef® \$4
GF no croutons or sub GF

SIGNATURE SALADS

Substitute or add gluten free croutons for .75

NEW Buffalo Chicken Salad GF 7.99

All-natural grilled chicken, applewood smoked bacon, romaine lettuce, shredded carrots, celery, blue cheese crumbles, cheddar cheese, Buffalo sauce and ranch dressing

NEW Mediterranean Salad COOPER FIT FOODS 8.99
All-natural grilled chicken, romaine lettuce, artichoke and black olives, cucumbers, grape tomato and Parmesan cheese tossed with balsamic vinaigrette dressing and topped with house-made hummus and pita chips
Sub fresh Atlantic salmon for \$4

Tex-Mex Chipotle Ranch Salad GF 8.99
All-natural grilled chicken, cucumbers, grape tomatoes, red onions, Monterey Jack cheese and romaine and iceberg lettuce tossed with chipotle ranch dressing. Topped with grilled corn salad, tortilla strips, avocado, cheddar cheese, cilantro and cotija cheese
Sub Certified Angus Beef® \$2

Seasonal Harvest Salad GF COOPER FIT FOODS 8.99
Our harvest salad features the freshest seasonal fruits, all-natural grilled chicken, carrots, red onions and Parmesan cheese on romaine lettuce. Tossed with lemon poppyseed dressing. Check out our black board for the seasonal fruit of the week!
Sub Certified Angus Beef® \$2

House-made salad dressings

Chipotle ranch, chunky blue cheese, Caesar, ranch, balsamic basil vinaigrette, lemon poppyseed

GRILL COMBOS

Substitute or add gluten free croutons for .75

Soup & Salad 6.99
Choice of bowl of soup & side house salad or side Caesar salad
Served with grilled sourdough bread

Soup & Sandwich 6.99
Choice of cup of soup & ½ sandwich or ½ wrap with all-natural chicken
Add .75 for any sandwich or wrap with bacon
Sub Certified Angus Beef® for \$1

Sandwich & Salad 6.99

Choice of ½ sandwich or ½ wrap with all-natural chicken & a side house salad or side Caesar salad
Add .75 for any sandwich or wrap with bacon
Sub Certified Angus Beef® for \$1

PLANO

972.378.1222

6509 W Park Blvd

(NE corner of Park & Midway)



FRISCO

972.377.8886

4710 Preston Rd

(SE Corner of Preston & Lebanon)

GRILL WRAPS & SANDWICHES

WOODFIRE WRAPS

Served with your choice of house made pita-chips, grilled corn salad, Asian cucumber salad, steamed broccoli, Mandarin oranges or rice. Sub fresh seasonal fruit for \$1.
Add hummus, black bean hummus or marinara sauce for .75

Southwest Torta Wrap 8.49
All-natural grilled chicken, three-cheese spread, lettuce, grilled red onion, avocado and pico wrapped in a grilled flatbread and served with a choice of side
Sub Certified Angus Beef® for \$2.5 more, or fresh Atlantic salmon \$4

NEW Buffalo Chicken Wrap 7.99
All-natural grilled chicken, shredded carrots, celery, lettuce, ranch dressing, crumbled blue cheese and Buffalo sauce wrapped in a grilled flatbread with choice of side

Thai Grill Wrap COOPER FIT FOODS 8.49
All-natural grilled chicken, Asian cucumber salad, shredded carrots, grilled red onion, lettuce, cilantro and sweet & spicy Thai sauce wrapped in a grilled flatbread
Sub Certified Angus Beef® for \$2.5 more

NEW Bacon Ranch Wrap 8.99
All-natural grilled chicken, applewood smoked bacon, lettuce, Roma tomato, cheddar cheese and ranch wrapped in a grilled flatbread
Sub Certified Angus Beef® for \$2.5 more

BBQ Bacon Woodfire Wrap 8.99
All-natural grilled chicken, applewood smoked bacon, tangy BBQ sauce, cheddar cheese, grilled red onions, Roma tomato and lettuce wrapped in a grilled flatbread
Sub Certified Angus Beef® for \$2.5 more

NEW Greek Wrap COOPER FIT FOODS 7.99
All-natural grilled chicken, grilled red peppers, artichokes and black olives, lettuce, hummus, and Parmesan cheese wrapped in a grilled flatbread
Make it a veggie and sub Portabella for chicken 0.50 more

NEW Adult Grilled Cheese 5.99

Decadent blend of cheddar, provolone and Monterey Jack cheeses on grilled sourdough bread. Served with your choice of side. Add applewood smoked bacon for \$1
Add all-natural grilled chicken for \$2 or add both for \$3

SANDWICHES

Our sandwiches are served on a Hoagie that is baked fresh daily. Served with your choice of house made pita-chips, grilled corn salad, Asian cucumber salad, steamed broccoli, Mandarin oranges or rice.
Sub fresh seasonal fruit for \$1. Add hummus, black bean hummus or marinara sauce for .75

Cedars House Sandwich 7.49
All-natural grilled chicken, lettuce, sliced Roma tomato, grilled red onion and our special Grill Boss sauce served with your choice of side
Sub Certified Angus Beef® \$2.50

Pesto Grill Sandwich 8.49
All-natural grilled chicken, basil pesto mayo, bruschetta tomatoes, lettuce, grilled red onions and provolone cheese

Cedars Signature Griller Sandwich 8.99

All-natural grilled chicken, applewood smoked bacon, cheddar cheese, lettuce, sliced Roma tomato, grilled red onion and our tangy BBQ sauce
Sub Certified Angus Beef® \$2.50

KIDS EAT WELL GRILL

Served with your choice of house made pita-chips, grilled corn salad, Asian cucumber salad, steamed broccoli, Mandarin oranges, fresh seasonal fruit or rice. Add a drink for \$1

Grilled Cheese 3.79 Grilled Chicken Sandwich 4.29

Use-Your-Noodle White Bowl 2.99 with chicken 4.29
Use-Your-Noodle Red Bowl 2.99 with chicken 4.29

Chicken on a Stick 3.99
House or Caesar Salad with Grilled Chicken 4.99

*Consuming any raw or undercooked animal protein, such as steak or seafood, may increase your risk of food-borne illness, especially if you have certain medical conditions. Contact your physician if you are unsure of your risk.