

# Custom Salads & Wraps \$6.95

Mix & Match

Greens Baby Spinach Red Cabbage

**Iceberg** Romaine Mesclun Arugula +75¢

Wraps

**Essentials** Almonds toasted

**Apples** granny smith **Artichoke Hearts roasted** Asparagus steamed **Banana Peppers** 

Black Beans & Corn Broccoli steamed

**Butternut Squash** 

Chinese Noodles

Croutons multigrain

**Cucumbers** seedless

**Dried Cranberries** 

**Eggplant** roasted

**Grape Tomatoes** 

Hard Boiled Egg

**Mandarin Oranges Pumpkin Seeds** 

**Roasted Red Peppers** 

**Sun-dried Tomatoes** 

**Green Peppers** 

Carrots shredded

Barley

Beets

Celery

Corn

Chickpeas

Edamame

**Egg Whites** 

Lentils

Radishes **Red Onions** 

**String Beans** 

Tortilla Strips

Wheatberries

White Beans

White Mushrooms

Walnuts

Plain

Whole Wheat



## Extras

Premiums	
Avocado haas	.75
Hearts of Palm	.95
Hummus	.95
Olives kalamata	.75
Portabella Mushrooms	.75
Sesame Grilled Tofu	.95
Meats	
Crispy Bacon	1.50

Mode	
Crispy Bacon	1.50
Crispy Turkey Bacon	1.75
BBQ Chicken natural	<b>2.</b> 25
Buffalo Chicken natural	<b>2.</b> 25
Grilled Chicken natural	1.95
Pesto Chicken natural	<b>2.</b> 25
Sesame Chicken natural	<b>2.</b> 25
<b>Honey Glazed Turkey</b>	1.99
Cheese	

## **Aged White Cheddar**

rumbled Blue Cheese	1.00
rumbled Feta	1.00
resh Mozzarella	1.00
oat Cheese	1.50
educed Fat Cheddar	.75
educed Fat Swiss	.75
haved Parmesan	1.00
eafood	

eafood	
bacore Tuna	
Fat Time Oalast	

Low Fat Tuna Salad	<b>2.</b> 50
Pesto Grilled Shrimp	3.25
Soy-Glazed Salmon	3.99

## Dressings

Asian Sesame	
Chilled Avocado	X
Lemon Vinaigrette	
Rosemary Balsamic 🔼	/XUX
Sherry Shallot Unaigrette	VX • X
Shitake Ginger	
Smoky Poblano Ranch	<b>₹</b> X
Spicy Thai Peanut	<b>.</b>
White Balsamic	<b>₽</b> • ♥
Just Salad Classics	
Delegacie Vincianette	

<b>Balsamic Vinaigrette</b>	
<b>Buttermilk Ranch</b>	<b>₽</b> X
Caesar Dressing	
Italian Vinaigrette	■ X ■ X
Olive Oil/Balsamic Mix	

## Low Fat

.55

2.50

<b>Balsamic Vinaigrette</b>	● ☑ X
Caribbean Citrus	
Horseradish Chive	<b>■</b> X
Yogurt Cucumber	

## **Fat Free**

Far East Mandarin	• DEX
Fresh Lemon Juice	
Honey-Herb Dijon	<b>♥</b> • X
Ranch Dressing	•
Raspberry Vinaigrette	<b>₽</b> • <b>X</b> X
Tofu-Herh Diion	

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Balsamic Vinaigrette	● ☑ X
Caribbean Citrus	
Horseradish Chive	<b>₽</b> X
Yogurt Cucumber	

Far East Mandarin	
Fresh Lemon Juice	
Honey-Herb Dijon	V • X
Ranch Dressing	
Raspberry Vinaigrette	e <b>Joy</b> x
Tofu-Herb Dijon	



VEGAN 🗸

•	
Asian Sesame	
Chilled Avocado	
Lemon Vinaigrette	<b>V</b> ♥♥X
Rosemary Balsamic	
Sherry Shallot Vinaigrette	VX VX
Shitake Ginger	O V X 🖳
Smoky Poblano Ranch	<b>₽</b> X
Spicy Thai Peanut	<b>.</b>
White Balsamic	

NO CHOLESTEROL

LOW CARB

# www.justsalad.com

We Deliver

Phone: 212-244-1111 Fax: 212-244-1121

600 Third Avenue (between 39<sup>TH</sup> and 40<sup>TH</sup> Streets)

by Chersero Pensiero Pensiero Pensiero

320 Park Avenue (enter on 51ST Street)

30 Rockefeller Plaza (Concourse Level between 49<sup>TH</sup> and 50<sup>TH</sup> Streets)

Menu

134 West 37th Street (between 7TH Ave and Broadway)

100 Maiden Lane (between Gold & Pearl Streets)

30-34 Cochrane Street, Central, Hong Kong

19 Des-Voeux Road, Central, Hong Kong



Your health is of utmost concern to us. Please be aware that Just Salad products may contain traces of allergens (peanuts, tree nuts, soybeans, wheat, milk or eggs) or food sensitivities from preparation on site Printed on 100% recycled content, 30% post-consumer waste.



Designed Salads 'gredient substitu

**Visit** iustsalad.com for seasonal special salads!

**All salads** come with freshly baked bread

8.75

8.25

6.95

**Just Salad Signature** 

Baby Spinach, Apples, Turkey Bacon, Walnuts, Red Onions, Reduced Fat Cheddar SUGGESTED DRESSING: Sherry Shallot Vinaigrette

**California Salad** 

Iceberg, Grilled Chicken, Avocado, Egg Whites, **Grape Tomatoes, Toasted Almonds** 

**Texas Two Step Salad** 

Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, BBQ Chicken, Reduced Fat Cheddar

**SUGGESTED DRESSING: Low Fat Balsamic Vinaigrette** 

SUGGESTED DRESSING: Chilled Avocado

Thai Chicken Crunch

Iceberg-Romaine Mix. Grilled Chicken, Carrots. Celery, Chinese Noodles **SUGGESTED DRESSING: Spicy Thai Peanut** 

6.95 Chicken Caesar Salad

Romaine, Grilled Chicken, Shaved Parmesan, **Multigrain Croutons** SUGGESTED DRESSING: Caesar

**Hudson Valley Mix** 

Baby Spinach, Butternut Squash, Broccoli, Apples, Feta, Beets, Pumpkin Seeds, **Multigrain Croutons SUGGESTED DRESSING: Low Fat Horseradish Chive** 

**JS Tuna Salad** 

**\$7.35** Romaine. Low Fat Tuna Salad, Avocado, Chickpeas, Carrots

**SUGGESTED DRESSING: Lemon Vinaigrette** 

**Immunity Bowl Salad** 

Mesclun, Salmon, Squash, Dried Cranberries, Wheatberries, Cucumbers

**\$Q**.75

SUGGESTED DRESSING: Lemon Vinaigrette

**Pesto Chicken Paradise** 

Arugula-Mesclun Mix. Pesto Chicken, Broccoli. Sun-dried Tomatoes, Sliced Almonds, Red Onions SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

**Asian Sesame Grain Salad** 

Iceberg-Mesclun, Sesame Asian Chicken. Wheatberries, Barley, String Beans, Chinese Noodles

SUGGESTED DRESSING: Asian Sesame

**\$2.95 JS Turkey Club Salad** 

Iceberg-Romaine Mix. Honey Glazed Turkey. Reduced Fat Swiss, Turkey Bacon, Grape **Tomatoes. Multigrain Croutons** SUGGESTED DRESSING: Fat Free Ranch

\$6.95 **Buffalo Chicken Salad** 

Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar SUGGESTED DRESSING: Buttermilk Ranch

**\$7**.95 Mediterranean Mix

Romaine, Chickpeas, Feta, Kalamata Olives, Lentils, Cucumbers

SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

Chef Designed Wraps So by Chef Laura Pens

**Chicken Caesar Wrap** 

Romaine, Grilled Chicken, Shaved Parmesan **Multigrain Croutons** SUGGESTED DRESSING: Caesar

\$5.99

\$6.25

\$6.25

\$8.25

**\$7.95** 

**\$7**.35

Thai Chicken Crunch Wrap Iceberg-Romaine Mix, Grilled Chicken, Carrots,

Celery, Chinese Noodles SUGGESTED DRESSING: Spicy Thai Peanut

**Buffalo Chicken Wrap** 

Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar SUGGESTED DRESSING: Buttermilk Ranch

**\$6**.45 **JS Tuna Wrap** 

Romaine, Low Fat Tuna Salad, Avocado. Chickpeas, Carrots SUGGESTED DRESSING: Lemon Vinaigrette

**Tuscan Wrap** 

Arugula, Pesto Chicken, Sun-dried Tomatoes. Mozzarella, Artichoke Hearts, Grape Tomatoes SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

California Wrap

Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes, Sliced Almonds SUGGESTED DRESSING: Low Fat Balsamic Vinaigrette

**Texas Two Step Wrap** 

Romaine, Black Beans & Corn, Roasted Red Peppers Green Peppers, BBQ Chicken, Reduced Fat Cheddar SUGGESTED DRESSING: Chilled Avocado

**Greek Wrap** 

Iceberg-Romaine Mix, Grilled Chicken, Feta, Kalamata Olives, Cucumbers, Grape Tomatoes SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

**Grilled Vegetable Wrap** 

Mesclun, Portabella Mushrooms, Eggplant, Hummus, Carrots, Celery

SUGGESTED DRESSING: Yogurt Cucumber

**Turkey Club Wrap** 

Iceberg-Romaine Mix, Honey Glazed Turkey, Reduced Fat Swiss, Turkey Bacon, Grape Tomatoes SUGGESTED DRESSING: Fat Free Ranch

Fall Salads Wraps

**Fall Superfood** 

Spinach/Red Cabbage, Butternut Squash, Broccoli, Wheatberries, Roasted Chili Spiced Pumpkin Seeds, Cranberry Infused Quinoa. Sesame Grilled Tofu SUGGESTED DRESSING: Olive Oil/Balsamic Mix

**464 Calories** 

**Fall Turkey Harvest** Romaine/Iceberg, Honey Glazed Turkey, Butternut Squash, Dried Cranberries, Corn, Wheatberries SUGGESTED DRESSING: Rosemary Balsamic 537 Calories

**Buffalo Autumn Wrap** 

Romaine/Red Cabbage, Buffalo Chicken, White Mushrooms, Walnuts, Celery SUGGESTED DRESSING: Smoky Poblano 791 Calories

**Fall Slim Down** 

Romaine/Mesclun/Red Cabbage, Broccoli, Radishes, Apples, Carrots, Reduced Fat Cheddar SUGGESTED DRESSING: Sweet Cranberry Splash 268 Calories



Add any small soll meal meal for JUST 51.58 Small \$2.95 Large \$4.95 Veggie Split Pea **▼▼** Minestrone Chicken Noodle **Daily Soup Special** Grab-n-Go

Soup

**\$5.99** 

rots, Grilled Chicken)

**Whole Grain Chicken Salad** 

**Caprese Salad** \$4.99

\$3.99 **Protein Salad** 

**Veggie Crunch Munch** \$3.50 Wheatberries, Carrots, Edamame, Almonds,

**Mediterranean Medley \$4.99** (Mesclun, Sundried Tomatoes, Olives, Portabella Mushrooms, Artichoke Hearts)

> \$3.50 **Fruit Salad** \$2.99 **Fage Yogurt**



\$8.50

\$6.99

Cookies \$1.00 **Deep River Chips** \$1.75 **Pirates Booty** \$1.75 \$1.75 **Smart Puffs** \$1.75 Pop Chips \$1.99 Stacy's Pita Chips Organic Animal **\$2**.25 Cookies

Sip

\$1.25 Coke Diet Coke \$1.25 Sprite \$1.25 Poland Spring Water \$1.59 Tea's Tea \$2.69 Vitamin Water \$2.50 \$1.99 **Crystal Light** Snapple \$1.99 \$1.75 **Poland Spring** Sparkling Gus Soda \$1.99

Welcome to



stop. Cup of vogurt \$2.95 Toppings \$.95 each Cup of vogurt & 3 toppings \$5.50

**Dried Toppings:** 

**Sliced Almonds** Coconut **Dark Chocolate Chips Peak Protein Granola** 100% Natural Chocolate

**Chip Animal Cookies** 

**Fruit Toppings: Strawberries** 

frozen yogurt

**Blueberries** Kiwi

Mango Raspberries

Contains Omega-3's & **Probiotics** 

live & active cultures per serving

Iron 0%

**Nutrition Facts** Serving Size 4 oz (93 grams)

Calories 90 Sugars 18g Calories from Fat Og Fiber Og Total Fat Og Saturated Fat Og Protein less than 1g Vitamin A 0% Vitamin C 45% Carbs 23g Calcium 2% Sodium 20ma

Cholesterol Omg

In keeping with Just Salad's commitment to protecting the environment our frozen yourt is served in 100% renewable and fully compostable