

SOUP

\$4.99
(large)

\$2.99
(small)

Veggie Split Pea • Minestrone • Grilled Chicken Noodle • Weekly Special

GRAB N' GO

Chobani Yogurt \$2.99 Fruit Salad \$3.99

SNACK

Protein Cookies \$3.49 Pop Chips \$1.99 FSTG Chips \$1.75
Famous Amos Cookies \$1.50 Stacy's Pita Chips \$1.99
Deep River Chips \$1.75 Pirate's Booty \$1.75

SIP

Can Soda \$1.25 Snapple \$1.99 Zico Coconut \$2.99
Poland Spring Water \$1.65 Vitamin Water \$2.50 Gus Soda \$2.50
Poland Sparkling Water \$1.75 Crystal Light \$1.99 Naked Juice \$4.25
Hint Water \$2.50

ADD A
SMALL SOUP
to any meal
\$2.29



the
Culture
bar



May not be available at all locations.

FRESH SMOOTHIE 4.95
PROTEIN BOOST +1.00

STRAWBERRY BANANA 260 Cal

Strawberries, Banana, Soy Milk, Fat-Free Frozen Yogurt, and Agave Nectar

BERRY WILD 250 Cal

Blueberries, Strawberries, Soy Milk, Fat-Free Frozen Yogurt, and Agave Nectar

MANGO MADNESS 230 Cal

Mangoes, Banana, Orange Juice, Fat-Free Frozen Yogurt

BANANA COCO-NUTTY 370 Cal

Soy Milk, Banana, Coconut, Almonds, Agave Nectar (dairy-free)

PEANUT BUTTER CHIA WARRIOR 310 Cal

Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar (dairy-free)

PROTEIN BOOST

Hemp Protein

Great source of fiber. Vegetarian and certified organic.

CUP OF YOGURT 3.45
(includes one free drizzle)
TOPPINGS / DRIZZLES +1.00

DRIZZLES

Strawberry
Blueberry
Mango

TOPPINGS

Sliced Almonds
Shaved Coconut
Mini Chocolate Chips

. DRIZZLE .

Our homemade blend of freshly puréed fruit, agave nectar, and a touch of lemon.

Nutrition Facts

(Serving size: One cup of plain yogurt)

Calories108
Total Fat0g
Carbs27g
Sodium20mg
Sugars21g
Vitamin C54%



FALL SUPERFOOD 420 Cal

Spinach, Kale, Red Cabbage Mix, Roasted Butternut Squash, Broccoli, Pumpkin Seeds, Wheatberries, Fresh Beets, Sesame Grilled Tofu
Suggested Dressing: Sherry Shallot Vinaigrette 140 Cal



AUTUMN CHICKEN CAESAR 470 Cal

Romaine Lettuce, Grilled Chicken, Shaved Parmesan, Multigrain Croutons, Fresh Bartlett Pear, Dried Cranberries
Suggested Dressing: Caesar 140 Cal



BUFFALO BLUES 600 Cal

Romaine-Iceberg Mix, Buffalo Chicken, Blue Cheese, Fresh Bartlett Pear, Walnuts, Multigrain Croutons
Suggested Dressing: Buttermilk Ranch 140 Cal

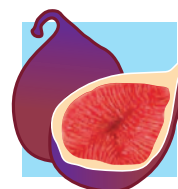


INDIAN SUMMER 500 Cal

Kale, Spinach, Red Cabbage Mix, Fall Trail Mix, Diced Apples, Corn, Roasted Butternut Squash, Wheatberries, Reduced-Fat Cheddar
Suggested Dressing: Fig Balsamic Vinaigrette 180 Cal

Pure
Mountain Co.
Aged 12 yrs

*Add 198 calories
for wraps.



SEASONAL DRESSING:
Fig Balsamic Vinaigrette
180 Cal

Pure
Mountain Co.
Aged 12 yrs

SEASONAL INGREDIENTS:

Fresh Bartlett Pear, Fall Trail Mix
(Dried Cranberries, Walnuts, Pumpkin Seeds, Almonds)

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps

SALAD WRAP

CAESAR <small>VEGETARIAN</small> 230 Cal (chicken +100, tofu +35, shrimp +50, salmon +150 Cal)	tofu/chicken	6.99	6.75
	shrimp +1.50 salmon +2.00		+1.50 +2.00
Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 140 Cal			
THAI CHICKEN CRUNCH 230 Cal (chicken +100, shrimp +50 Cal)	chicken	7.25	6.75
	shrimp +1.50		+1.50
Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal			
BUFFALO CHICKEN 330 Cal		7.25	6.75
Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal			
ASIAN SESAME GRAIN 400 Cal		7.25	6.75
	shrimp +1.50		+1.50
Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal			
MEDITERRANEAN MIX 330 Cal <small>VEGETARIAN</small>		7.45	6.75
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 130 Cal			
HUDSON VALLEY MIX 400 Cal <small>VEGETARIAN</small>		8.25	7.25
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 25 Cal			
IMMUNITY BOWL 460 Cal		9.75	8.99
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal			
THE CALIFORNIA 300 Cal		8.25	7.45
Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal			
TUNA NEE-SWAH 320 Cal		8.99	8.25
Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Half Fresh Lemon 130 Cal			
ROASTED TURKEY HEALTH COBB 250 Cal		9.25	8.45
Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal			
PESTO CHICKEN PARADISE 410 Cal		8.99	8.25
Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Sugg. Dressing: Olive Oil & Balsamic Vinegar 130 Cal			
TEXAS TWO STEP 290 Cal		8.25	7.45
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 25 Cal			
JS TURKEY CLUB 440 Cal		8.99	7.99
Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon, Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Cal			
CHIPOTLE COWBOY 430 Cal		8.99	8.25
Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 140 Cal			

Order online at justsalad.com or call us at (212) 244-1111
No substitutions please. Delivery and Pick Up pricing may vary from this menu

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 25 cal	ICEBERG 30 cal	MESCLUN 25 cal	KALE 70 cal
RED CABBAGE 50 cal	ROMAINE 25 cal	ARUGULA (+75¢) 35 cal	

4

FREE essentials
Additional toppings 50¢ each

+2

more essentials
when you reuse your bowl

ESSENTIALS

Almonds TOASTED	
Apples GRANNY SMITH	
Artichoke Hearts	
Asparagus STEAMED	
Banana Peppers	
Beets FRESH	
Black Beans	
Black Beans & Corn	
Broccoli STEAMED	
Butternut Squash ROASTED	
Carrots SHREDDED	
Celery	
Chickpeas	
Cilantro	
Corn	
Crispy Wontons	
Croutons MULTIGRAIN	
Crunchy Onions	
Cucumbers SEEDLESS	
Dried Cranberries	
Edamame	
Egg Whites	
Green Peppers	
Hard-Boiled Egg	
Jalapenos FRESH	
Lentils	
Mandarin Oranges	
Pumpkin Seeds	
Quinoa	
Radishes	
Red Onions	
Red Peppers ROASTED	
String Beans	
Sun-Dried Tomatoes	
Tomatoes	
Tortilla Strips	
Walnuts	
Wheatberries	
White Mushrooms	

PREMIUM

Avocado	1.00
Hearts of Palm	1.00
Kalamata Olives	.75
Portabella Mushrooms	.75
Sesame Grilled Tofu	1.00

PROTEIN

Buffalo Chicken GRILLED	2.25
Chicken GRILLED	1.99
Pesto Chicken GRILLED	2.25
Turkey Bacon	1.75
Turkey HOUSE-ROASTED	2.50

SEAFOOD

Albacore Tuna	2.50
Shrimp	3.25
Salmon GRILLED	4.50

CHEESE

Crumbled Bleu	1.00
Crumbled Feta	1.00
Fresh Mozzarella	1.00
Goat Cheese MONTCHEVRÉ	1.50
Pepper Jack CABOT	.75
Reduced-Fat Cheddar	.75
Reduced-Fat Swiss	.75
Shaved Parmesan	1.00

Low Sodium	⬇️	No Carbs	⬆️
No Dairy	🚫	Low Carb	⬇️
Vegan	✅	Gluten-Free	❌
No Sugar	❌	No Cholesterol	🚫

WRAPS WHOLE WHEAT 198 cal

\$6.99

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 135 Cal	❌❌❌❌❌
Smoky Poblano Ranch 130 Cal	❌❌❌❌❌
Spicy Thai Peanut 140 Cal	❌❌❌❌❌
White Balsamic 145 Cal	❌❌❌❌❌
Lemon Vinaigrette 115 Cal	❌❌❌❌❌
Chipotle Vinaigrette 140 Cal	❌❌❌❌❌
Moroccan Tahini 60 Cal	❌❌❌❌❌

LOW-FAT

Balsamic Vinaigrette 70 Cal	❌❌❌❌❌
Horseradish Chive 25 Cal	❌❌❌❌❌
Yogurt Cucumber 25 Cal	❌❌❌❌❌
Chilled Avocado 25 Cal	❌❌❌❌❌
Far East Mandarin 30 Cal	❌❌❌❌❌

FAT-FREE

Fresh Lemon Juice 5 Cal	❌❌❌❌❌
Fresh Half Lemon 5 Cal	❌❌❌❌❌
Honey-Herb Dijon 50 Cal	❌❌❌❌❌
Ranch 25 Cal	❌❌❌❌❌
Raspberry Vinaigrette 35 Cal	❌❌❌❌❌
Red Wine Vinegar 5 Cal	❌❌❌❌❌
Balsamic Vinegar 10 Cal	❌❌❌❌❌

CLASSIC DRESSINGS

Asian Sesame 130 Cal	❌❌❌❌❌
Balsamic Vinaigrette 220 Cal	❌❌❌❌❌
Bleu Cheese 160 Cal	❌❌❌❌❌
Buttermilk Ranch 140 Cal	❌❌❌❌❌
Caesar 140 Cal	❌❌❌❌❌
Italian Vinaigrette 150 Cal	❌❌❌❌❌
Olive Oil / Balsamic Vinegar 130 Cal	❌❌❌❌❌
Olive Oil / Lemon Juice 130 Cal	❌❌❌❌❌
Olive Oil 240 Cal	❌❌❌❌❌

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