

Check us out online at
JustSalad.com



REUSABLE BOWLS
2 FREE ESSENTIALS every time
you reuse your JUST SALAD bowl!

"Transparency in
nutrition is essential
at Just Salad. Our new
website allows customers
to figure out exactly what
our salads can do for them!"
- Chef Laura

**ONLINE
NUTRITION
CALCULATOR**
You know it is
delicious. Now you
can see how nutritious!

CATERING
Choose a
Build Your Own
Salad Bar or prepared
Salad and Wrap
platters.



order online

**ORDER
ONLINE**
For pick-up
or delivery
our new
system is
quick & easy



LOYALTY CARD
Save money on every visit.

Custom Salads & Wraps \$6.95

Mix & Match

Greens Baby Spinach Iceberg Romaine Mesclun Arugula +75¢
Wraps Plain Whole Wheat

4 Free Essentials
Additional toppings 50¢
and dressing 55¢ each

+2 more
when you re-use
your JS bowl

Healthy
Choices

LOW
SODIUM
NO DAIRY
VEGAN

NO
CHOLESTEROL
NO SUGAR
NO CARBS
LOW CARB
GLUTEN
FREE

Essentials

Almonds *toasted*
Apples *granny smith*
Artichoke Hearts *roasted*
Asparagus *steamed*
Banana Peppers
Barley
Beets
Black Beans & Corn
Broccoli *steamed*
Butternut Squash
Carrots *shredded*
Celery
Chickpeas
Chinese Noodles
Corn
Croutons *multigrain*
Cucumbers *seedless*
Dried Cranberries
Edamame
Eggplant *roasted*
Egg Whites
Grape Tomatoes
Green Peppers
Hard Boiled Egg
Lentils
Mandarin Oranges
Pumpkin Seeds
Radishes
Red Onions
Roasted Red Peppers
String Beans
Sun-dried Tomatoes
Tortilla Strips
Walnuts
Wheatberries
White Beans
White Mushrooms

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
Crispy Turkey Bacon 1.75
BBQ Chicken *all natural* 2.25
Buffalo Chicken *all natural* 2.25
Grilled Chicken *all natural* 1.95
Pesto Chicken *all natural* 2.25
Sesame Chicken *all natural* 2.25
Honey Glazed Turkey 1.99

Cheese

Aged White Cheddar .55
Crumbled Blue Cheese 1.00
Crumbled Feta 1.00
Fresh Mozzarella 1.00
Goat Cheese 1.50
Reduced Fat Cheddar .75
Reduced Fat Swiss .75
Shaved Parmesan 1.00

Seafood

Albacore Tuna 2.50
Low Fat Tuna Salad 2.50
Pesto Grilled Shrimp 3.25
Soy-Glazed Salmon 3.99

Dressings

Just Salad Originals

Asian Sesame
Chilled Avocado
Lemon Vinaigrette
Rosemary Balsamic
Sherry Shallot
Vinaigrette
Shitake Ginger
Smoky Poblano Ranch
Spicy Thai Peanut
White Balsamic

Just Salad Classics

Balsamic Vinaigrette
Buttermilk Ranch
Caesar Dressing
Italian Vinaigrette
Olive Oil/Balsamic Mix

Low Fat

Balsamic Vinaigrette
Caribbean Citrus
Horseradish Chive
Yogurt Cucumber

Fat Free

Far East Mandarin
Fresh Lemon Juice
Honey-Herb Dijon
Ranch Dressing
Raspberry Vinaigrette
Tofu-Herb Dijon

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.

We Deliver
212.244.1111

Order online at
JustSalad.com



Menu
by Chef Laura
Pensiero

Re-use your Just Salad bowl and get 2 Free Essentials

www.
chef4life
.com

www.justsalad.com

Phone: 212-244-1111 Fax: 212-244-1121
600 Third Avenue (between 39TH and 40TH Streets)
320 Park Avenue (enter on 51ST Street)
30 Rockefeller Plaza (Concourse Level between 49TH and 50TH Streets)
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

Order online at

SeamlessWeb®



Created by Chef Laura Pensiero ~ www.chef4life.com

Chef Designed Salads

no ingredient substitutions

Visit justsalad.com for seasonal special salads!

All salads come with freshly baked bread

Just Salad Signature 8.75
Baby Spinach, Apples, Turkey Bacon, Walnuts, Red Onions, Reduced Fat Cheddar
SUGGESTED DRESSING: Sherry Shallot Vinaigrette

California Salad 8.25
Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes, Toasted Almonds
SUGGESTED DRESSING: Low Fat Balsamic Vinaigrette

Texas Two Step Salad 8.25
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, BBQ Chicken, Reduced Fat Cheddar
SUGGESTED DRESSING: Chilled Avocado

NEW Thai Chicken Crunch 6.95
Iceberg-Romaine Mix, Grilled Chicken, Carrots, Celery, Chinese Noodles
SUGGESTED DRESSING: Spicy Thai Peanut

Chicken Caesar Salad 6.95
Romaine, Grilled Chicken, Shaved Parmesan, Multigrain Croutons
SUGGESTED DRESSING: Caesar

Hudson Valley Mix 7.95
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 9.75
Mesclun, Salmon, Squash, Dried Cranberries, Wheatberries, Cucumbers
SUGGESTED DRESSING: Lemon Vinaigrette

Pesto Chicken Paradise 8.95
Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-dried Tomatoes, Sliced Almonds, Red Onions
SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

Asian Sesame Grain Salad 6.95
Iceberg-Mesclun, Sesame Asian Chicken, Wheatberries, Barley, String Beans, Chinese Noodles
SUGGESTED DRESSING: Asian Sesame

JS Turkey Club Salad 8.95
Iceberg-Romaine Mix, Honey Glazed Turkey, Reduced Fat Swiss, Turkey Bacon, Grape Tomatoes, Multigrain Croutons
SUGGESTED DRESSING: Fat Free Ranch

NEW Buffalo Chicken Salad 6.95
Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar
SUGGESTED DRESSING: Buttermilk Ranch

NEW Mediterranean Mix 7.95
Romaine, Roasted Chickpeas, Feta, Kalamata Olives, Lentils, Cucumbers
SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar



Chicken Caesar Wrap 5.99
Romaine, Grilled Chicken, Shaved Parmesan, Multigrain Croutons
SUGGESTED DRESSING: Caesar

NEW Thai Chicken Crunch Wrap 6.25
Iceberg-Romaine Mix, Grilled Chicken, Carrots, Celery, Chinese Noodles
SUGGESTED DRESSING: Spicy Thai Peanut

NEW Buffalo Chicken Wrap 6.25
Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar
SUGGESTED DRESSING: Buttermilk Ranch

JS Tuna Wrap 6.45
Romaine, Low Fat Tuna Salad, Avocado, Chickpeas, Carrots
SUGGESTED DRESSING: Lemon Vinaigrette

Tuscan Wrap 8.25
Arugula, Pesto Chicken, Sun-dried Tomatoes, Mozzarella, Artichoke Hearts, Grape Tomatoes
SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

California Wrap 6.95
Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes, Sliced Almonds
SUGGESTED DRESSING: Low Fat Balsamic Vinaigrette

Texas Two Step Wrap 6.95
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, BBQ Chicken, Reduced Fat Cheddar
SUGGESTED DRESSING: Chilled Avocado

Greek Wrap 7.95
Iceberg-Romaine Mix, Grilled Chicken, Feta, Kalamata Olives, Cucumbers, Grape Tomatoes
SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

Grilled Vegetable Wrap 7.35
Mesclun, Portabella Mushrooms, Eggplant, Hummus, Carrots, Celery
SUGGESTED DRESSING: Yogurt Cucumber

Turkey Club Wrap 7.95
Iceberg-Romaine Mix, Honey Glazed Turkey, Reduced Fat Swiss, Turkey Bacon, Grape Tomatoes
SUGGESTED DRESSING: Fat Free Ranch



New Year's Resolution Salad 7.99
Romaine-mesclun mix, turkey bacon, egg whites, broccoli, carrots, celery
SUGGESTED DRESSING: Low-Fat Yogurt Cucumber
Only 241 Calories!

Winter Superfood Salad 8.25
Spinach-red cabbage mix, roasted butternut squash, broccoli, cranberry-infused quinoa, lentils, pumpkin seeds, sesame grilled tofu
SUGGESTED DRESSING: Olive Oil Balsamic Mix
Calories: 492

Football Sunday Salad 8.75
Iceberg-romaine mix, grilled all-natural buffalo chicken, crumbled blue cheese, tortilla strips, celery, white mushrooms
SUGGESTED DRESSING: Smoky Poblano Ranch
Calories: 577

From Russia with Love Wrap 6.99
Romaine lettuce, red onions, radishes, honey-glazed turkey, capers
SUGGESTED DRESSING: Smoky Paprika Russian
Calories: 520

Add any small Soup to any meal for **JUST \$1.99**

Soup

Soup up your meal

Small 2.95 Large 4.95
Veggie Split Pea Minestrone
Chicken Noodle Daily Soup Special

Grab-n-Go

Whole Grain Chicken Salad 5.99
(Wheatberries, Barley, Carrots, Grilled Chicken)

Caprese Salad 4.99
(Grape Tomatoes, Mozzarella, Basil)

Protein Salad 3.99
(Hard Boiled Egg, Chickpeas, Edamame, Red Onions)

Fruit Salad 3.50
Fage Yogurt 2.75

Snack

Cookies	\$1.00
Deep River Chips	\$1.75
Pirates Booty	\$1.75
Smart Puffs	\$1.75
Pop Chips	\$1.75
Stacy's Pita Chips	\$1.99
Organic Animal Cookies	\$2.25

Sip

Coke	\$1.25
Diet Coke	\$1.25
Sprite	\$1.25
Poland Spring Water	\$1.55
Tea's Tea	\$2.69
Vitamin Water	\$2.50
Crystal Light	\$1.99
Snapple	\$1.99
Poland Spring Sparkling	\$1.45
Gus Soda	\$1.99



Welcome to

Just Salad's frozen yogurt stop.

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

Dried Toppings:
Sliced Almonds
Coconut
Dark Chocolate Chips
Peak Protein Granola
100% Natural Chocolate
Chip Animal Cookies

Fruit Toppings:
Strawberries
Blueberries
Kiwi
Mango
Raspberries

Nutrition Facts

Serving Size 4 oz (93 grams)		
Calories 90	Calories from Fat 0g	Sugars 18g
Total Fat 0g	Saturated Fat 0g	Fiber 0g
Protein less than 1g		Vitamin A 0%
Carbs 23g		Vitamin C 45%
Sodium 20mg		Calcium 2%
Cholesterol 0mg		Iron 0%

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

112 million live & active cultures per serving