

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** 260 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

CUSTOM SALADS & WRAPS

**4** free essentials each additional 59¢ \ **1** free cheese or 2 essentials when you reuse your bowl

GREENS

**Baby Spinach** 25 cal  
**Red Cabbage** 50 cal

**Kale** 70 cal  
**Romaine** 25 cal

**Mesclun** 25 cal  
**Arugula** (+75¢) 35 cal

WRAPS

**Whole Wheat** 280 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** 1.00  
**Kalamata Olives** .79  
**Portabella Mushrooms** 1.00  
**Butternut Squash** ROASTED .69  
**Tomatoes** ROASTED 1.00

PROTEIN

**Falafel** BAKED 1.79  
**Chicken** ANTIBIOTIC-FREE 2.59  
**Buffalo Chicken** ANTIBIOTIC-FREE 2.59  
**Tandoori Red Hot Chicken** 2.59  
**Turkey** HOUSE-ROASTED 2.59  
**Turkey Bacon** CRISPY 1.99  
**Tofu** ORGANIC SESAME GRILLED 1.29  
**Steak** GRASS-FED 3.89  
**Shrimp** SUSTAINABLE 3.50  
**Salmon** SUSTAINABLE 4.50

CHEESE

**Crumbled Blue** 1.00  
**Crumbled Feta** 1.00  
**Fresh Mozzarella** 1.00  
**Goat Cheese** MONTCHEVRÉ 1.50  
**White Cheddar** CABOT 1.00  
**Pepper Jack** CABOT 1.00  
**Shaved Parmesan** 1.00

NUTRITIONAL KEY

● Low Carb (<5g)

● Contains No Gluten

● Vegan

● Contains No Milk


● Contains Seafood

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






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** 45 Cal   
**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  



THE JS PROMISE

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](https://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/local-list](https://justsalad.com/food/local-list)

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](https://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  
Almond Milk, Banana, Peanut Butter  
Health Warrior Chia Seeds, Agave

**CHOCOLATE BANANA SPLIT** 470 Cal  
Coconut Milk, Banana, Dates, Caco  
Agave Nectar

**ORANGE KALE POWER JUICE** 150 C  
Fresh Kale, Fresh Orange, Banana

EXTRA ADD ONS.....

**Fresh Kale**  
**Fresh Spinach**

**Hemp Protein**  
**Chia Seeds**

FALL SEASONAL

LOCAVORE

530 Cal 

Kale-Red Cabbage Mix, Kale Pesto Chicken, Butternut Squash,  
Dried Cranberries, Mushrooms, Pumpkin Seeds  
**Balsamic Vinegar & Olive Oil** 120 Cal

FALL SUPERFOOD

510 Cal

Spinach-Kale-Red Cabbage Mix, Spicy Broccoli, Fresh Beets,  
Wheat Berries, Sesame Grilled Tofu, Butternut Squash  
**Sherry Shallot Vinaigrette** 140 Cal

JS TURKEY CLUB

595 Cal

Romaine, Sharp White Cheddar, Roasted Turkey,  
Corn, Turkey Bacon, Tomatoes, Multigrain Croutons  
**Russian Ranchero** 60 Cal

AUTUMN CHICKEN CAESAR

530 Cal

Romaine, Roasted Chicken, Shaved Parmesan,  
Fresh Bartlett Pear, Dried Cranberries, Multigrain Croutons  
**Caesar** 190 Cal

\*Add 280 calories for wraps.

SEASONAL DRESSING

**Russian Ranchero** 60 Cal 

SEASONAL INGREDIENTS

**Kale Pesto Chicken** - \$2.79

 **Sharp White Cheddar** - \$1

**Spicy Broccoli** - 79¢ | **Fresh Bartlett Pear** 

\* Available at participating locations