

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps

CHEF-DESIGNED VALUE

	SALAD	WRAP
CAESAR <small>VEGETARIAN</small> 230 Cal (chicken +100, tofu +35, shrimp +30, salmon +150 Cal) Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 140 Cal	tofu/chicken 6.99 shrimp +1.50 salmon +2.00	6.75 +1.50 +2.00
THAI CHICKEN CRUNCH 230 Cal (chicken +100, shrimp +30 Cal) Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal	chicken 7.25 shrimp +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

CHEF-DESIGNED HEALTH

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, Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal	9.25	8.45

CHEF-DESIGNED AWESOME

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
Delivery pricing will vary from this menu. No substitutions please.

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 25 cal	ICEBERG 30 cal	MESCLUN 25 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

\$6.99

WRAPS

WHOLE WHEAT 198 cal

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
Jalapeños 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

<small>all natural</small> Buffalo Chicken <small>GRILLED</small>	2.25
<small>all natural</small> Chicken <small>GRILLED</small>	1.99
<small>all natural</small> Pesto Chicken <small>GRILLED</small>	2.25
Turkey Bacon	1.75
Turkey <small>HOUSE-ROASTED</small>	2.50

SEAFOOD

Albacore Tuna	2.50
Shrimp <small>STEAMED</small>	3.25
Salmon <small>GRILLED</small>	4.50

CHEESE

Crumbled Bleu	1.00
Crumbled Feta	1.00
Fresh Mozzarella	1.00
Goat Cheese <small>MONTCHEVRÉ</small>	1.50
Pepper Jack <small>CABOT</small>	.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

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 130 Cal	
Chilled Avocado 25 Cal	
Smoky Poblano Ranch 130 Cal	
Spicy Thai Peanut 140 Cal	
White Balsamic 150 Cal	
Lemon Vinaigrette 130 Cal	
Chipotle Vinaigrette 140 Cal	
Moroccan Tahini 60 Cal	

LOW-FAT

Balsamic Vinaigrette 70 Cal	
Horseradish Chive 25 Cal	
Yogurt Cucumber 15 Cal	

FAT-FREE

Far East Mandarin 15 Cal	
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 210 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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SOUP

\$4.99
(large)

\$2.99
(small)

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

ADD A
SMALL SOUP
to any meal
\$2.29

GRAB N' GO

Chobani Yogurt	\$2.99	Fruit Salad	\$3.99
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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

May not be available at all locations.



FRESH SMOOTHIE 4.95
PROTEIN BOOST +1.00

CUP OF YOGURT 3.45
(includes one free drizzle)
TOPPINGS / DRIZZLES +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)

HEMP PROTEIN BOOST +1.00
Great source of fiber. Vegetarian and certified organic.

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	108
Total Fat	.0g
Carbs	27g
Sodium	20mg
Sugars	21g
Vitamin C	54%

SPRING SEASONAL



SPRING BOOTY SLIMDOWN 310 Cal
Romaine - Kale Mix, Pirate's Booty, Turkey Bacon, Steamed Brussels Sprouts, Asparagus, Sliced Radishes
Suggested Dressing: Low-Fat Horseradish Chive 25 Cal



THAI-TASTIC 320 Cal
Iceberg Lettuce, Red Cabbage, Grilled All-Natural Chicken, Black Beans, Cilantro, Shredded Carrots, and Unsalted Peanuts
Suggested Dressing: Sweet & Creamy Sriracha 15 Cal



PICNIC IN ROME 400 Cal
Romaine Lettuce, Pesto Chicken, Artichoke Hearts, Roasted Red Peppers, Red Grapes, Shaved Parmesan
Suggested Dressing: Olive Oil & Balsamic Vinegar 130 Cal



ACAPULCO SPRING BREAK 230 Cal
Romaine Lettuce, Steamed Shrimp, Avocado, Black Beans & Corn, Cilantro, Fresh Jalapeños, Tomatoes, and Tortilla Strips
Suggested Dressing: Chilled Avocado 25 Cal

*Add 198 calories for wraps.



SEASONAL DRESSING
Sweet & Creamy Sriracha 15 Cal

SEASONAL INGREDIENTS

Raw Kale, Brussel Sprouts, Red Grapes, Pirate's Booty - 75¢, Unsalted Peanuts

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