

VALUE

CAESAR 240 Cal (chicken +100 Cal, tofu +35 Cal, shrimp +70 Cal, salmon +150 Cal)
Romaine, Shaved Parmesan, Multigrain Croutons
Caesar Dressing 180 Cal

THAI CHICKEN CRUNCH 230 Cal (chicken +100 Cal, shrimp +70 Cal, salmon +150 Cal)
Romaine, Red Cabbage, Roasted Chicken, Carrots, Celery, Crispy Wontons
Spicy Thai Peanut 135 Cal

BUFFALO CHICKEN 360 Cal
Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips
Buttermilk Ranch 150 Cal

ASIAN SESAME GRAIN 460 Cal (shrimp +70 Cal, salmon +150 Cal)
Mesclun-Romaine-Red Cabbage Mix, Roasted Chicken, Wheat Berries, Quinoa, Edamame, Crispy Wontons **Asian Sesame** 125 Cal

MEDITERRANEAN MIX 390 Cal **VEGETARIAN**
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers, Pita Chips
Olive Oil/Balsamic Vinegar 130 Cal

HEALTH

HUDSON VALLEY MIX 400 Cal **VEGETARIAN**
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons **Low-Fat Horseradish Chive** 30 Cal

IMMUNITY BOWL 460 Cal
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Cucumbers
Lemon Vinaigrette 120 Cal

THE CALIFORNIA 300 Cal
Romaine, Roasted Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds
Low-Fat Balsamic Vinaigrette 60 Cal

BUFFALO KALE CAESAR 380 Cal
Kale-Romaine Mix, Roasted Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots **Spicy Buffalo** 5 Cal

ROASTED TURKEY HEALTH COBB 260 Cal
Romaine, Roasted Turkey, Egg Whites, Tomatoes, Avocado, White Cheddar
Buttermilk Ranch 150 Cal

AWESOME

CHIPOTLE COWBOY 430 Cal
Romaine, Roasted Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Avocado, Crunchy Onions **Chipotle Vinaigrette** 140 Cal

THE ULTIMATE FALAFEL 340 Cal **VEGETARIAN**
Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Tomatoes, Red Onions, Pita Chips **Moroccan Tahini** 40 Cal

TANDOORI FIRE 280 Cal
Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions
Low-Fat Yogurt Cucumber 30 Cal

SMOKEHOUSE STEAK 350 Cal
Romaine, Grilled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips **Smoky Poblano Ranch** 120 Cal

PESTO CHICKEN PARADISE 300 Cal
Arugula-Mesclun Mix, Roasted Chicken, Broccoli, Roasted Tomatoes, Red Onions
Fresh Mozzarella **Kale-Pesto Vinaigrette** 150 Cal

Substitute tofu for any protein | Add 280 calories for wraps

CUSTOM SALADS & WRAPS

4 free essentials each additional 59¢ \ 1 free cheese or 2 essentials when you reuse your bowl

GREENS
Baby Spinach 25 cal
Red Cabbage 50 cal

Kale 70 cal
Romaine 25 cal

Mesclun 25 cal
Arugula (+75¢) 35 cal

WRAPS
Whole Wheat 280 cal

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

Button 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

Pita Chips

PREMIUM

Avocado 1.00

Kalamata Olives .79

Portabella Mushrooms 1.00

Butternut Squash .69

Tomatoes ROASTED 1.00

PROTEIN

Falafel BAKED 1.79

Chicken ANTIBIOTIC-FREE 2.59

Buffalo Chicken ANTIBIOTIC-FREE 2.59

Tandoori Red Hot Chicken 2.59

Turkey HOUSE-ROASTED 2.59

Turkey Bacon CRISPY 1.99

Tofu ORGANIC SESAME GRILLED 1.29

Steak GRASS-FED 3.89

Shrimp SUSTAINABLE 3.50

Salmon SUSTAINABLE 4.50

CHEESE

Crumbled Blue 1.00

Crumbled Feta 1.00

Fresh Mozzarella 1.00

Goat Cheese MONTCHEVRÉ 1.50

White Cheddar CABOT 1.00

Pepper Jack CABOT 1.00

Shaved Parmesan 1.00

NUTRITIONAL KEY

● Low Carb (<5g)

● Contains No Milk

● Contains No Gluten

● Contains Seafood

● Vegan

ORIGINALS

Chipotle Vinaigrette 140 Cal

Smoky Poblano Ranch 120 Cal

Spicy Thai Peanut 135 Cal

Kale-Pesto Vinaigrette 150 Cal

Lemon Vinaigrette 120 Cal

Sherry Shallot Vinaigrette 140 Cal

Moroccan Tahini 40 Cal

LOW-FAT

Balsamic Vinaigrette 60 Cal

Horseradish Chive 30 Cal

Yogurt Cucumber 30 Cal

Sweet & Creamy Sriracha 15 Cal

Spicy Buffalo 5 Cal

FAT-FREE

Fresh Half Lemon 5 Cal

Honey-Herb Dijon 45 Cal

Ranch 30 Cal

Red Wine Vinegar 0 Cal

Balsamic Vinegar 10 Cal

CLASSICS

Asian Sesame 125 Cal

Blue Cheese 160 Cal

Caesar 180 Cal

Balsamic Vinaigrette 140 Cal

Buttermilk Ranch 150 Cal

Olive Oil / Balsamic Vinegar 130 Cal

Olive Oil 240 Cal

Italian Vinaigrette 140 Cal

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



THE JS PROMISE

Our promise is to provide quality, healthy food in a fast, responsible, yet affordable way.

NUTRITIONALLY BALANCED

Our menu is created by a registered dietitian to provide nutrient-rich flavor combinations with fiber, protein & calories in mind.
View our nutritional information at justsalad.com/menu

QUALITY PROTEINS

We serve grass-fed beef, sustainable seafood (approved by GAA), organic tofu & antibiotic-free humanely-raised chicken.

LOCAL IN-SEASON

We support local family farms by purchasing in season ingredients to better serve our community. View our local list at justsalad.com/food/local-list

EVERYDAY FRESH

Our produce is delivered daily, never canned & only served raw, roasted, baked or steamed.

ORGANIC / NON-GMO

We offer a variety of organic and non-GMO options. View organic/non-GMO options at justsalad.com/food.

WALLET-FRIENDLY

We save our customers time & money through our reusable bowls, \$1 promotions, and the Just Salad loyalty app!

JUST SMOOTHIE BAR

STRAWBERRY BANANA 220 Cal
Almond Milk, Strawberries, Banana, Greek Yogurt, Agave Nectar

DETOX CLEANSE 70 Cal
Fresh Kale, Lemon, Apple, Pineapple

VITAMIN C KICK 290 Cal
Coconut Milk, Fresh Orange, Mango, Pineapple

BERRY WILD 220 Cal
Blueberries, Strawberries, Banana, Greek Yogurt, Agave Nectar

TROPIC SPINACH THUNDER 310 Cal
Fresh Spinach, Coconut Milk, Banana, Pineapple

PEANUT BUTTER CHIA WARRIOR 250
Almond Milk, Banana, Peanut Butter Health Warrior Chia Seeds, Agave

CHOCOLATE BANANA SPLIT 470 Cal
Coconut Milk, Banana, Dates, Caco Agave Nectar

ORANGE KALE POWER JUICE 150 C
Fresh Kale, Fresh Orange, Banana

EXTRA ADD ONS.....

Fresh Kale Hemp Protein
Fresh Spinach Chia Seeds

FALL SEASONAL

LOCAVORE 530 Cal

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

FALL SUPERFOOD 510 Cal

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

JS TURKEY CLUB 595 Cal

Romaine, Sharp White Cheddar, Roasted Turkey, Corn, Turkey Bacon, Tomatoes, Multigrain Croutons
Russian Ranchero 60 Cal

AUTUMN CHICKEN CAESAR 530 Cal

Romaine, Roasted Chicken, Shaved Parmesan, Fresh Bartlett Pear, Dried Cranberries, Multigrain Croutons
Caesar 190 Cal

*Add 280 calories for wraps.

SEASONAL DRESSING
Russian Ranchero 60 Cal

SEASONAL INGREDIENTS

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

* Available at participating locations