

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

ADD A
SMALL SOUP
to any meal
\$2.29



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

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%

SUMMER seasonal



JALAPEÑO POPPER!!! 240 Cal

Butter Lettuce-Iceberg Mix, Fresh Jalapeños, Kettle Popcorn, Pepper Jack Cheese, Sliced Radishes, Mandarin Oranges
Suggested Dressing: Buttermilk Ranch 140 Cal



BEACH BOUND 190 Cal

Butter Lettuce-Red Cabbage Mix, Red Onions, Seedless Cucumbers, Corn, Tomatoes, Fresh Dill, Shrimp
Suggested Dressing: Lemon Ginger with Dill 160 Cal



ALMOND BERRY BLAST 205 Cal

Butter Lettuce, Blueberries, Strawberries, Roasted Sliced Almonds, Crumbled Feta
Suggested Dressing: Raspberry Vinaigrette 35 Cal



SUMMER FIESTA 440 Cal

Romaine-Red Cabbage Mix, Black Beans, Corn and Cilantro, Chipotle BBQ Chicken, Green Peppers, Tortilla Strips, Cotija Cheese
Suggested Dressing: Smoky Poblano Ranch 130 Cal



Seasonal Dressing:
**Lemon Ginger
with Dill** 160 Cal

Seasonal Ingredients:

Chipotle BBQ Chicken - \$2.25 | Mixed Berries - \$1.50

Kettle Popcorn | Fresh Dill | Cotija Cheese - \$1.50

Butter Lettuce

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps

SALAD WRAP

CAESAR <small>VEGETARIAN</small> 230 Cal (chicken +100, tofu +35, shrimp +50, salmon +150 Cal) Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 140 Cal	tofu/chicken shrimp salmon	6.99 +1.50 +2.00	6.75 +1.50 +2.00
THAI CHICKEN CRUNCH 230 Cal (chicken +100, shrimp +50 Cal) Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal	chicken shrimp	7.25 +1.50	6.75 +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	6.75
ASIAN SESAME GRAIN 400 Cal Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal	shrimp	7.25 +1.50	6.75 +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	6.75
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, Sliced Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal		9.25	8.45
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. 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	

4

FREE essentials
Additional toppings 50¢ each

+2

more essentials
when you reuse your bowl

ESSENTIALS

Almonds	TOASTED
Apples	GRANNY SMITH
Artichoke Hearts	
Asparagus	STEAMED
Banana Peppers	
Beets	FRESH
Black Beans	
Black Beans & Corn	
Broccoli	STEAMED
Butternut Squash	ROASTED
Carrots	SHREDDED
Celery	
Chickpeas	
Cilantro	
Corn	
Crispy Wontons	
Croutons	MULTIGRAIN
Crunchy Onions	
Cucumbers	SEEDLESS
Dried Cranberries	
Edamame	
Egg Whites	
Green Peppers	
Hard-Boiled Egg	
Jalapenos	FRESH
Lentils	
Mandarin Oranges	
Pumpkin Seeds	
Quinoa	
Radishes	
Red Onions	
Red Peppers	ROASTED
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	GRILLED	2.25
Chicken	GRILLED	1.99
Pesto Chicken	GRILLED	2.25
Turkey Bacon		1.75
Turkey	HOUSE-ROASTED	2.50

SEAFOOD

Albacore Tuna	2.50
Shrimp	3.25
Salmon	GRILLED 4.50

CHEESE

Crumbled Bleu	1.00
Crumbled Feta	1.00
Fresh Mozzarella	1.00
Goat Cheese	MONTCHEVRÉ 1.50
Pepper Jack	CABOT .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	🚫

WRAPS WHOLE WHEAT 198 cal

\$6.99

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette	135 Cal	🔴🔵🟢🟡
Smoky Poblano Ranch	130 Cal	🔴🟢🔵🟡
Spicy Thai Peanut	140 Cal	🟢🟡🔵🔴
White Balsamic	145 Cal	🔴🔵🟢
Lemon Vinaigrette	115 Cal	🔴🟢🔵🟡
Chipotle Vinaigrette	140 Cal	🔴🟢🔵🟡
Moroccan Tahini	60 Cal	🔴🟢🔵🟡

LOW-FAT

Balsamic Vinaigrette	70 Cal	🔴🔵🟢
Horseradish Chive	25 Cal	🔴🟢🔵
Yogurt Cucumber	25 Cal	🔴🟢🔵
Chilled Avocado	25 Cal	🔴🔵🟢
Far East Mandarin	30 Cal	🔴🟢🔵

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	🔴🟢🔵🟡

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	🔴🟢🔵🟡🟠

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