

CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA PENSIERO

Substitute tofu for any protein | Add 330 calories for wraps

	SALAD	WRAP	
<b>CAESAR</b> <span>VEGETARIAN</span> 230 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal) Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 190 Cal	tofu/chicken +1.50 shrimp +2.00 salmon	<b>7.29</b> <b>+1.50</b> <b>+2.00</b>	<b>6.99</b> <b>+1.50</b> <b>+2.00</b>
<b>THAI CHICKEN CRUNCH</b> 130 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal) Iceberg-Romaine Mix, Red Cabbage, All-Natural Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 140 Cal	chicken +1.50 shrimp +2.00 salmon	<b>7.49</b> <b>+1.50</b> <b>+2.00</b>	<b>6.99</b> <b>+1.50</b> <b>+2.00</b>
<b>BUFFALO CHICKEN</b> 360 Cal Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 150 Cal		<b>7.49</b>	<b>6.99</b>
<b>ASIAN SESAME GRAIN</b> 400 Cal (shrimp +70 Cal, salmon +150 Cal) Iceberg-Red Cabbage-Mesclun Mix, All-Natural Chicken, Wheat Berries, Quinoa, String Beans, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal	chicken +1.50 shrimp +2.00 salmon	<b>7.49</b> <b>+1.50</b> <b>+2.00</b>	<b>6.99</b> <b>+1.50</b> <b>+2.00</b>
<b>MEDITERRANEAN MIX</b> 330 Cal <span>VEGETARIAN</span> Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal		<b>7.49</b>	<b>6.99</b>

CHEF-DESIGNED HEALTH

<b>HUDSON VALLEY MIX</b> 400 Cal <span>VEGETARIAN</span> Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 40 Cal	<b>8.49</b>	<b>7.99</b>
<b>IMMUNITY BOWL</b> 460 Cal Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 150 Cal	<b>9.99</b>	<b>9.29</b>
<b>THE CALIFORNIA</b> 300 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal	<b>8.49</b>	<b>7.99</b>
<b>BUFFALO CAESAR</b> 350 Cal Romaine, All-Natural Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 5 Cal	<b>8.29</b>	<b>7.99</b>
<b>ROASTED TURKEY HEALTH COBB</b> 250 Cal Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 150 Cal	<b>9.29</b>	<b>8.49</b>

CHEF-DESIGNED AWESOME

<b>PESTO CHICKEN PARADISE</b> 390 Cal Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Roasted Tomatoes, Red Onions Fresh Mozzarella Suggested Dressing: Olive Oil & Balsamic Vinegar 120 Cal	<b>9.39</b>	<b>8.79</b>
<b>TEXAS TWO STEP</b> 310 Cal Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Cal	<b>8.49</b>	<b>7.69</b>
<b>SMOKEHOUSE STEAK</b> 350 Cal Iceberg, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips Suggested Dressing: Smoky Poblano Ranch 130 Cal	<b>9.99</b>	<b>9.29</b>
<b>CHIPOTLE COWBOY</b> 430 Cal Romaine-Iceberg Mix, All-Natural Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Onion Crunch®, Avocado Suggested Dressing: Chipotle Vinaigrette 150 Cal	<b>8.99</b>	<b>8.29</b>

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CHEF-DESIGNED VALUE

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SOUP

\$5.49 (large)

\$3.49 (small)

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

GRAB N' GO

Chobani Yogurt	\$2.99	Fruit Salad	\$3.99
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SNACK

Protein Cookies	\$3.49	Pop Chips	\$1.99	Beanfield's	\$1.99
Famous Amos Cookies	\$1.50	Stacy's Pita Chips	\$1.99		
Deep River Chips	\$1.79	FSTG Chips	\$1.79		

SIP

Can Soda	\$1.29	Snapple	\$1.99	Zico Coconut	\$2.99
Poland Spring Water	\$1.69	Vitamin Water	\$2.50	Gus Soda	\$2.50
Poland Sparkling Water	\$1.79	Hint Water	\$2.50		

May not be available at all locations.

HEALTHY NEW RECIPES

FRESH SMOOTHIE ..... 5.49

PROTEIN BOOST..... +1.00

TROPIC SPINACH THUNDER 340 Cal

Banana, Pineapple, Spinach and Coconut Milk

STRAWBERRY BANANA 280 Cal

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

VITAMIN C KICK 270 Cal

Oranges, Mango, Pineapple and Coconut Milk

THE DETOXER 80 Cal

Kale, Lemon, Apple and Pineapple

PEANUT BUTTER CHIA WARRIOR 290 Cal

Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar

BERRY WILD 250 Cal

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

HEMP PROTEIN BOOST

Great source of fiber. Vegetarian & certified organic.

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: 4 oz cup of plain yogurt)

Calories .....100

Total Fat .....1.5g

Carbs .....20g

Sodium .....150mg

Sugars .....16g

Vitamin C .....2%

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 59¢ each

+2

more essentials

when you reuse your bowl (or 1 Free Cheese)

WRAPS

WHOLE WHEAT 330 cal

\$6.99

ESSENTIALS

VEGGIES

Artichoke Hearts

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

String Beans

Tomatoes

White Mushrooms

Egg Whites

Hard-Boiled Eggs

FRUIT

Apples GRANNY SMITH

Dried Cranberries

Mandarin Oranges

GRAINS & NUTS

Almonds TOASTED

Lentils

Pumpkin Seeds

Quinoa

Walnuts

Wheat Berries

CRUNCH

Crispy Wontons

Croutons MULTIGRAIN

Onion Crunch ®

Tortilla Strips

PREMIUM

Avocado 1.00

Hearts of Palm 1.00

Kalamata Olives .79

Portabella Mushrooms 1.00

Butternut Squash ROASTED .69

Tomatoes ROASTED .69

PROTEIN

Buffalo Chicken ALL-NATURAL 2.49

Chicken ALL-NATURAL 2.29

Pesto Chicken ALL-NATURAL 2.49

Turkey Bacon CRISPY 1.79

Turkey HOUSE-ROASTED 2.49

Tofu SESAME GRILLED 1.29

Steak CHARBROILED 3.50

SEAFOOD

Albacore Tuna 2.50

Shrimp GRILLED 3.50

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 .79

Reduced-Fat Cheddar .79

Reduced-Fat Swiss .79

Shaved Parmesan 1.00

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 140 Cal

Smoky Poblano Ranch 130 Cal

Spicy Thai Peanut 140 Cal

White Balsamic 170 Cal

Lemon Vinaigrette 150 Cal

Chipotle Vinaigrette 150 Cal

LOW-FAT

Balsamic Vinaigrette 70 Cal

Horseradish Chive 40 Cal

Yogurt Cucumber 20 Cal

Chilled Avocado 35 Cal

Sweet & Creamy Sriracha 25 Cal

Far East Mandarin 25 Cal

Spicy Buffalo 5 Cal New!

FAT-FREE

Fresh Half Lemon 5 Cal

Honey-Herb Dijon 45 Cal

Ranch 30 Cal

Red Wine Vinegar 0 Cal

Balsamic Vinegar 10 Cal

CLASSIC DRESSINGS

Asian Sesame 130 Cal

Bleu Cheese 160 Cal

Caesar 190 Cal

Balsamic Vinaigrette 150 Cal

Buttermilk Ranch 150 Cal

Italian Vinaigrette 150 Cal

Olive Oil / Balsamic Vinegar 120 Cal

Olive Oil 240 Cal

Nutritional Key

Low Carb (<5g)

Contains No Milk

Contains No Gluten

Vegan

Low Cholesterol

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Please view our nutrition & allergen notice at [justsalad.com/nutritionterms](#)

SUMMERseasonal

**JALAPEÑO POPPER!!!** 250 Cal  
Romaine-Iceberg Mix, Fresh Jalapeños, Kettle Popcorn, Pepper Jack Cheese, Radishes, Mandarin Oranges  
Suggested Dressing: Buttermilk Ranch 150 Cal

**8.29**

**7.89**

**BEACH BOUND** 230 Cal  
Kale-Iceberg-Red Cabbage Mix, Red Onions, Cucumbers, Corn, Tomatoes, Dill, Grilled Shrimp  
Suggested Dressing: Cilantro-Lime Vinaigrette 170 Cal

**9.69**

**8.99**

**ALMOND BERRY BLAST** 220 Cal  
Romaine Lettuce, Blueberry & Strawberry Mix, Roasted Sliced Almonds, Crumbled Feta  
Suggested Dressing: Lemon Vinaigrette 150 Cal

**8.99**

**8.49**

**SUMMER FIESTA** 490 Cal  
Romaine-Red Cabbage Mix, Oven-Baked Panko Chicken, Black Beans & Corn Mix, Green Peppers, Tortilla Strips, Cotija Cheese  
Suggested Dressing: Smoky Poblano Ranch 130 Cal

**9.69**

**8.99**

**Seasonal Dressing:**  
**Cilantro-Lime Vinaigrette** 170 Cal

**Seasonal Ingredients:**  
**Oven-Baked Panko Chicken**  
**Cotija Cheese | Mixed Berries**  
**Kettle Popcorn | Fresh Dill**

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