

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** 260 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

**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**

**WRAPS**

**Whole Wheat** 280 cal

**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** 45 Cal

**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

**NUTRITIONAL KEY**

● Low Carb (<5g)

● Contains No Gluten

● Vegan

● Contains No Milk

● Contains Seafood

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



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. View our nutritional information at justsalad.com/menu

QUALITY PROTEINS

We serve grass-fed beef, sustainable seafood (approved by GAA), 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. View our local list at justsalad.com/food

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. View organic/non-GMO options at justsalad.com/food.

WALLET-FRIENDLY

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

JUST SMOOTHIE BAR

**STRAWBERRY BANANA** 220 Cal  
Almond Milk, Strawberries, Banana, Greek Yogurt, Agave Nectar

**DETOX CLEANSE** 70 Cal  
Fresh Kale, Lemon, Apple, Pineapple

**VITAMIN C KICK** 290 Cal  
Coconut Milk, Fresh Orange, Mango, Pineapple

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

**TROPIC SPINACH THUNDER** 310 Cal  
Fresh Spinach, Coconut Milk, Banana, Pineapple

**PEANUT BUTTER CHIA WARRIOR** 250 Cal  
Almond Milk, Banana, Peanut Butter Health Warrior Chia Seeds, Agave

**CHOCOLATE BANANA SPLIT** 470 Cal  
Coconut Milk, Banana, Dates, Cocoa Powder, Agave Nectar

**ORANGE KALE POWER JUICE** 150 Cal  
Fresh Kale, Fresh Orange, Banana

EXTRA ADD ONS

**Fresh Kale** **Hemp Protein**  
**Fresh Spinach** **Chia Seeds**

\* Available at participating locations

FALL SEASONAL

LOCAVORE 530 Cal

Kale-Red Cabbage Mix, Kale Pesto Chicken, Butternut Squash, Dried Cranberries, Mushrooms, Pumpkin Seeds  
**Balsamic Vinegar & Olive Oil** 120 Cal

FALL SUPERFOOD 510 Cal

Spinach-Kale-Red Cabbage Mix, Spicy Broccoli, Fresh Beets, Wheat Berries, Sesame Grilled Tofu, Butternut Squash  
**Sherry Shallot Vinaigrette** 140 Cal

JS TURKEY CLUB 595 Cal

Romaine, Sharp White Cheddar, Roasted Turkey, Corn, Turkey Bacon, Tomatoes, Multigrain Croutons  
**Russian Ranchero** 60 Cal

AUTUMN CHICKEN CAESAR 530 Cal

Romaine, Roasted Chicken, Shaved Parmesan, Fresh Bartlett Pear, Dried Cranberries, Multigrain Croutons  
**Caesar** 190 Cal

\*Add 280 calories for wraps.

**SEASONAL DRESSING**  
**Russian Ranchero** 60 Cal

**SEASONAL INGREDIENTS**  
Kale Pesto Chicken  
 Sharp White Cheddar  
Spicy Broccoli | Fresh Bartlett Pear