

# CHEF-DESIGNED SALADS & WRAPS

BY CHEF  
LAURA  
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps

SALAD	WRAP
<b>CAESAR</b> <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	<b>6.99</b> tofu/chicken +1.50 shrimp +2.00 salmon +2.00
<b>THAI CHICKEN CRUNCH</b> 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	<b>7.25</b> chicken +1.50 shrimp +1.50
<b>BUFFALO CHICKEN</b> 330 Cal Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal	<b>7.25</b> chicken +1.50 shrimp +1.50
<b>ASIAN SESAME GRAIN</b> 400 Cal Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal	<b>7.25</b> chicken +1.50 shrimp +1.50
<b>MEDITERRANEAN MIX</b> 330 Cal <small>VEGETARIAN</small> Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 130 Cal	<b>7.45</b> chicken +1.50 shrimp +1.50

<b>HUDSON VALLEY MIX</b> 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	<b>8.25</b> chicken +1.50 shrimp +1.50
<b>IMMUNITY BOWL</b> 460 Cal Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal	<b>9.75</b> chicken +1.50 shrimp +1.50
<b>THE CALIFORNIA</b> 300 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal	<b>8.25</b> chicken +1.50 shrimp +1.50
<b>TUNA NEE-SWAH</b> 320 Cal Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Half Fresh Lemon 130 Cal	<b>8.99</b> chicken +1.50 shrimp +1.50
<b>ROASTED TURKEY HEALTH COBB</b> 250 Cal Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal	<b>9.25</b> chicken +1.50 shrimp +1.50

<b>PESTO CHICKEN PARADISE</b> 410 Cal Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Sugg. Dressing: Olive Oil & Balsamic Vinegar 130 Cal	<b>8.99</b> chicken +1.50 shrimp +1.50
<b>TEXAS TWO STEP</b> 290 Cal Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 25 Cal	<b>8.25</b> chicken +1.50 shrimp +1.50
<b>JS TURKEY CLUB</b> 440 Cal Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon, Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Cal	<b>8.99</b> chicken +1.50 shrimp +1.50
<b>CHIPOTLE COWBOY</b> 430 Cal Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 140 Cal	<b>8.99</b> chicken +1.50 shrimp +1.50

Order online at [justsalad.com](http://justsalad.com) or call us at (212) 244-1111  
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

## ESSENTIALS

Almonds <small>TOASTED</small>	1.00
Apples <small>GRANNY SMITH</small>	1.00
Artichoke Hearts	.75
Asparagus <small>STEAMED</small>	.75
Banana Peppers	1.00
Beets <small>FRESH</small>	1.00
Black Beans	1.00
Black Beans & Corn	1.00
Broccoli <small>STEAMED</small>	1.00
Butternut Squash <small>ROASTED</small>	1.00
Carrots <small>SHREDDED</small>	1.00
Celery	1.00
Chickpeas	1.00
Cilantro	1.00
Corn	1.00
Crispy Wontons	1.00
Croutons <small>MULTIGRAIN</small>	1.00
Crunchy Onions	1.00
Cucumbers <small>SEEDLESS</small>	1.00
Dried Cranberries	1.00
Edamame	1.00
Egg Whites	1.00
Green Peppers	1.00
Hard-Boiled Egg	1.00
Jalapenos <small>FRESH</small>	1.00
Lentils	1.00
Mandarin Oranges	1.00
Pumpkin Seeds	1.00
Quinoa	1.00
Radishes	1.00
Red Onions	1.00
Red Peppers <small>ROASTED</small>	1.00
String Beans	1.00
Sun-Dried Tomatoes	1.00
Tomatoes	1.00
Tortilla Strips	1.00
Walnuts	1.00
Wheatberries	1.00
White Mushrooms	1.00

## PREMIUM

Avocado	1.00
Hearts of Palm	1.00
Kalamata Olives	.75
Portabella Mushrooms	.75
Sesame Grilled Tofu	1.00

## PROTEIN

Buffalo Chicken <small>GRILLED</small>	2.25
Chicken <small>GRILLED</small>	1.99
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	

## WRAPS

WHOLE WHEAT  
198 cal

\$6.99

## 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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CHEF-DESIGNED VALUE

CHEF-DESIGNED HEALTH

CHEF-DESIGNED AWESOME

## 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



**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** ..... +1.00

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

ADD A  
SMALL SOUP  
to any meal  
**\$2.29**

# 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



## SEASONAL DRESSING

Sweet & Creamy Sriracha 15 Cal

## SEASONAL INGREDIENTS

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

**SALAD** **WRAP\***

**7.99** **7.45**

**7.99** **7.45**

**8.99** **8.45**

**8.99** **8.45**

\*Add 198 calories for wraps.