

Soup

\$4.95
(large)

\$2.95
(small)

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

Grab n' Go

Fage Yogurt	\$3.50	Fruit Salad	\$3.99
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Snack

Protein Cookies	\$2.99	Pop Chips	\$1.99
Famous Amos Cookies	\$1.50	Stacy's Pita Chips	\$1.99
Deep River Chips	\$1.75	Pirate's Booty	\$1.75

Sip

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

May not be available at all locations.



Probiotic Smoothie 4.95
Protein Boost +1.00

Cup of Yogurt 3.45
(includes one free drizzle)
Toppings / Drizzles +1.00

STRAWBERRY BANANA cal 203

Strawberries, Banana, Apple Juice, Fat-Free Frozen Yogurt

BERRY WILD cal 203

Blueberries, Strawberries, Soy Milk, Fat-Free Frozen Yogurt

MANGO MADNESS cal 232

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

BANANA COCO-NUTTY cal 307

Soy Milk, Banana, Coconut, Almonds, Agave Nectar
(dairy-free; does not contain probiotics)

Protein Boost +1.00

Hemp Protein
Great source of fiber. Vegetarian and certified organic

Whey Protein
Great source of amino acids

Soy Protein
Easily digestible and a vegetarian protein source

DRIZZLES

Strawberry
Blueberry
Mango

TOPPINGS

Sliced Almonds
Shaved Coconut
Valrhona Chocolate Pearls

Ask about our seasonal drizzle!

DRIZZLE - Our homemade blend of freshly pureed fruit, agave nectar, and a touch of lemon.

Nutrition Facts

(Serving size: One cup of plain yogurt)

Calories108
Total Fat0g
Carbs27g
Sodium20g
Sugars21g
Vitamin C54%

ADD A
SMALL SOUP
to any meal
\$1.99

MENU

BY CHEF LAURA PENSIERO



just salad
NEW YORK • HONG KONG



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We deliver! (212) 244-1111

REACH US

Phone: (212) 244-1111
Catering: (212) 244-1111
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Website: justsalad.com

LOCATIONS

NYC

Chelsea: 706 6th Ave (btwn 22nd & 23rd St)
Murray Hill: 600 3rd Ave (btwn 39th & 40th St)
Midtown East: 320 Park Ave (enter on 51st St)
Midtown: 30 Rockefeller Plaza (concourse level btwn 49th & 50th St)
Fashion District: 134 W. 37th St (btwn 7th Ave & Broadway)
Financial District: 100 Maiden Ln (btwn Gold and Pearl St)

HK

30-34 Cochrane St, Central, Hong Kong
19 Des-Voeux Rd, Central, Hong Kong



CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps, FAT-FREE

SALAD WRAP

CAESAR 227 Cal	tofu/chicken	6.99	6.50
Romaine Lettuce, Shaved Parmesan, Multigrain Croutons	shrimp +1.50		+1.50
Suggested Dressing: Caesar 140 Cal	salmon +2.00		+2.00
THAI CHICKEN CRUNCH 281 Cal	chicken	7.25	6.75
Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal	shrimp +1.50		+1.50
BUFFALO CHICKEN 334 Cal		7.25	6.75
Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal			
ASIAN SESAME GRAIN 453 Cal		7.25	6.50
Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 125 Cal	shrimp +1.50		+1.50

HUDSON VALLEY MIX 346 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 24 Cal		
IMMUNITY BOWL 464 Cal	9.75	8.95
Mesclun, Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal		
THE CALIFORNIA 365 Cal	8.25	7.45
Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 67 Cal		
MEDITERRANEAN MIX 409 Cal VEGETARIAN	7.45	6.75
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 125 Cal		
JS TUNA 335 Cal	7.95	6.95
Romaine, Albacore Tuna, Sliced Avocado, Chickpeas, Shredded Carrots Suggested Dressing: Lemon Vinaigrette 130 Cal		

JUST SALAD SIGNATURE 424 Cal	8.75	7.75
Baby Spinach, Apples, Turkey Bacon, Walnuts, Red Onions, Reduced-Fat Cheddar Suggested Dressing: Sherry Shallot Vinaigrette 129 Cal		
PESTO CHICKEN PARADISE 471 Cal	8.95	8.25
Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Toasted Almonds, Red Onions Suggested Dressing: Olive Oil & Balsamic Vinegar 125 Cal		
TEXAS TWO STEP 385 Cal	8.25	7.45
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 25 Cal		
JS TURKEY CLUB 422 Cal	8.95	7.95
Iceberg-Romaine Mix, Honey-Glazed Turkey, Reduced-Fat Swiss, Turkey Bacon, Grape Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Cal		
THE TUSCAN 440 Cal	8.95	8.25
Romaine, Pesto Chicken, Sun-dried Tomatoes, Mozzarella, Artichoke Hearts, Grape Tomatoes Suggested Dressing: Olive Oil & Balsamic Vinegar 125 Cal		

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CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

- BABY SPINACH
- ICEBERG
- MESCLUN
- RED CABBAGE
- ROMAINE
- ARUGULA (+75¢)



4 FREE essentials
Additional toppings 50¢ each



+2 more
when you reuse your bowl

\$6.95

WRAPS

WHOLE WHEAT

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	
Grape Tomatoes	
Green Peppers	
Hard-Boiled Egg	
Jalapenos FRESH	
Lentils	
Mandarin Oranges	
Pumpkin Seeds	
Quinoa	
Radishes	
Red Onions	
Red Peppers ROASTED	
String Beans	
Sun-Dried Tomatoes	
Tortilla Strips	
Walnuts	
Wheatberries	
White Mushrooms	

PREMIUM

Avocado	.95
Hearts of Palm	.95
Kalamata Olives	.75
Portabella Mushrooms	.75
Sesame Grilled Tofu	.95

PROTEIN

Buffalo Chicken GRILLED	2.25
Chicken GRILLED	1.99
Pesto Chicken GRILLED	2.25
Turkey Bacon SMOKED	1.75
Honey-Glazed Turkey SLICED	1.99

SEAFOOD

Albacore Tuna	2.50
Shrimp STEAMED	3.25
Salmon GRILLED	4.50

CHEESE

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

Low Sodium	<input checked="" type="checkbox"/>	No Carbs	<input checked="" type="checkbox"/>
No Dairy	<input checked="" type="checkbox"/>	Low Carb	<input checked="" type="checkbox"/>
Vegan	<input checked="" type="checkbox"/>	Gluten-Free	<input checked="" type="checkbox"/>
No Sugar	<input checked="" type="checkbox"/>	No Cholesterol	<input checked="" type="checkbox"/>

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 129 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Chilled Avocado 25 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Smoky Poblano Ranch 130 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Spicy Thai Peanut 135 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
White Balsamic 145 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Lemon Vinaigrette 130 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>

LOW-FAT

Balsamic Vinaigrette 67 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Horseradish Chive 24 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Yogurt Cucumber 15 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>

FAT-FREE

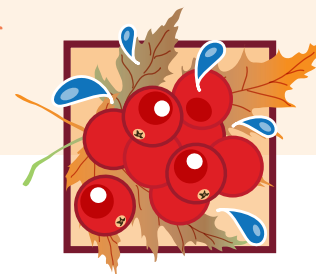
Far East Mandarin 17 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Fresh Squeezed Lemon Juice 0 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Honey-Herb Dijon 50 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Ranch 25 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Raspberry Vinaigrette 34 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Red Wine Vinegar 0 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Balsamic Vinegar 10 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>

CLASSIC DRESSINGS

Asian Sesame 125 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Balsamic Vinaigrette 211 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Bleu Cheese 150 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Buttermilk Ranch 140 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Caesar 140 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Italian Vinaigrette 146 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Olive Oil / Balsamic Vinegar 125 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Olive Oil / Lemon Juice 124 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Olive Oil 240 Cal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>

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Fall Seasonal



Seasonal Dressing:
**Cranberry-Maple
Splash** 90 Cal



Seasonal Ingredients:
Roasted Turkey-\$2.50
Fresh Bartlett Pear
Kale Lettuce



FALL SUPERFOOD 349 Cal*

Spinach-Kale-Red Cabbage Mix, Broccoli,
Butternut Squash, Pumpkin Seeds, Wheatberries,
Fresh Beets, Sesame Grilled Tofu
Suggested Dressing: Olive Oil & Balsamic Mix 125 Cal

SALAD

7.95

WRAP

7.25



BUFFALO BLUES 630 Cal*

Iceberg-Romaine Mix, Buffalo Chicken, Walnuts,
Bartlett Pear, Bleu Cheese, Multigrain Croutons
Suggested Dressing: Smokey Poblano Ranch 130 Cal

8.45

7.65



ROASTED TURKEY HEALTH COBB 259 Cal* **9.25**

Iceberg-Romaine Mix, Roasted Turkey, Egg Whites,
Grape Tomatoes, Avocado, Reduced-Fat Swiss
Suggested Dressing: Buttermilk Ranch 140 Cal

8.45



FALL SLIMDOWN 345 Cal*

Kale-Iceberg Lettuce Mix, Dried Cranberries,
Walnuts, White Mushrooms, Sliced Radishes,
Reduced-Fat Cheddar
Suggested Dressing: Cranberry-Maple Splash 90 Cal

7.65

7.25

*Add 260 calories
for wraps.