

CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA PENSIERO

CHEF-DESIGNED VALUE

CAESAR VEGETARIAN 230 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal)
Romaine Lettuce, Shaved Parmesan, Multigrain Croutons
Suggested Dressing: Caesar 190 Cal

THAI CHICKEN CRUNCH 130 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal)
Romaine, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons
Suggested Dressing: Spicy Thai Peanut 140 Cal

BUFFALO CHICKEN 360 Cal
Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips
Suggested Dressing: Buttermilk Ranch 150 Cal

ASIAN SESAME GRAIN 460 Cal (shrimp +70 Cal, salmon +150 Cal)
Mesclun-Romaine-Red Cabbage Mix, Grilled Chicken, Wheat Berries, Quinoa, Edamame, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal

MEDITERRANEAN MIX 330 Cal VEGETARIAN
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers
Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal

SALAD

WRAP

tofu/chicken
shrimp
salmon

7.49
+1.50
+2.00

6.99
+1.50
+2.00

chicken
shrimp
salmon

7.69
+1.50
+2.00

7.29
+1.50
+2.00

7.69

7.29

chicken
shrimp
salmon

7.69
+1.50
+2.00

7.29
+1.50
+2.00

7.69

7.29

CHEF-DESIGNED HEALTH

HUDSON VALLEY MIX 400 Cal VEGETARIAN
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons
Suggested Dressing: Low-Fat Horseradish Chive 40 Cal

IMMUNITY BOWL 460 Cal
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Seedless Cucumbers
Suggested Dressing: Lemon Vinaigrette 150 Cal

THE CALIFORNIA 300 Cal
Romaine, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds
Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal

BUFFALO KALE CAESAR 380 Cal NEW RECIPE
Kale-Romaine Mix, Grilled Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots
Suggested Dressing: Spicy Buffalo 5 Cal

ROASTED TURKEY HEALTH COBB 240 Cal
Romaine, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss
Suggested Dressing: Buttermilk Ranch 150 Cal

8.69

7.99

9.99

9.29

8.69

7.99

8.49

7.99

9.49

8.79

CHEF-DESIGNED AWESOME

PESTO CHICKEN PARADISE 300 Cal NEW RECIPE
Arugula-Mesclun Mix, Grilled Chicken, Broccoli, Roasted Tomatoes, Red Onions
Fresh Mozzarella
Suggested Dressing: Kale-Pesto Vinaigrette 140 Cal

TEXAS TWO STEP 310 Cal
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar
Suggested Dressing: Chilled Avocado 35 Cal

TANDOORI FIRE 280 Cal NEW
Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions
Suggested Dressing: Low-Fat Yogurt Cucumber 20 Cal

SMOKEHOUSE STEAK 350 Cal
Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips
Suggested Dressing: Smoky Poblano Ranch 130 Cal

CHIPOTLE COWBOY 430 Cal
Romaine, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado
Suggested Dressing: Chipotle Vinaigrette 150 Cal

9.39

8.79

8.69

7.99

8.99

8.49

9.99

9.29

8.99

8.29

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

\$5.49 (large)

\$3.49 (small)

ADD A SMALL SOUP to any meal \$2.99

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

WRAPS

BABY SPINACH 25 cal

KALE 70 cal

MESCLUN 25 cal

RED CABBAGE 50 cal

ROMAINE 25 cal

ARUGULA (+75¢) 35 cal

4

FREE essentials

Additional toppings 59¢ each

+2

more essentials or 1 free cheese when you reuse your bowl

ESSENTIALS

VEGGIES

PREMIUM

PROTEIN

CHEESE

GRAINS & NUTS

CRUNCH

Artichoke Hearts

Asparagus STEAMED

Banana Peppers

Beets FRESH

Black Beans

Black Beans & Corn

Broccoli STEAMED

Carrots SHREDDED

Celery

Chickpeas

Cilantro

Corn

Cucumbers SEEDLESS

Edamame

Green Peppers

Jalapenos FRESH

Red Onions

Red Peppers ROASTED

Tomatoes

White Mushrooms

Egg Whites

Hard-Boiled Eggs

FRUIT

Apples GRANNY SMITH

Dried Cranberries

Mandarin Oranges

Almonds TOASTED

Lentils

Pumpkin Seeds

Quinoa

Walnuts

Wheat Berries

CRISPY WONTONS

Crispy Wontons

Croutons MULTIGRAIN

Crunchy Onions

Tortilla Strips

Avocado

Hearts of Palm

Kalamata Olives

Portabella Mushrooms

Butternut Squash ROASTED

Tomatoes ROASTED

Pita Chips

Chicken ALL-NATURAL

Buffalo Chicken ALL-NATURAL

Tandoori Red Hot Chicken

Turkey HOUSE-ROASTED

Turkey Bacon CRISPY

Tofu SESAME GRILLED

Steak CHARBROILED

Shrimp GRILLED

Salmon GRILLED

Crumbled Bleu

Crumbled Feta

Fresh Mozzarella

Goat Cheese MONTCHEVRÉ

Pepper Jack CABOT

Reduced-Fat Cheddar

Reduced-Fat Swiss

Shaved Parmesan

1.00

1.00

.79

1.00

.69

.69

.79

2.29

2.49

2.49

2.49

1.79

1.29

3.50

3.50

4.50

1.00

1.00

1.00

1.50

.79

.79

.79

1.00

ORIGINAL DRESSINGS

LOW-FAT

FAT-FREE

CLASSIC DRESSINGS

Sherry Shallot Vinaigrette 140 Cal

Smoky Poblano Ranch 130 Cal

Spicy Thai Peanut 140 Cal

Kale-Pesto Vinaigrette 140 Cal NEW

Lemon Vinaigrette 150 Cal

Chipotle Vinaigrette 150 Cal

Balsamic Vinaigrette 70 Cal

Horseradish Chive 40 Cal

Yogurt Cucumber 20 Cal

Chilled Avocado 35 Cal

Sweet & Creamy Sriracha 25 Cal

Far East Mandarin 25 Cal

Spicy Buffalo 5 Cal

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

Nutritional Key

Low Carb (<5g)

Contains No Gluten

Low Cholesterol

Contains No Milk

Vegan

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.

Please view our nutrition & allergen notice at justsalad.com/nutritionterms

SOUP

GRAB N' GO

SNACK

SIP

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

Chobani Yogurt \$2.99

Fruit Salad \$3.99

Protein Cookies \$3.49

Deep River Chips \$1.79

Kind Bars \$2.50

Can Soda \$1.29

Poland Spring Water \$1.69

Poland Sparkling Water \$1.79

Pop Chips \$1.99

Stacy's Pita Chips \$1.99

FSTG Chips \$1.79

Snapple \$1.99

Vitamin Water \$2.50

Hint Water \$2.50

Zico Coconut \$2.99

Runa Energy Tea \$2.69

Beanitos Chips \$1.99

May not be available at all locations.

HEALTHY NEW RECIPES

the Culture bar

yum!

All Natural

FRESH SMOOTHIE 5.49

PROTEIN BOOST..... +1.00

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.

CUP OF YOGURT 3.49 (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: 4 oz cup of plain yogurt)

Calories100

Total Fat1.5g

Carbs20g

Sodium150mg

Sugars16g

Vitamin C2%

Winter Seasonal

NEW YEAR'S RESOLUTION MIX 400 Cal
Kale, Red Cabbage & Romaine, Turkish Figs, Goat Cheese, Walnuts, Seedless Cucumbers
Suggested Dressing: Balsamic Vinegar 10 Cal

BUONISSIMA STEAK SALAD 295 Cal
Arugula & Romaine, Charbroiled Steak, Shaved Parmesan, Grape Tomatoes, Freshly Ground Salt & Pepper
Suggested Dressing: Lemon Vinaigrette 150 Cal

WINTER CRUNCH SUPERFOOD 440 Cal
Romaine, Kale & Red Cabbage, Multigrain Croutons, Apples, Wheat Berries, Broccoli, Shaved Parmesan
Suggested Dressing: Lemon Vinaigrette 150 Cal

WARM RUSTIC GRAIN BOWL 690 Cal
Quinoa-Lentil-Wheatberry Mix, Walnuts, Pinch of Arugula, Roasted Cauliflower, Roasted Tomatoes, Parmesan, Carrots
Suggested Dressing: Kale-Pesto Vinaigrette 140 Cal

SALAD

WRAP*

8.69

7.99

9.99

9.29

7.99

7.79

9.29

n/a

*Add 280 calories for wraps.

the Culture bar

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SEASONAL DRESSING:

Kale-Pesto Vinaigrette 140 Cal

SEASONAL INGREDIENTS:

Roasted Cauliflower - 69¢

Turkish Figs - \$1.29