

CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA PENSIERO

CHEF-DESIGNED VALUE

- CAESAR

330 Cal (chicken +100 Cal, tofu +35 Cal, shrimp +70 Cal, salmon +150 Cal)

Romaine, Shaved Parmesan, Multigrain Croutons

Suggested Dressing: Caesar 190 Cal
- THAI CHICKEN CRUNCH

230 Cal (chicken +100 Cal, shrimp +70 Cal, salmon +150 Cal)

Romaine, Red Cabbage, Grilled Chicken, Carrots, Celery, Crispy Wontons

Suggested Dressing: Spicy Thai Peanut 140 Cal
- BUFFALO CHICKEN

360 Cal

Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips

Suggested Dressing: Buttermilk Ranch 150 Cal
- ASIAN SESAME GRAIN

460 Cal (shrimp +70 Cal, salmon +150 Cal)

Mesclun-Romaine-Red Cabbage Mix, Grilled Chicken, Wheat Berries, Quinoa, Edamame, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal
- MEDITERRANEAN MIX

390 Cal

VEGETARIAN

NEW RECIPE

Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers, Pita Chips

Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal

CHEF-DESIGNED HEALTH

- HUDSON VALLEY MIX

400 Cal

VEGETARIAN

Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons

Suggested Dressing: Low-Fat Horseradish Chive 40 Cal
- IMMUNITY BOWL

460 Cal

Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Cucumbers

Suggested Dressing: Lemon Vinaigrette 150 Cal
- THE CALIFORNIA

300 Cal

Romaine, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds

Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal
- BUFFALO KALE CAESAR

380 Cal

NEW RECIPE

Kale-Romaine Mix, Grilled Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots

Suggested Dressing: Spicy Buffalo 5 Cal
- ROASTED TURKEY HEALTH COBB

240 Cal

Romaine, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss

Suggested Dressing: Buttermilk Ranch 150 Cal

CHEF-DESIGNED AWESOME

- PESTO CHICKEN PARADISE

300 Cal

NEW RECIPE

Arugula-Mesclun Mix, Grilled Chicken, Broccoli, Roasted Tomatoes, Red Onions

Fresh Mozzarella Suggested Dressing: Kale-Pesto Vinaigrette 140 Cal
- THE ULTIMATE FALAFEL

340 Cal

NEW

VEGETARIAN

Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Tomatoes, Red Onions, Pita Chips

Suggested Dressing: Moroccan Tahini 60 Cal
- TANDOORI FIRE

280 Cal

NEW

Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions

Suggested Dressing: Low-Fat Yogurt Cucumber 20 Cal
- SMOKEHOUSE STEAK

350 Cal

Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips

Suggested Dressing: Smoky Poblano Ranch 130 Cal
- CHIPOTLE COWBOY

430 Cal

Romaine, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Avocado, Crunchy Onions

Suggested Dressing: Chipotle Vinaigrette 150 Cal

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 25 cal

RED CABBAGE 50 cal

KALE 70 cal

ROMAINE 25 cal

MESCLUN 25 cal

ARUGULA 35 cal

WRAPS

WHOLE WHEAT 280 cal

4

FREE essentials

Additional toppings 59¢ each

+2

more essentials or 1 free cheese

when you reuse your bowl

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

White 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

PREMIUM

Avocado

Kalamata Olives

Portabella Mushrooms

Butternut Squash ROASTED

Tomatoes ROASTED

Pita Chips

PROTEIN

Falafel BAKED

Chicken ALL-NATURAL

Buffalo Chicken ALL-NATURAL

Tandoori Red Hot Chicken

Turkey HOUSE-ROASTED

Turkey Bacon CRISPY

Tofu SESAME GRILLED

Steak CHARBROILED

Shrimp GRILLED

Salmon GRILLED

CHEESE

Crumbled Bleu

Crumbled Feta

Fresh Mozzarella

Goat Cheese MONTCHEVRÉ

Pepper Jack CABOT

Reduced-Fat Cheddar

Reduced-Fat Swiss

Shaved Parmesan

Nutritional Key

Low Carb (<5g)

Contains No Gluten

Low Cholesterol

Contains No Milk

Vegan

Contains Fish

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

Please view our nutrition & allergen notice at justsalad.com/nutritionterms

All calories are based off a 6oz serving portion size.

FRESH SOUPS

Veggie Split Pea
Minestrone

Grilled Chicken Noodle
Weekly Special

GRAB N' GO

Chobani Yogurt
Fruit Salad

SNACK

Protein Cookies
Deep River Chips
Kind Bars
Pop Chips
Stacy's Pita Chips
FSTG Chips
Beanitos Chips

SIP

Can Soda
Poland Spring Water
Poland Sparkling Water
Snapple

Vitamin Water
Hint Water
Zico Coconut
Runa Energy Tea



STRAWBERRY BANANA 223 Cal NEW RECIPE
Almond Milk, Strawberries, Banana,
Greek Yogurt, Agave Nectar

DETOX CLEANSE 69 Cal
Fresh Kale, Lemon, Apple, Pineapple

VITAMIN C KICK 296 Cal
Coconut Milk, Fresh Orange,
Mango, Pineapple

BERRY WILD 229 Cal NEW RECIPE
Blueberries, Strawberries, Banana,
Greek Yogurt, Agave Nectar

TROPIC SPINACH THUNDER 319 Cal
Fresh Spinach, Coconut Milk,
Banana, Pineapple

PEANUT BUTTER CHIA WARRIOR 259 Cal NEW RECIPE
Almond Milk, Banana, Peanut Butter,
Health Warrior Chia Seeds, Agave Nectar

CHOCOLATE BANANA SPLIT 477 Cal NEW
Coconut Milk, Banana, Dates, Cocoa Powder,
Agave Nectar

ORANGE KALE POWER JUICE 152 Cal NEW
Fresh Kale, Fresh Orange, Banana

OJ SHOT 56 Cal NEW
Fresh Squeezed Orange Juice Shot

EXTRA ADD-ONS

- Fresh Kale
- Fresh Spinach
- Hemp Protein
- Chia Seeds

LOCAVORE

533 Cal LOCAL
Kale-Red Cabbage Mix, Kale Pesto Chicken, Butternut Squash,
Dried Cranberries, Mushrooms, Pumpkin Seeds
Suggested Dressing: Balsamic Vinegar & Olive Oil 120 Cal

FALL SUPERFOOD

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

JS TURKEY CLUB

595 Cal
Romaine, Sharp White Cheddar, Roasted Turkey,
Corn, Turkey Bacon, Tomatoes, Multigrain Croutons
Suggested Dressing: Russian Ranchero 63 Cal

AUTUMN CHICKEN CAESAR

534 Cal
Romaine, Shaved Parmesan, Grilled Chicken,
Fresh Bartlett Pear, Dried Cranberries, Multigrain Croutons
Suggested Dressing: Caesar 190 Cal



SEASONAL DRESSING
Russian Ranchero 63 Cal

SEASONAL INGREDIENTS

Kale Pesto Chicken - \$2.79
LOCAL Sharp White Cheddar - \$1
Spicy Broccoli - 79¢ | Fresh Bartlett Pear Free Essential