Substitute tofu for any protein | Add 280 calories for wraps

HUDSON VALLEY MIX 400 Cal VEGETARIAN

Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 150 Cal

Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 5 Cal

Fresh Mozzarella Suggested Dressing: Kale-Pesto Vinaigrette 140 Cal

Tortilla Strips Suggested Dressing: Smoky Poblano Ranch 130 Cal

Romaine, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro,

\$3.49

Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 150 Cal

Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal

BUFFALO KALE CAESAR 380 Cal NEW RECIPE

**ROASTED TURKEY HEALTH COBB 240 Cal** 

Suggested Dressing: Buttermilk Ranch 150 Cal

PESTO CHICKEN PARADISE 300 Cal NEW RECIPE

Suggested Dressing: Low-Fat Yogurt Cucumber 20 Call

\$2.99

\$3.49

\$1.79

\$2.50

\$1.29

\$1.69

\$1.79

Romaine, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds

Kale-Romaine Mix, Grilled Chicken, Shaved Parmesan, Multigrain Croutons,

Arugula-Mesclun Mix, Grilled Chicken, Broccoli, Roasted Tomatoes, Red Onions

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

Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions

Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos,

No substitutions please. Delivery and Pick Up pricing may vary from this menu.

Fruit Salad

Stacy's Pita Chips

Pop Chips

**FSTG** Chips

Snapple

Vitamin Water

**Hint Water** 

\$3.99

**Beanitos Chips** 

Zico Coconut

Runa Energy Tea \$2.69

\$1.99

\$1.99

\$1.79

\$1.99

\$2.50

\$2.50

Romaine, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss

**IMMUNITY BOWL** 460 Cal

THE CALIFORNIA 300 Cal

**TEXAS TWO STEP** 310 Cal

TANDOORI FIRE 280 Cal NEW

**SMOKEHOUSE STEAK 350 Cal** 

**CHIPOTLE COWBOY** 430 Cal

### Veggie Split Pea • Minestrone • Grilled Chicken Noodle • Weekly Special GRAB N' GO

Chobani Yogurt

SNACK **Protein Cookies** Deep River Chips Kind Bars

SIP Can Soda **Poland Spring Water** Poland Sparkling Water



TROPIC SPINACH THUNDER 340 Cal

Banana, Pineapple, Spinach and Coconut Milk STRAWBERRY BANANA 280 Cal

Strawberries, Banana, Soy Milk, Low-Fat Frozen Yogurt, and Agave Nectar

VITAMIN C KICK 270 Cal

Oranges, Mango, Pineapple and Coconut Milk

THE DETOXER 80 Cal

Kale, Lemon, Apple and Pineapple

#### PEANUT BUTTER CHIA WARRIOR 290 Cal

Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar

BERRY WILD 250 Cal

Blueberries, Strawberries, Soy Milk, Low-Fat Frozen Yogurt, and Agave Nectar

#### HEMP PROTEIN BOOST

Great source of fiber. Vegetarian & certified organic.

SALAD | WRAP 6.99 tofu/chicken 7.49 shrimp +1.50 salmon +2.00

chicken **7.69** 7.29 shrimp +1.50 salmon +2.00 +1.50 +2.00 7.69

7.29

7.29 chicken 7.69 salmon +2.00 +2.00 7.69 7.29

8.69 7.99 Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 40 Cal 9.99 9.29 Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries,

8.69 7.99 7.99 8.49

8.79 9.49

9.39

8.69

8.99

9.99

8.99

ADD A SMALL SOUP

to any meal

\$1.99

\$2.99

May not be available at all locations.

8.79

7.99

8.49

9.29

8.29

Apples GRANNY SMITH **Dried Cranberries Mandarin Oranges** 

Lentils Quinoa **Walnuts Wheat Berries** 

CRUNCH **Tortilla Strips** 

#### CUSTOM SALADS & WRAPS MIX & MATCH GREENS

BABY SPINACH 25 cal KALE 70 cal

RED CABBAGE 50 cal ROMAINE 25 cal ARUGULA (+75¢) 35 cal

MESCLUN 25 cal

WRAPS

**FREE** essentials Additional toppings 59¢ each

> **PREMIUM Avocado Hearts of Palm Kalamata Olives Portabella Mushrooms Butternut Squash ROASTED Tomatoes** ROASTED **Pita Chips**

PROTEIN Chicken ALL-NATURAL

Fresh Mozzarella

Pepper Jack CABOT

**Goat Cheese** Montchevré

**Reduced-Fat Cheddar** 

Nutritional Key

**Reduced-Fat Swiss** 

**Shaved Parmesan** 

Contains No Gluten Vegan

Low Carb (<5g)</p>

Low Cholesterol

**Cucumbers** SEEDLESS **Edamame Green Peppers** Jalapenos FRESH

ESSENTIALS

**VEGGIES** 

**Artichoke Hearts** 

Asparagus STEAMED

**Banana Peppers** 

**Black Beans & Corn** 

**Black Beans** 

**Broccoli** STEAMED

Carrots SHREDDED

Celery

Chickpeas

Cilantro

**Red Onions** Red Peppers ROASTED White Mushrooms

**Hard-Boiled Eggs** 

**Almonds** TOASTED

#### **GRAINS & NUTS**

**Pumpkin Seeds** 

**Crispy Wontons** Croutons MULTIGRAIN

## when you reuse your bowl

ORIGINAL DRESSINGS Sherry Shallot Vinaigrette 140 Cal .79 Smoky Poblano Ranch 130 Cal Spicy Thai Peanut 140 Cal Kale-Pesto Vinaigrette 140 cal NEW Lemon Vinaigrette 150 Cal

Chipotle Vinaigrette 150 Cal

more essentials or 1 free cheese

LOW-FAT **Buffalo Chicken** ALL-NATURAL Balsamic Vinaigrette 70 Cal Tandoori Red Hot Chicken Horseradish Chive 40 Cal Turkey House-Roasted Yogurt Cucumber 20 Cal Turkey Bacon CRISPY Chilled Avocado 35 Cal Tofu sesame grilled Sweet & Creamy Sriracha 25 Cal Steak CHARBROILED 3.50 Far East Mandarin 25 Cal Shrimp GRILLED Spicy Buffalo 5 Cal Salmon GRILLED 4.50 FAT-FREE CHEESE

#### Fresh Half Lemon 5 Cal

Honey-Herb Dijon 45 Cal Ranch 30 Cal Red Wine Vinegar o cal Balsamic Vinegar 10 Cal CLASSIC DRESSINGS

Asian Sesame 130 Cal Bleu Cheese 160 Cal Caesar 190 Cal Balsamic Vinaigrette 150 Cal Buttermilk Ranch 150 Cal Italian Vinaigrette 150 Cal Olive Oil / Balsamic Vinegar 120 Cal Olive Oil 240 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.

# SPRING SEASONAL

Contains No Milk

## SALAD | WRAP\*



SPRING BOOTY SLIMDOWN 320 Cal

Romaine-Kale Mix, Pirate's Booty®, Turkey Bacon, Steamed Brussels Sprouts, Asparagus, Sliced Radishes Suggested Dressing: Low-Fat Horseradish Chive 40 Cal



THE ULTIMATE FALAFEL 340 Cal

Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Grape Tomatoes, Red Onions, Pita Chips Suggested Dressing: Moroccan Tahini 60 Cal

THAI-TASTIC 310 Cal

8.49 Romaine-Red Cabbage Mix, Grilled All-Natural Chicken, Black Beans, Cilantro, Shredded Carrots, Unsalted Peanuts Suggested Dressing: Sweet & Creamy Sriracha 25 Cal



CAJUN EL PASO GRILL 430 Cal

10.49 | 9.99 Romaine, Cajun Grilled Shrimp, Avocado, Grape Tomatoes, Black Beans & Corn, Crunchy Onions, Pepper Jack Cheese Suggested Dressing: Chipotle Vinaigrette 150 Cal

> \*Add 280 calories for wraps. No substitutions please

8.99 8.29

7.99



SEASONAL DRESSING **Moroccan Tahini** 60 Cal

#### SEASONAL INGREDIENTS

**Brussels Sprouts** | **Unsalted Peanuts** | **Radishes** Pirate's Booty® - 79¢ | Baked Falafel - \$1.79 Grilled Cajun Shrimp - \$3.50



TOPPINGS / DRIZZLES...+1.00

**TOPPINGS** DRIZZLES Strawberry Sliced Almonds Blueberry **Shaved Coconut** Mango Mini Chocolate Chips

CUP OF YOGURT.....3.49

(includes one free drizzle)

#### · DRIZZLE ·

Our homemade blend of freshly puréed fruit, agave nectar, and a touch of lemon.

Nutrition Facts	
(Serving size: 4 oz cup of plain yogurt)	
Calories100	
Total Fat1.5g	
Carbs20g	
Sodium150mg	
Sugars16g	
Vitamin C2%	