

# WINTER SEASONAL

**WARM RUSTIC GRAIN BOWL** 670 Cal  
Quinoa-Lentil-Wheatberry Mix, Pinch of Arugula, Walnuts, Roasted Cauliflower, Broccoli Coins, Shaved Parmesan, Carrots, Roasted Tomatoes  
**Kale-Pesto Vinaigrette** 150 Cal

**ARTISANAL ANGUS** 290 Cal  
Arugula & Romaine, Grass-Fed Steak, Grape Tomatoes, Freshly Ground Salt & Pepper, Shaved Parmesan,  
**Lemon Vinaigrette** 120 Cal

**NEW YEAR'S RESOLUTION**  
Kale, Red Cabbage & Romaine, Turkish Figs, Goat Cheese, Seedless Cucumbers, Walnuts  
**Balsamic Vinegar** 10 Cal 420 Cal

**JAMAICAN JAMMIN'** 400 Cal  
Romaine & Red Cabbage, Jerk Chicken, Black Beans & Corn, Onion Crunch, Carrots  
**Zesty Mango-Lime** 65 Cal

\*Add 280 calories for wraps.

**SEASONAL DRESSING**  
**Zesty Mango-Lime** 65 Cal

**SEASONAL INGREDIENTS**  
Jerk Chicken | Roasted Cauliflower  
Turkish Figs | Broccoli Coins

## 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



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](https://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](https://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](https://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

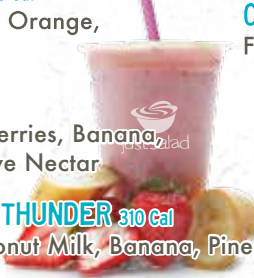
**PEANUT BUTTER CHIA WARRIOR** 250 Cal  
Almond Milk, Banana, Peanut Butter Health Warrior Chia Seeds, Agave

**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  
Fresh Spinach  
Hemp Protein  
Chia Seeds



\* Available at participating locations