

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

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.

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 420 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



THE JS PROMISE

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** 260 Cal  
Almond Milk, Strawberries, Banana,  
Greek Yogurt, Agave Nectar

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

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

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

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

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

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

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

ADD ONS Cal 2 - 60  
Fresh Kale  
Fresh Spinach  
Hemp Protein  
Chia Seeds

\* Available at participating locations