THAI CHICKEN CRUNCH 230 Cal (chicken +100, shrimp +50 Cal)

Suggested Dressing: Olive Oil & Half Fresh Lemon 130 Cal

**ROASTED TURKEY HEALTH COBB** 250 Cal

shrimp +1.50 salmon +2.00 **6.75** chicken **7.25** shrimp +1.50 +1.50

**6.75** 

Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 140 Cal 7.25 **BUFFALO CHICKEN** 330 Cal Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips

Suggested Dressing: Buttermilk Ranch 140 Cal 6.75 **ASIAN SESAME GRAIN 400 Cal** 7.25 Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, shrimp String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal

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

8.25 7.25 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 25 Cal **IMMUNITY BOWL** 460 Cal 9.75 8.99 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

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 TEXAS TWO STEP 290 Cal Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Cal

8.99 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 CHIPOTLE COWBOY 430 Cal Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 140 Cal

> 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

# 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

when you reuse your bowl (or 1 Free Cheese)

WHOLE WHEAT more essentials

**ESSENTIALS** PREMIUM

**Almonds** TOASTED Avocado Apples GRANNY SMITH **Hearts of Palm** 1.00 **Artichoke Hearts Kalamata Olives** .75 Asparagus STEAMED Portabella Mushrooms **Banana Peppers Sesame Grilled Tofu** 1.00 Beets FRESH **Black Beans** PROTEIN **Black Beans & Corn** Buffalo Chicken GRILLED 2.25 Broccoli STEAMED natural Chicken GRILLED 1.99 **Butternut Squash** ROASTED Pesto Chicken GRILLED 2.25 Carrots SHREDDED **Turkey Bacon** 1.75 Celery 2.50 Turkey House-Roasted Chickpeas Cilantro **SEAFOOD** Corn **Albacore Tuna Crispy Wontons** 

**Shrimp** 4.50 Salmon GRILLED CHEESE

**Cucumbers SEEDLESS Dried Cranberries Crumbled Bleu** Edamame **Crumbled Feta** 1.00 **Egg Whites** Fresh Mozzarella 1.00 **Green Peppers Goat Cheese Montchevré** 1.50 **Hard-Boiled Egg** Pepper Jack CABOT **Jalapenos** FRESH **Reduced-Fat Cheddar Reduced-Fat Swiss** .75 **Mandarin Oranges** 1.00 **Shaved Parmesan Pumpkin Seeds** Quinoa Low Sodium 🛂 No Carbs 🔀 **Radishes Red Onions** 

No Dairy Vegan V Low Carb 🛂 Gluten-Free X **Red Peppers** ROASTED No Sugar X No Cholesterol V

# ORIGINAL DRESSINGS

**Sherry Shallot Vinaigrette 140 Cal** ■ X ■ X Smoky Poblano Ranch 130 Cal XVXV Spicy Thai Peanut 140 Cal . White Balsamic 140 Cal Lemon Vinaigrette 120 Cal OXUXV Chipotle Vinaigrette 140 Cal Moroccan Tahini 60 Cal 

### LOW-FAT

Balsamic Vinaigrette 70 Cal • 💟 X Horseradish Chive 25 Cal XVIX Yogurt Cucumber 25 Cal Chilled Avocado 35 Cal **YX X** Far East Mandarin 30 Cal • 💟 🖳 X

### FAT-FREE

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 **₽** • **₩ X** 

### CLASSIC DRESSINGS

Asian Sesame 130 Cal Balsamic Vinaigrette 220 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



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

ADD A SMALL SOUP to any meal

May not be available at all locations.

9.25

8.45

7.99

8.25

Chobani Yogurt	\$2.99	Fruit Salad	\$3.99		
SNACK Protein Cookies Famous Amos Cookies Deep River Chips	\$3.49 \$1.50 \$1.75	Pop Chips Stacy's Pita Chips Pirate's Booty	\$1.99 \$1.99 \$1.75	FSTG Chips	\$1.75

Can Soda Poland Spring Water

\$1.99 \$1.25 Zico Coconut \$2.99 Snapple Gus Soda \$1.65 \$2.50 Vitamin Water Hint Water \$2.50 Poland Sparkling Water \$1.75







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

PROTEIN BOOST

(dairy-free)

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

CUP OF YOGURT (includes one free drizzle)

TOPPINGS / DRIZZLES +1.00

DRIZZLES Strawberry Blueberry Mango Mini Chocolate Chips

**TOPPINGS Sliced Almonds Shaved Coconut** 

3.45

### • 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	108
Total Fat	0g
Carbs	,
Sodium	
Sugars	
Vitamin C	54%



**Croutons** MULTIGRAIN

**Crunchy Onions** 

**String Beans** 

**Tortilla Strips** 

**Wheatberries** 

**White Mushrooms** 

**Tomatoes** 

Walnuts

**Sun-Dried Tomatoes** 

# FALL SUPERFOOD 420 Cal

Spinach, Kale, Red Cabbage Mix, Roasted Butternut Squash, Broccoli, Pumpkin Seeds, Wheatberries, Fresh Beets, Sesame Grilled Tofu Suggested Dressing: Sherry Shallot Vinaigrette 140 Cal



**AUTUMN CHICKEN CAESAR 470 Cal** Romaine Lettuce, Grilled Chicken, Shaved Parmesan,

Multigrain Croutons, Fresh Bartlett Pear, Dried Cranberries Suggested Dressing: Caesar 140 Cal



## **BUFFALO BLUES** 600 Cal

Romaine-Iceberg Mix, Buffalo Chicken, Blue Cheese, Fresh Bartlett Pear, Walnuts, Multigrain Croutons Suggested Dressing: Buttermilk Ranch 140 Cal



### INDIAN SUMMER 500 Cal

Kale, Spinach, Red Cabbage Mix, Fall Trail Mix, Diced Apples, Corn, Roasted Butternut Squash, Wheatberries, Reduced-Fat Cheddar Suggested Dressing: Fig Balsamic Vinaigrette 180 Cal



7.99

8.99

8.49

7.69

8.25

\*Add 330 calories for wraps.



SEASONAL DRESSING: Fig Balsamic

Vinaigrette 180 cal



SEASONAL INGREDIENTS: Fresh Bartlett Pear, Fall Trail Mix

(Dried Cranberries, Walnuts, Pumpkin Seeds, Almonds)