

VALUE

CAESAR 240 Cal (chicken +100 Cal, tofu +35 Cal, shrimp +70 Cal, salmon +150 Cal)
Romaine, Shaved Parmesan, Multigrain Croutons
Caesar Dressing 180 Cal

THAI CHICKEN CRUNCH 230 Cal (chicken +100 Cal, shrimp +70 Cal, salmon +150 Cal)
Romaine, Red Cabbage, Roasted Chicken, Carrots, Celery, Crispy Wontons
Spicy Thai Peanut 135 Cal

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

ASIAN SESAME GRAIN 460 Cal (shrimp +70 Cal, salmon +150 Cal)
Mesclun-Romaine-Red Cabbage Mix, Roasted Chicken, Wheat Berries, Quinoa,
Edamame, Crispy Wontons **Asian Sesame** 125 Cal

MEDITERRANEAN MIX 390 Cal **VEGETARIAN**
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers, Pita Chips
Olive Oil/Balsamic Vinegar 130 Cal

HEALTH

HUDSON VALLEY MIX 400 Cal **VEGETARIAN**
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds,
Multigrain Croutons **Low-Fat Horseradish Chive** 30 Cal

IMMUNITY BOWL 460 Cal
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Cucumbers
Lemon Vinaigrette 120 Cal

THE CALIFORNIA 300 Cal
Romaine, Roasted Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds
Low-Fat Balsamic Vinaigrette 60 Cal

BUFFALO KALE CAESAR 380 Cal
Kale-Romaine Mix, Roasted Chicken, Shaved Parmesan, Multigrain Croutons,
Celery, Shredded Carrots **Spicy Buffalo** 5 Cal

ROASTED TURKEY HEALTH COBB 330 Cal
Romaine, Roasted Turkey, Egg Whites, Tomatoes, Avocado, White Cheddar
Buttermilk Ranch 150 Cal

AWESOME

CHIPOTLE COWBOY 430 Cal
Romaine, Roasted Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Avocado,
Crunchy Onions **Chipotle Vinaigrette** 140 Cal

THE ULTIMATE FALAFEL 340 Cal **VEGETARIAN**
Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Tomatoes,
Red Onions, Pita Chips **Moroccan Tahini** 40 Cal

TANDOORI FIRE 280 Cal
Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions
Low-Fat Yogurt Cucumber 30 Cal

SMOKEHOUSE STEAK 350 Cal
Romaine, Grilled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos,
Tortilla Strips **Smoky Poblano Ranch** 120 Cal

PESTO CHICKEN PARADISE 300 Cal
Arugula-Mesclun Mix, Roasted Chicken, Broccoli, Roasted Tomatoes, Red Onions
Fresh Mozzarella **Kale-Pesto Vinaigrette** 150 Cal

Substitute tofu for any protein | Add 280 calories for wraps

CUSTOM SALADS & WRAPS

4 free essentials \ 1 free cheese or 2 essentials when you reuse your bowl

GREENS
Baby Spinach 25 cal
Red Cabbage 50 cal

WRAPS
Whole Wheat 280 cal

Kale 70 cal
Romaine 25 cal

Mesclun 25 cal
Arugula 35 cal

ESSENTIALS

- VEGGIES**
- 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
 - Button Mushrooms
 - Egg Whites
 - Hard-Boiled Eggs
- FRUIT**
- Apples GRANNY SMITH
 - Dried Cranberries
- GRAINS & NUTS**
- Almonds TOASTED
 - Lentils
 - Pumpkin Seeds
 - Quinoa
 - Walnuts
 - Wheat Berries
- CRUNCH**
- Crispy Wontons
 - Croutons MULTIGRAIN
 - Crunchy Onions
 - Tortilla Strips
 - Pita Chips
- PREMIUM**
- Avocado
 - Kalamata Olives
 - Portabella Mushrooms
 - Butternut Squash ROASTED
 - Tomatoes ROASTED
- PROTEIN**
- Falafel BAKED
 - Chicken ANTIBIOTIC-FREE
 - Buffalo Chicken ANTIBIOTIC-FREE
 - Tandoori Red Hot Chicken
 - Turkey HOUSE-ROASTED
 - Turkey Bacon CRISPY
 - Tofu ORGANIC SESAME GRILLED
 - Steak GRASS-FED
 - Shrimp SUSTAINABLE
 - Salmon SUSTAINABLE
- CHEESE**
- Crumbled Blue
 - Crumbled Feta
 - Fresh Mozzarella
 - Goat Cheese MONTCHEVRÉ
 - White Cheddar CABOT
 - Pepper Jack CABOT
 - Shaved Parmesan

NUTRITIONAL KEY

- Low Carb (<5g)
- Contains No Milk
- Contains No Gluten
- Contains Seafood
- Vegan

ORIGINALS

- Chipotle Vinaigrette 140 Cal
- Smoky Poblano Ranch 120 Cal
- Spicy Thai Peanut 135 Cal
- Kale-Pesto Vinaigrette 150 Cal
- Lemon Vinaigrette 120 Cal
- Sherry Shallot Vinaigrette 140 Cal
- Moroccan Tahini 40 Cal

LOW-FAT

- Balsamic Vinaigrette 60 Cal
- Horseradish Chive 30 Cal
- Yogurt Cucumber 30 Cal
- Sweet & Creamy Sriracha 15 Cal
- Spicy Buffalo 5 Cal

FAT-FREE

- Fresh Half Lemon 5 Cal
- Honey-Herb Dijon Ranch 30 Cal
- Red Wine Vinegar 0 Cal
- Balsamic Vinegar 10 Cal

CLASSICS

- Asian Sesame 125 Cal
- Blue Cheese 160 Cal
- Caesar 180 Cal
- Balsamic Vinaigrette 140 Cal
- Buttermilk Ranch 150 Cal
- Olive Oil / Balsamic Vinegar 130 Cal
- Olive Oil 240 Cal
- Italian Vinaigrette 140 Cal

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

SPRING SEASONAL

SPRING CLASSIC CRUNCH 340 Cal

Romaine & Spinach, Double Avocado,
Fresh Snap Peas, Sliced Radishes, Tomatoes,
Parmesan **Strawberry Balsamic Vinaigrette** 70 Cal

THAI-TASTIC 420 Cal

Romaine & Red Cabbage, Roasted Chicken,
Organic Black Beans, Shredded Carrots, Cilantro,
Unsalted Peanuts **Sweet & Creamy Sriracha** 15 Cal

BOOTY SLIMDOWN 320 Cal

Romaine & Kale, Turkey Bacon,
Roasted Brussels Sprouts, Asparagus, Sliced Radishes,
Pirate's Booty **Horseradish Chive** 30 Cal

CAJUN EL PASO GRILL 470 Cal

Romaine, Sustainable Cajun Shrimp, Avocado,
Pepper Jack Cheese, Tomatoes, Black Beans & Corn,
Crunchy Onions **Chipotle Vinaigrette** 140 Cal

SEASONAL DRESSING
Strawberry Balsamic
Vinaigrette 70 Cal

SEASONAL INGREDIENTS
Sliced Radishes | Unsalted Peanuts
Fresh Snap Peas | Roasted Brussels Sprouts
Pirates Booty | Sustainable Cajun Shrimp



Our promise is to provide quality, healthy food in a fast, responsible, yet affordable way.

NUTRITIONALLY BALANCED

Our menu is created by a registered dietitian to provide
nutrient-rich flavor combinations with fiber, protein & calories in mind.

QUALITY PROTEINS

We serve grass-fed beef, sustainable seafood,
organic tofu & antibiotic-free, humanely-raised chicken.

LOCAL IN-SEASON

We support local family farms by purchasing in-season ingredients
to better serve our community.

EVERYDAY FRESH

Our produce is delivered daily, never canned & only
served raw, roasted, baked or steamed.

ORGANIC / NON-GMO

We offer a variety of organic and non-GMO options.

WALLET-FRIENDLY

We save our customers time & money through our reusable bowls,
\$1 promotions, and the Just Salad loyalty app!

Learn more at justsalad.com/food.

SOUPS: Veggie Split Pea • Minestrone • Chicken Noodle • Seasonal Special

Add a small soup to any meal

JUST SMOOTHIE BAR

\$5.49

STRAWBERRY BANANA 260 Cal
Almond Milk, Strawberries, Banana,
Greek Yogurt, Agave Nectar

PEANUT BUTTER CHIA WARRIOR 330 Cal
Almond Milk, Banana, Peanut Butter,
Health Warrior Chia Seeds, Agave Nectar

DETOX CLEANSE 90 Cal
Fresh Kale, Lemon, Apple, Pineapple

AVOCADO DREAMSICLE 290 Cal
Coconut Milk, Orange Juice, Avocado,
Fresh Spinach, Agave Nectar, Lemon

VITAMIN C KICK 270 Cal
Coconut Milk, Fresh Orange,
Mango, Pineapple

ORANGE KALE POWER JUICE 160 Cal
Fresh Kale, Fresh Orange, Banana

BERRY WILD 220 Cal
Blueberries, Strawberries, Banana,
Greek Yogurt, Agave Nectar

TROPIC SPINACH THUNDER 350 Cal
Fresh Spinach, Coconut Milk, Banana, Pineapple

EXTRA ADD ONS
Cal 2 - 60

- Fresh Kale
- Fresh Spinach
- Hemp Protein
- Chia Seeds

* Available at participating locations