ASIAN SESAME GRAIN 400 Cal (shrimp +70 Cal, salmon +150 Cal)

MEDITERRANEAN MIX 330 Cal VEGETARIAN

HUDSON VALLEY MIX 400 Cal VEGETARIAN

ROASTED TURKEY HEALTH COBB 250 Cal

PESTO CHICKEN PARADISE 390 Cal

SMOKEHOUSE STEAK 350 Cal

CHIPOTLE COWBOY 430 Cal

IMMUNITY BOWL 460 Cal

THE CALIFORNIA 300 Cal

Iceberg-Red Cabbage-Mesclun Mix, All-Natural Chicken, Wheat Berries,

Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless

Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal

Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 150 Cal

Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal

Quinoa, String Beans, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal

Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin

Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 40 Cal

Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries,

Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds

Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado,

Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Roasted Tomatoes, Red Onions

Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo

Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Cal

Iceberg, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos,

Romaine-Iceberg Mix, All-Natural Chicken, Pepper Jack Cheese, Black Beans,

Cilantro, Onion Crunch®, Avocado Suggested Dressing: Chipotle Vinaigrette 150 Cal

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.

Tortilla Strips Suggested Dressing: Smoky Poblano Ranch 130 Cal

Fresh Mozzarella Suggested Dressing: Olive Oil & Balsamic Vinegar 120 Cal

Romaine, All-Natural Chicken, Shaved Parmesan, Multigrain Croutons,

Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 5 Cal

Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 150 Cal

Substitute tofu for any protein | Add 330 calories for wraps

SALAD | WRAP

tofu/chicken 7.29

shrimp +1.50

salmon +2.00

chicken **7.49**

chicken 7.49

salmon +2.00

7.49

7.49

8.49

9.99

8.49

8.29

9.29

9.39

8.49

9.99

8.99

ADD A SMALL SOUP

to any meal

6.99

6.99

+1.50 +2.00

6.99

6.99

+2.00

6.99

7.99

9.29

7.99

7.99

8.49

8.79

7.69

9.29

8.29



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

\$1.69

\$1.79

Chobani Yogurt	\$2.99	Fruit Salad	\$3.99		
SNACK Protein Cookies Famous Amos Cookies Deep River Chips	\$3.49 \$1.50 \$1.79	Pop Chips Stacy's Pita Chips FSTG Chips	\$1.99 \$1.99 \$1.79	Beanfield's	\$1.99
SIP Can Soda	\$1.29	Snapple	\$1.99	Zico Coconut	\$2.99

Vitamin Water

Hint Water

Poland Spring Water

Poland Sparkling Water





Gus Soda

May not be available at all locations.

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

PEANUT BUTTER CHIA WARRIOR 310 Cal

Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar

PROTEIN BOOST

(dairy-free)

Hemp Protein Great source of fiber. Vegetarian and certified organic. CUP OF YOGURT (includes one free drizzle) TOPPINGS / DRIZZLES +1.00

DRIZZLES Strawberry Blueberry Mango

\$2.50

TOPPINGS Sliced Almonds **Shaved Coconut** Mini Chocolate Chips

3.45

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 Carbs20g Sodium150mg Sugars16g Vitamin C2%

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 25 cal ICEBERG 30 cal MESCLUN 25 cal KALE 70 cal RED CABBAGE 50 cal ROMAINE 25 cal ARUGULA (+75¢) 35 cal

FREE essentials

Additional toppings 59¢ each

WRAPS

more essentials

.79

SENTIALS

VEGGIES PREMIUM Artichoke Hearts Avocado Asparagus STEAMED **Hearts of Palm Banana Peppers Kalamata Olives Portabella Mushrooms Black Beans Butternut Squash ROASTED Black Beans & Corn Tomatoes** ROASTED **Broccoli** STEAMED

Carrots SHREDDED PROTEIN Celery Buffalo Chicken ALL-NATURAL Chickpeas Chicken ALL-NATURAL 2.29 Cilantro Pesto Chicken ALL-NATURAL 2.49 Corn Turkey Bacon CRISPY 1.79 **Cucumbers** SEEDLESS Turkey HOUSE-ROASTED **Edamame** Tofu sesame grilled 1.29 **Green Peppers** Steak CHARBROILED 3.50 Jalapenos FRESH **SEAFOOD Red Onions** Red Peppers ROASTED **Albacore Tuna String Beans** Shrimp GRILLED 3.50 Salmon GRILLED 4.50 **Tomatoes White Mushrooms** CHEESE **Crumbled Bleu Hard-Boiled Eggs Crumbled Feta** FRUIT Fresh Mozzarella Apples GRANNY SMITH **Goat Cheese Montchevré Dried Cranberries** Pepper Jack CABOT .79

Nutritional Key

Reduced-Fat Cheddar

Reduced-Fat Swiss

Shaved Parmesan

Low Carb (<5g)</p> Contains No Milk ■ Contains No Gluten ■ Vegan Low Cholesterol

ORIGINAL DRESSINGS

when you reuse your bowl (or 1 Free Cheese)

Sherry Shallot Vinaigrette 140 Cal Smoky Poblano Ranch 130 Cal Spicy Thai Peanut 140 Cal White Balsamic 170 Cal Lemon Vinaigrette 150 Cal Chipotle Vinaigrette 150 Cal

LOW-FAT Balsamic Vinaigrette 70 cal Horseradish Chive 40 Cal Yogurt Cucumber 20 Cal Chilled Avocado 35 Cal Sweet & Creamy Sriracha 25 Co Far East Mandarin 25 Cal Spicy Buffalo 5 Cal New!

FAT-FREE

Fresh Half Lemon 5 Cal Honey-Herb Dijon 45 Cal Ranch 30 Cal Red Wine Vinegar o cal Balsamic Vinegar 10 Cal

CLASSIC DRESSINGS

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

SALAD

WRAP*

8.99

SUMMER seasona



Mandarin Oranges

Almonds TOASTED

Pumpkin Seeds

Wheat Berries

Crispy Wontons

Onion Crunch ®

Tortilla Strips

Croutons MULTIGRAIN

CRUNCH

Lentils

Quinoa

Walnuts

GRAINS & NUTS

JALAPEÑO POPPER!!! 250 Cal

Romaine-Iceberg Mix, Fresh Jalapeños, Kettle Popcorn, Pepper Jack Cheese, Radishes, Mandarin Oranges Suggested Dressing: Buttermilk Ranch 150 Cal

BEACH BOUND 230 Cal

Kale-Iceberg-Red Cabbage Mix, Red Onions, Cucumbers, Corn, Tomatoes, Dill, Grilled Shrimp Suggested Dressing: Cilantro-Lime Vinaigrette 170 Cal



Romaine Lettuce, Blueberry & Strawberry Mix, Roasted Sliced Almonds, Crumbled Feta Suggested Dressing: Lemon Vinaigrette 150 Cal



SUMMER FIESTA 490 Cal

Romaine-Red Cabbage Mix, Oven-Baked Panko Chicken, Black Beans & Corn Mix, Green Peppers, Tortilla Strips, Cotija Cheese Suggested Dressing: Smoky Poblano Ranch 130 Cal

*Add 330 calories for wraps

9.69 | 8.99



Seasonal Dressing: Cilantro-Lime Vinaigrette 170 Cal

Seasonal Ingredients:

Oven-Baked Panko Chicken Cotija Cheese | Mixed Berries Kettle Popcorn | Fresh Dill