6.75

6.75

Celery

Crispy Wontons

Crunchy Onions

Croutons MULTIGRAIN

Cucumbers SEEDLESS

Dried Cranberries

Egg Whites

Lentils

Quinoa

Radishes

Red Onions

String Beans

Tortilla Strips

White Mushrooms

Green Peppers

Hard-Boiled Egg

Jalapenos FRESH

Mandarin Oranges

Red Peppers ROASTED

Sun-Dried Tomatoes

Pumpkin Seeds

Suggested Dressing: Caesar 140 Cal THAI CHICKEN CRUNCH 230 Cal (chicken +100, shrimp +50 Cal) chicken **7.25** Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 140 Call

BUFFALO CHICKEN 330 Cal. 7.25 Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal

7.25 6.75 ASIAN SESAME GRAIN 400 Cal Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, shrimp String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal

7.45 MEDITERRANEAN MIX 330 Cal VEGETARIAN 6.75 Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 130 Cal

HUDSON VALLEY MIX 400 Cal VEGETARIAN 8.25 7.25 Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 25 Cal IMMUNITY BOWL 460 Cal 8.99 9.75 Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 120 Cal 8.25 7.45 THE CALIFORNIA 300 Cal

Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal TUNA NEE-SWAH 320 Cal 8.99 8.25 Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg

Suggested Dressing: Olive Oil & Half Fresh Lemon 130 Cal **ROASTED TURKEY HEALTH COBB 250 Cal** 9.25 8.45 Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal

PESTO CHICKEN PARADISE 410 Cal 8.99 8.25 Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Sugg. Dressing: Olive Oil & Balsamic Vinegar 130 Cal 8.25 7.45 Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Cal

8.99 7.99 Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon, Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Call **CHIPOTLE COWBOY** 430 Cal 8.99 8.25 Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans,

> Order online at justsalad.com or call us at (212) 244-1111 No substitutions please. Delivery and Pick Up pricing may vary from this menu

Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 140 Cal

SOUP



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

ADD A SMALL SOUP to any meal

\$1.75

May not be available at all locations.

GRAB N' GO

Chobani Yogurt \$2.99 Fruit Salad \$3.99

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

SIP Can Soda \$1.25

\$1.99 **Zico Coconut** Snapple Poland Spring Water \$2.50 \$1.65 Vitamin Water Gus Soda **Poland Sparkling Water** \$1.75 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,

MANGO MADNESS 230 Cal

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

BANANA COCO-NUTTY 370 Cal Soy Milk, Banana, Coconut, Almonds, Agave Nectar

PEANUT BUTTER CHIA WARRIOR 310 Cal Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar (dairy-free)

PROTEIN BOOST

Hemp Protein

and Agave Nectar

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) Calories Carbs27a ..20mg Sodium21a Sugars. Vitamin C

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 25 cal ICEBERG 30 cal MESCLUN 25 cal KALE 70 cal RED CABBAGE 50 cal ROMAINE 25 cal ARUGULA (+75¢) 35 cal



FREE essentials Additional toppings 50¢ each



1.99

2.25

3.25

more essentials

ESSENTIALS PREMIUM

Almonds TOASTED **Avocado Apples** GRANNY SMITH **Hearts of Palm Artichoke Hearts Kalamata Olives** Asparagus STEAMED Portabella Mushrooms **Banana Peppers** Sesame Grilled Tofu Beets FRESH **Black Beans** PROTEIN Buffalo Chicken GRILLED **Black Beans & Corn** natural Chicken GRILLED Broccoli STEAMED Carrots SHREDDED

Turkey Bacon Turkey House-Roasted

SEAFOOD Albacore Tuna Shrimp Salmon GRILLED CHEESE

Crumbled Bleu **Crumbled Feta** Fresh Mozzarella Goat Cheese Montchevré Pepper Jack CABOT **Shaved Parmesan**

Low Carb ■ Gluten-Free No Cholestero

ORIGINAL DRESSINGS

when you reuse your bowl (or 1 Free Cheese)

Sherry Shallot Vinaigrette 140 Cal Smoky Poblano Ranch 130 Cal Spicy Thai Peanut 140 Cal White Balsamic 170 Cal Moroccan Tahini 70 Cal Chipotle Vinaigrette 150 Cal

LOW-FAT

Balsamic Vinaigrette 70 Cal Chilled Avocado 35 Cal Sweet & Creamy Sriracha 25 Cal Far East Mandarin 25 Cal

FAT-FREE

Fresh Lemon Juice 5 Cal Fresh Half Lemon 5 Cal Honey-Herb Dijon 45 Cal Ranch 30 Cal Raspberry Vinaigrette 35 Cal Red Wine Vinegar o cal Balsamic Vinegar 10 Cal

CLASSIC DRESSINGS

Bleu Cheese 160 Cal Caesar 100 Cal Balsamic Vinaigrette 150 Cal Italian Vinaigrette 150 Cal Olive Oil / Balsamic Vinegar 120 Cal Olive Oil / Lemon Juice 120 Cal Olive Oil 240 Cal

WRAP*

8.99

SALAD

9.95

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■ No Dairy

NEW YEAR'S RESOLUTION MIX 395 Cal

Kale, Red Cabbage-Romaine Mix, Turkish Figs, Goat Cheese, Walnuts, Seedless Cucumbers Suggested Dressing: Balsamic Vinegar 10 Cal



BUONISSIMA STEAK SALAD 30.5 Cal Arugula & Iceberg, Charbroiled Steak, Shaved Parmesan, Grape Tomatoes, Freshly Ground Salt & Pepper

Suggested Dressing: Lemon Vinaigrette 150 Cal

SUPERFOOD!

WINTER CRUNCH SUPERFOOD 440 Cal 7.99 Iceberg-Kale-Red Cabbage, Multigrain Croutons, Apples, Wheatberries, Broccoli, Shaved Parmesan Suggested Dressing: Lemon Vinaigrette 150 Cal

SMOKEHOUSE STEAK 350 Cal

Iceberg, Charbroiled Steak, Jalapeños, Feta Cheese, Tortilla Strips, Black Beans & Corn Suggested Dressing: Smoky Paprika Russian 110 Cal

*Add 330 calories for wraps.



SEASONAL DRESSING:

Smoky Paprika Russian 110 Cal

SEASONAL INGREDIENTS: Charboiled Steak - \$3.50 Turkish Figs - \$1.25