

# Menu

by Chef Laura Pensiero

## Just Salad Signature ..... \$8.25

Baby Spinach, Apples, Bacon, Red Onions, Walnuts, White Cheddar

**SUGGESTED DRESSING:** Sherry Shallot Vinaigrette

## California Salad ..... \$8.25

Iceberg Lettuce, Grilled Chicken, Avocado, Egg Whites, Cherry Tomatoes, Sliced Almonds  
**SUGGESTED DRESSING:** Balsamic Vinaigrette or White Balsamic

## Texas Two Step Salad ..... \$8.25

Romaine Lettuce, Black Beans & Corn, Roasted Red Peppers, Green Peppers, BBQ Chicken, White Cheddar

**SUGGESTED DRESSING:** Chilled Avocado

## Far East Salad ..... \$8.45

Spinach, Sesame Asian Chicken, Carrots, Edamame, Chinese Noodles, Mandarin Oranges  
**SUGGESTED DRESSING:** Fat-Free Far East Mandarin

## Chicken Caesar Salad ..... \$6.95

Romaine Lettuce, Grilled Chicken, Shaved Parmesan, Croutons

**SUGGESTED DRESSING:** Caesar

## Southern Hospitality Salad ..... \$8.75

Iceberg-Romaine Mix, Corn, Peas, String Beans, Grape Tomato, Couscous, Southern Baked Chicken

**SUGGESTED DRESSING:** Low Fat or Buttermilk Ranch

## Immunity Bowl Salad ..... \$9.75

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

**SUGGESTED DRESSING:** Lemon Vinaigrette

## Pesto Chicken Paradise ..... \$8.25

Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-dried Tomatoes, Sliced Almonds, Red Onions

**SUGGESTED DRESSING:** Olive Oil & Balsamic Vinegar

## Sesame Grain Salad ..... \$6.95

Mesclun, Sesame Asian Chicken, Wheatberries, Barley, String Beans, Crunchy Onions

**SUGGESTED DRESSING:** Sesame Roasted Onion

## JS Turkey Club Salad ..... \$8.75

Iceberg-Romaine Mix, Honey Glazed Turkey, White Cheddar, Turkey Bacon, Grape Tomatoes, Croutons

**SUGGESTED DRESSING:** Buttermilk Ranch

## High Energy Salad ..... \$7.25

Arugula-Mesclun Mix, Albacore Tuna, Barley, Wheatberries, Chickpeas, Cucumbers, Roasted Red Peppers

**SUGGESTED DRESSING:** Lemon Vinaigrette

## Grilled Vegetable Salad ..... \$8.45

Mesclun, Portabella Mushrooms, Eggplant, Hummus, Carrots

**SUGGESTED DRESSING:** Roasted Red Pepper Vinaigrette

## Turkey Harvest Salad ..... \$8.95

Romaine Lettuce, Turkey, Turkey Bacon, Squash, Dried Cranberries, Corn, Barley

**SUGGESTED DRESSING:** Rosemary Balsamic

## Chicken Caesar Wrap ..... \$5.99

Romaine, Grilled Chicken, Shaved Parmesan, Croutons

**SUGGESTED DRESSING:** Caesar

## Martha's Goat Cheese Wrap ..... \$6.75

Baby Spinach, Goat Cheese, Broccoli, Carrots, Mushrooms, Beets

**SUGGESTED DRESSING:** Extra Virgin Olive Oil & Lemon Juice

## JS Tuna Wrap ..... \$5.99

Romaine, White Albacore Tuna, Avocado, Chickpeas, Carrots

**SUGGESTED DRESSING:** Lemon Vinaigrette

## Tuscan Wrap ..... \$7.95

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:** Balsamic Vinaigrette

## Texas Two Step Wrap ..... \$6.95

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

**SUGGESTED DRESSING:** Chilled Avocado

## Greek Wrap ..... \$7.95

Iceberg-Romaine Mix, Grilled Chicken, Feta, Kalamata Olives, Cucumbers, Grape Tomatoes

**SUGGESTED DRESSING:** Red Wine Vinaigrette

## Grilled Vegetable Wrap ..... \$6.95

Mesclun, Portabella Mushrooms, Eggplant, Hummus, Carrots

**SUGGESTED DRESSING:** Rosemary Balsamic

## Italiano Wrap ..... \$7.95

Iceberg, Ham, Salami, Mozzarella, Roasted Red Peppers, Onions

**SUGGESTED DRESSING:** Red Wine Vinaigrette

## Turkey Club Wrap ..... \$7.95

Iceberg-Romaine Mix, Honey Glazed Turkey, White Cheddar, Turkey Bacon, Grape Tomatoes

**SUGGESTED DRESSING:** Buttermilk Ranch

All Salads  
come with  
Bread

Call for our today's  
soup special

212 244.1111

## Soup

Small \$3.75 Large \$4.95

Veggie Split Pea  
Minestrone  
Chicken Noodle  
Soup Special

## Grab-n-Go

Whole Grain ..... \$5.99

Chicken Salad

Caprese Salad ..... \$4.99

(Tomato & Mozzarella)

Protein Salad ..... \$3.99

(Vegetarian Style)

Assorted Wraps

## Snack

Cookies ..... \$1.75

Dirty Chips ..... \$1.75

Pirates Booty ..... \$1.75

Smart Puffs ..... \$1.75

Veggie Chips ..... \$1.75

Stacy's Pita Chips ..... \$1.99

Snack Factory ..... \$1.75

Pretzels

## Sip

Coke ..... \$1.00

Diet Coke ..... \$1.00

Sprite ..... \$1.00

Fiji Water ..... \$1.99

Tea's Tea ..... \$2.59

Vitamin Water ..... \$2.25

Crystal Light ..... \$1.95

Snapple ..... \$1.99

Poland Spring ..... \$1.45

Sparkling

justsalad





# Custom Salads & Wraps \$6.75

## Wraps Greens

Plain Arugula

Whole Wheat Baby Spinach

Spinach Iceberg

Sun-dried Mesclun

Tomato Romaine

## Toppings

Almond Slices  
Apples  
Artichoke Hearts  
Asparagus  
Avocado  
Banana Peppers  
Barley  
Beets  
Black Beans & Corn  
Broccoli  
Carrots  
Celery  
Chickpeas  
Chinese Noodles  
Corn  
Couscous  
Crunchy Onions  
Cucumbers  
Dried Cranberries  
Edamame  
Eggplant  
Egg Whites  
Grape Tomatoes  
Green Peas  
Green Peppers  
Hard Boiled Egg  
Hearts of Palm  
Lentils  
Mandarin Oranges  
Multigrain Croutons  
Olives  
Portabella Mushrooms  
Pumpkin Seeds  
Quinoa  
Red Onions  
Roasted Red Peppers  
String Beans



Sun-dried Tomatoes  
Tortilla Chips  
Wheatberries  
White Mushrooms  
Walnuts  
Yellow Squash  
Zucchini



All Salads come with Bread

## Extras

### Meats

Bacon ..... \$1.50  
Turkey Bacon ..... \$1.75  
BBQ Chicken ..... \$2.25  
Grilled Chicken ..... \$1.95  
Pesto Chicken ..... \$2.25  
Sesame Chicken ..... \$2.25  
Southern Baked Chicken ..... \$2.25

BOAR'S HEAD  
Black Forest Smoked Ham ... \$1.99  
BOAR'S HEAD

Salami ..... \$1.99  
BOAR'S HEAD

Honey Glazed Turkey ..... \$1.99  
Tofu ..... \$1.00  
Hummus ..... \$1.00

### Seafood

Grilled Shrimp ..... \$3.25  
Salmon ..... \$3.99  
Low Fat Tuna Salad ..... \$2.50  
Albacore Tuna ..... \$2.50

### Cheese

Blue Cheese ..... \$1.00  
Crumbled Feta ..... \$1.00  
Fresh Mozzarella ..... \$1.00  
Goat Cheese ..... \$1.50  
Parmesan ..... \$1.00  
White Cheddar ..... \$ .50

Healthy Choices



## Dressings

### Just Salad Originals

Sherry Shallot Vinaigrette  
Chilled Avocado  
Lemon Vinaigrette  
Rosemary Balsamic  
Sesame Roasted Onion  
Shitake Ginger  
White Balsamic

### JUST SALAD CLASSICS

Balsamic Vinaigrette  
Blue Cheese  
Buttermilk Ranch  
Caesar Dressing  
Italian Vinaigrette  
Olive Oil/  
Balsamic Vinegar  
Russian

### LOW FAT

Balsamic Vinaigrette  
Ranch Dressing  
Yogurt Cucumber  
Horseradish Chive  
Roasted Red Pepper  
Vinaigrette

### FAT FREE

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

Low Sodium  
No dairy  
Vegan  
No cholesterol  
No sugar  
No carbs  
Low carb  
Gluten Free



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www.justsalad.com

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320 Park Avenue (enter on 51ST Street)

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