

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps

CHEF-DESIGNED VALUE

SALAD	WRAP
CAESAR <small>VEGETARIAN</small> 230 Cal (chicken +100, tofu +35, shrimp +30, salmon +150 Cal) Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 140 Cal	tofu/chicken 6.99 shrimp +1.50 salmon +2.00
THAI CHICKEN CRUNCH 230 Cal (chicken +100, shrimp +30 Cal) Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal	chicken 7.25 shrimp +1.50
BUFFALO CHICKEN 330 Cal Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal	7.25
ASIAN SESAME GRAIN 400 Cal Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal	7.25 shrimp +1.50
MEDITERRANEAN MIX 330 Cal <small>VEGETARIAN</small> Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 130 Cal	7.45

CHEF-DESIGNED HEALTH

HUDSON VALLEY MIX 400 Cal <small>VEGETARIAN</small> Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 25 Cal	8.25	7.25
IMMUNITY BOWL 460 Cal Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal	9.75	8.99
THE CALIFORNIA 300 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal	8.25	7.45
TUNA NEE-SWAH 320 Cal Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Half Fresh Lemon 130 Cal	8.99	8.25
ROASTED TURKEY HEALTH COBB 250 Cal Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal	9.25	8.45

CHEF-DESIGNED AWESOME

PESTO CHICKEN PARADISE 410 Cal Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Sugg. Dressing: Olive Oil & Balsamic Vinegar 130 Cal	8.99	8.25
TEXAS TWO STEP 290 Cal Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 25 Cal	8.25	7.45
JS TURKEY CLUB 440 Cal Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon, Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Cal	8.99	7.99
CHIPOTLE COWBOY 430 Cal Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 140 Cal	8.99	8.25

Order online at justsalad.com or call us at (212) 244-1111
No substitutions please.

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 25 cal	ICEBERG 30 cal	MESCLUN 25 cal
RED CABBAGE 50 cal	ROMAINE 25 cal	ARUGULA (+75¢) 35 cal

4

FREE essentials
Additional toppings 50¢ each

+2

more essentials
when you reuse your bowl

\$6.99

WRAPS
WHOLE WHEAT
198 cal

ESSENTIALS

Almonds <small>TOASTED</small>	1.00
Apples <small>GRANNY SMITH</small>	1.00
Artichoke Hearts	.75
Asparagus <small>STEAMED</small>	.75
Banana Peppers	1.00
Beets <small>FRESH</small>	
Black Beans	
Black Beans & Corn	
Broccoli <small>STEAMED</small>	
Butternut Squash <small>ROASTED</small>	
Carrots <small>SHREDDED</small>	
Celery	
Chickpeas	
Cilantro	
Corn	
Crispy Wontons	
Croutons <small>MULTIGRAIN</small>	
Crunchy Onions	
Cucumbers <small>SEEDLESS</small>	
Dried Cranberries	
Edamame	
Egg Whites	
Green Peppers	
Hard-Boiled Egg	
Jalapenos <small>FRESH</small>	
Lentils	
Mandarin Oranges	
Pumpkin Seeds	
Quinoa	
Radishes	
Red Onions	
Red Peppers <small>ROASTED</small>	
String Beans	
Sun-Dried Tomatoes	
Tomatoes	
Tortilla Strips	
Walnuts	
Wheatberries	
White Mushrooms	

PREMIUM

Avocado	1.00
Hearts of Palm	1.00
Kalamata Olives	.75
Portabella Mushrooms	.75
Sesame Grilled Tofu	1.00

PROTEIN

Buffalo Chicken <small>GRILLED</small>	2.25
Chicken <small>GRILLED</small>	1.99
Pesto Chicken <small>GRILLED</small>	2.25
Turkey Bacon	1.75
Turkey <small>HOUSE-ROASTED</small>	2.50

SEAFOOD

Albacore Tuna	2.50
Shrimp <small>STEAMED</small>	3.25
Salmon <small>GRILLED</small>	4.50

CHEESE

Crumbled Bleu	1.00
Crumbled Feta	1.00
Fresh Mozzarella	1.00
Goat Cheese <small>MONTCHEVRÉ</small>	1.50
Pepper Jack <small>CABOT</small>	.75
Reduced-Fat Cheddar	.75
Reduced-Fat Swiss	.75
Shaved Parmesan	1.00

Low Sodium	↓	No Carbs	×
No Dairy	●	Low Carb	↓
Vegan	✓	Gluten-Free	×
No Sugar	×	No Cholesterol	♥

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 130 Cal	● × × ↓ ×
Chilled Avocado 25 Cal	● ● × ↓ ×
Smoky Poblano Ranch 130 Cal	× ↓ × × ×
Spicy Thai Peanut 140 Cal	↓ × ↓
White Balsamic 150 Cal	● ● ×
Lemon Vinaigrette 130 Cal	● × ↓ × × ×
Chipotle Vinaigrette 140 Cal	● ● ✓ × × × ×
Moroccan Tahini 60 Cal	● ● ↓ × × ×

LOW-FAT

Balsamic Vinaigrette 70 Cal	● ● × ×
Horseradish Chive 25 Cal	× × ↓ ×
Yogurt Cucumber 15 Cal	× × ↓ × ×

FAT-FREE

Far East Mandarin 15 Cal	● ● ● × ×
Fresh Lemon Juice 5 Cal	↓ ● ● ✓ × × × ×
Fresh Half Lemon 5 Cal	↓ ● ● ✓ × × × ×
Honey-Herb Dijon 50 Cal	♥ ● ● ×
Ranch 25 Cal	♥
Raspberry Vinaigrette 35 Cal	↓ ● ● × ×
Red Wine Vinegar 5 Cal	↓ ● ● ✓ × × × ×
Balsamic Vinegar 10 Cal	↓ ● ● ✓ ×

CLASSIC DRESSINGS

Asian Sesame 130 Cal	● ● ×
Balsamic Vinaigrette 210 Cal	● ● ×
Bleu Cheese 160 Cal	↓ × ↓
Buttermilk Ranch 140 Cal	↓ ×
Caesar 140 Cal	↓
Italian Vinaigrette 150 Cal	● × × ↓ ×
Olive Oil / Balsamic Vinegar 130 Cal	× × ↓ ✓ × ×
Olive Oil / Lemon Juice 130 Cal	↓ ● ● ✓ × × × ×
Olive Oil 240 Cal	↓ ● ● ✓ × × × ×

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SOUP

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

GRAB N' GO

Chobani Yogurt \$2.99 Fruit Salad \$3.99

SNACK

Protein Cookies \$3.49 Pop Chips \$1.99 FSTG Chips \$1.75
Famous Amos Cookies \$1.50 Stacy's Pita Chips \$1.99
Deep River Chips \$1.75 Pirate's Booty \$1.75

SIP

Can Soda \$1.25 Snapple \$1.99 Zico Coconut \$2.99
Poland Spring Water \$1.65 Vitamin Water \$2.50 Gus Soda \$2.50
Poland Sparkling Water \$1.75 Crystal Light \$1.99 Naked Juice \$4.25
Hint Water \$2.50



FRESH SMOOTHIE 4.95
PROTEIN BOOST +1.00

STRAWBERRY BANANA 260 Cal

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

BERRY WILD 250 Cal

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

MANGO MADNESS 230 Cal

Mangoes, Banana, Orange Juice, Fat-Free Frozen Yogurt

BANANA COCO-NUTTY 370 Cal

Soy Milk, Banana, Coconut, Almonds, Agave Nectar (dairy-free)

PEANUT BUTTER CHIA WARRIOR 310 Cal

Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar (dairy-free)

PROTEIN BOOST +1.00

Hemp Protein
Great source of fiber. Vegetarian and certified organic.

CUP OF YOGURT 3.45
(includes one free drizzle)
TOPPINGS / DRIZZLES +1.00

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.

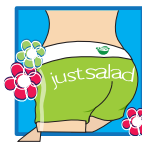
Nutrition Facts

(Serving size: One cup of plain yogurt)

Calories108
Total Fat0g
Carbs27g
Sodium20mg
Sugars21g
Vitamin C54%

ADD A
SMALL SOUP
to any meal
\$2.29

SPRING SEASONAL



SPRING BOOTY SLIMDOWN 310 Cal

Romaine - Kale Mix, Pirate's Booty, Turkey Bacon, Steamed Brussels Sprouts, Asparagus, Sliced Radishes
Suggested Dressing: Low-Fat Horseradish Chive 25 Cal

SALAD 7.99
WRAP* 7.45



THAI-TASTIC 320 Cal

Iceberg Lettuce, Red Cabbage, Grilled All-Natural Chicken, Black Beans, Cilantro, Shredded Carrots, and Unsalted Peanuts
Suggested Dressing: Sweet & Creamy Sriracha 15 Cal

7.99 **7.45**



PICNIC IN ROME 400 Cal

Romaine Lettuce, Pesto Chicken, Artichoke Hearts, Roasted Red Peppers, Red Grapes, Shaved Parmesan
Suggested Dressing: Olive Oil & Balsamic Vinegar 130 Cal

8.99 **8.45**



ACAPULCO SPRING BREAK 230 Cal

Romaine Lettuce, Steamed Shrimp, Avocado, Black Beans & Corn, Cilantro, Fresh Jalapeños, Tomatoes, and Tortilla Strips
Suggested Dressing: Chilled Avocado 25 Cal

8.99 **8.45**



SEASONAL DRESSING

Sweet & Creamy Sriracha 15 Cal

SEASONAL INGREDIENTS

Raw Kale, Brussel Sprouts,
Red Grapes, Pirate's Booty - 75¢,
Unsalted Peanuts

*Add 198 calories for wraps.