

VALUE

CAESAR 240 Cal (chicken +100 Cal, tofu +35 Cal, shrimp +70 Cal, salmon +150 Cal)
Romaine, Shaved Parmesan, Multigrain Croutons
Caesar Dressing 180 Cal

THAI CHICKEN CRUNCH 230 Cal (chicken +100 Cal, shrimp +70 Cal, salmon +150 Cal)
Romaine, Red Cabbage, Roasted Chicken, Carrots, Celery, Crispy Wontons
Spicy Thai Peanut 135 Cal

BUFFALO CHICKEN 360 Cal
Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips
Buttermilk Ranch 150 Cal

ASIAN SESAME GRAIN 460 Cal (shrimp +70 Cal, salmon +150 Cal)
Mesclun-Romaine-Red Cabbage Mix, Roasted Chicken, Wheat Berries, Quinoa,
Edamame, Crispy Wontons **Asian Sesame** 125 Cal

MEDITERRANEAN MIX 390 Cal **VEGETARIAN**
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers, Pita Chips
Olive Oil/Balsamic Vinegar 130 Cal

HEALTH

HUDSON VALLEY MIX 400 Cal **VEGETARIAN**
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds,
Multigrain Croutons **Low-Fat Horseradish Chive** 30 Cal

IMMUNITY BOWL 460 Cal
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Cucumbers
Lemon Vinaigrette 120 Cal

THE CALIFORNIA 300 Cal
Romaine, Roasted Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds
Low-Fat Balsamic Vinaigrette 60 Cal

BUFFALO KALE CAESAR 380 Cal
Kale-Romaine Mix, Roasted Chicken, Shaved Parmesan, Multigrain Croutons,
Celery, Shredded Carrots **Spicy Buffalo** 5 Cal

ROASTED TURKEY HEALTH COBB 330 Cal
Romaine, Roasted Turkey, Egg Whites, Tomatoes, Avocado, White Cheddar
Buttermilk Ranch 150 Cal

AWESOME

CHIPOTLE COWBOY 430 Cal
Romaine, Roasted Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Avocado,
Crunchy Onions **Chipotle Vinaigrette** 140 Cal

THE ULTIMATE FALAFEL 340 Cal **VEGETARIAN**
Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Tomatoes,
Red Onions, Pita Chips **Moroccan Tahini** 40 Cal

TANDOORI FIRE 280 Cal
Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions
Low-Fat Yogurt Cucumber 30 Cal

SMOKEHOUSE STEAK 350 Cal
Romaine, Grilled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos,
Tortilla Strips **Smoky Poblano Ranch** 120 Cal

PESTO CHICKEN PARADISE 300 Cal
Arugula-Mesclun Mix, Roasted Chicken, Broccoli, Roasted Tomatoes, Red Onions
Fresh Mozzarella **Kale-Pesto Vinaigrette** 150 Cal

Substitute tofu for any protein | Add 280 calories for wraps

WINTER SEASONAL

WARM RUSTIC GRAIN BOWL 670 Cal
Quinoa-Lentil-Wheatberry Mix, Pinch of Arugula,
Walnuts, Roasted Cauliflower, Broccoli Coins,
Shaved Parmesan, Carrots, Roasted Tomatoes
Kale-Pesto Vinaigrette 150 Cal

ARTISANAL ANGUS 290 Cal
Arugula & Romaine, Grass-Fed Steak, Grape Tomatoes,
Freshly Ground Salt & Pepper, Shaved Parmesan,
Lemon Vinaigrette 120 Cal

NEW YEAR'S RESOLUTION 420 Cal
Kale, Red Cabbage & Romaine, Turkish Figs,
Goat Cheese, Seedless Cucumbers, Walnuts
Balsamic Vinegar 10 Cal

JAMAICAN JAMMIN' 400 Cal
Romaine & Red Cabbage, Jerk Chicken,
Black Beans & Corn, Onion Crunch, Carrots
Zesty Mango-Lime 65 Cal

*Add 280 calories for wraps.

SEASONAL DRESSING
Zesty Mango-Lime 65 Cal

SEASONAL INGREDIENTS
Jerk Chicken | Roasted Cauliflower
Turkish Figs | Broccoli Coins

CUSTOM SALADS & WRAPS

4 free essentials \ 1 free cheese or 2 essentials when you reuse your bowl

GREENS
Baby Spinach 25 cal
Red Cabbage 50 cal

WRAPS
Whole Wheat 280 cal

Kale 70 cal
Romaine 25 cal

Mesclun 25 cal
Arugula 35 cal

ESSENTIALS

VEGGIES

Asparagus STEAMED
Banana Peppers
Beets FRESH
Black Beans
Black Beans & Corn
Broccoli STEAMED
Carrots SHREDDED
Celery
Chickpeas
Cilantro
Corn
Cucumbers SEEDLESS
Edamame
Green Peppers
Jalapenos FRESH
Red Onions
Red Peppers ROASTED
Tomatoes
Button Mushrooms
Egg Whites
Hard-Boiled Eggs

FRUIT

Apples GRANNY SMITH
Dried Cranberries

GRAINS & NUTS

Almonds TOASTED
Lentils
Pumpkin Seeds
Quinoa
Walnuts
Wheat Berries
CRUNCH
Crispy Wontons
Croutons MULTIGRAIN
Crunchy Onions
Tortilla Strips
Pita Chips

PREMIUM

Avocado
Kalamata Olives
Portabella Mushrooms
Butternut Squash ROASTED
Tomatoes ROASTED

PROTEIN

Falafel BAKED
Chicken ANTIBIOTIC-FREE
Buffalo Chicken ANTIBIOTIC-FREE
Tandoori Red Hot Chicken
Turkey HOUSE-ROASTED
Turkey Bacon CRISPY
Tofu ORGANIC SESAME GRILLED
Steak GRASS-FED
Shrimp SUSTAINABLE
Salmon SUSTAINABLE

CHEESE

Crumbled Blue
Crumbled Feta
Fresh Mozzarella
Goat Cheese MONTCHEVRÉ
White Cheddar CABOT
Pepper Jack CABOT
Shaved Parmesan

ORIGINALS

Chipotle Vinaigrette 140 Cal
Smoky Poblano Ranch 120 Cal
Spicy Thai Peanut 135 Cal
Kale-Pesto Vinaigrette 150 Cal
Lemon Vinaigrette 120 Cal
Sherry Shallot Vinaigrette 140 Cal
Moroccan Tahini 40 Cal

LOW-FAT

Balsamic Vinaigrette 60 Cal
Horseradish Chive 30 Cal
Yogurt Cucumber 30 Cal
Sweet & Creamy Sriracha 15 Cal
Spicy Buffalo 5 Cal

FAT-FREE

Fresh Half Lemon 5 Cal
Honey-Herb Dijon Ranch 30 Cal
Red Wine Vinegar 0 Cal
Balsamic Vinegar 10 Cal

CLASSICS

Asian Sesame 125 Cal
Blue Cheese 160 Cal
Caesar 180 Cal
Balsamic Vinaigrette 140 Cal
Buttermilk Ranch 150 Cal
Olive Oil / Balsamic Vinegar 130 Cal
Olive Oil 240 Cal
Italian Vinaigrette 140 Cal

NUTRITIONAL KEY

● Low Carb (<5g) ● Contains No Milk
● Contains No Gluten ● Contains Seafood
● Vegan

No substitutions please. Delivery and Pick-Up pricing may vary from this menu.



Our promise is to provide quality, healthy food in a fast, responsible, yet affordable way.

NUTRITIONALLY BALANCED

Our menu is created by a registered dietitian to provide nutrient-rich flavor combinations with fiber, protein & calories in mind. View our nutritional information at justsalad.com/menu

QUALITY PROTEINS

We serve grass-fed beef, sustainable seafood (approved by GAA), organic tofu & antibiotic-free humanely-raised chicken.

LOCAL IN-SEASON

We support local family farms by purchasing in season ingredients to better serve our community. View our local list at justsalad.com/food

EVERYDAY FRESH

Our produce is delivered daily, never canned & only served raw, roasted, baked or steamed.

ORGANIC / NON-GMO

We offer a variety of organic and non-GMO options. View organic/non-GMO options at justsalad.com/food.

WALLET-FRIENDLY

We save our customers time & money through our reusable bowls, \$1 promotions, and the Just Salad loyalty app!

JUST SMOOTHIE BAR

STRAWBERRY BANANA 220 Cal
Almond Milk, Strawberries, Banana, Greek Yogurt, Agave Nectar

DETOX CLEANSE 70 Cal
Fresh Kale, Lemon, Apple, Pineapple

VITAMIN C KICK 290 Cal
Coconut Milk, Fresh Orange, Mango, Pineapple

BERRY WILD 220 Cal
Blueberries, Strawberries, Banana, Greek Yogurt, Agave Nectar

TROPIC SPINACH THUNDER 310 Cal
Fresh Spinach, Coconut Milk, Banana, Pineapple

PEANUT BUTTER CHIA WARRIOR 250 Cal
Almond Milk, Banana, Peanut Butter Health Warrior Chia Seeds, Agave

CHOCOLATE BANANA SPLIT 470 Cal
Coconut Milk, Banana, Dates, Cocoa Powder, Agave Nectar

ORANGE KALE POWER JUICE 150 Cal
Fresh Kale, Fresh Orange, Banana

EXTRA ADD ONS

Fresh Kale
Fresh Spinach
Hemp Protein
Chia Seeds

* Available at participating locations