

CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA PENSIERO

CHEF-DESIGNED VALUE

CAESAR330 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal)

Romaine, Shaved Parmesan, Multigrain Croutons

Suggested Dressing: Caesar190 Cal

THAI CHICKEN CRUNCH230 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal)

Romaine, Red Cabbage, Grilled Chicken, Carrots, Celery, Crispy Wontons

Suggested Dressing: Spicy Thai Peanut140 Cal

BUFFALO CHICKEN360 Cal

Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips

Suggested Dressing: Buttermilk Ranch150 Cal

ASIAN SESAME GRAIN460 Cal (shrimp +70 Cal, salmon +150 Cal)

Mesclun-Romaine-Red Cabbage Mix, Grilled Chicken, Wheat Berries, Quinoa, Edamame, Crispy Wontons Sugg. Dressing: Asian Sesame130 Cal

MEDITERRANEAN MIX390 Cal

VEGETARIANNEW RECIPE

Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers, Pita Chips

Suggested Dressing: Olive Oil/Balsamic Vinegar120 Cal

CHEF-DESIGNED HEALTH

HUDSON VALLEY MIX400 Cal

VEGETARIAN

Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons

Suggested Dressing: Low-Fat Horseradish Chive40 Cal

IMMUNITY BOWL460 Cal

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

Suggested Dressing: Lemon Vinaigrette150 Cal

THE CALIFORNIA300 Cal

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

Suggested Dressing: Low-Fat Balsamic Vinaigrette70 Cal

BUFFALO KALE CAESAR380 Cal

NEW RECIPE

Kale-Romaine Mix, Grilled Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots

Suggested Dressing: Spicy Buffalo5 Cal

ROASTED TURKEY HEALTH COBB240 Cal

Romaine, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss

Suggested Dressing: Buttermilk Ranch150 Cal

CHEF-DESIGNED AWESOME

PESTO CHICKEN PARADISE300 Cal

NEW RECIPE

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

Fresh Mozzarella

Suggested Dressing: Kale-Pesto Vinaigrette140 Cal

THE ULTIMATE FALAFEL340 Cal

NEW

Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Grape Tomatoes, Red Onions, Pita Chips

Suggested Dressing: Moroccan Tahini60 Cal

TANDOORI FIRE280 Cal

NEW

Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions

Suggested Dressing: Low-Fat Yogurt Cucumber20 Cal

SMOKEHOUSE STEAK350 Cal

Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips

Suggested Dressing: Smoky Poblano Ranch130 Cal

CHIPOTLE COWBOY430 Cal

Romaine, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Avocado, Crunchy Onions

Suggested Dressing: Chipotle Vinaigrette150 Cal

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH25 cal

RED CABBAGE50 cal

KALE70 cal

ROMAINE25 cal

MESCLUN25 cal

ARUGULA35 cal

WRAPS

WHOLE WHEAT280 cal

4FREE essentials

Additional toppings 59¢ each

+2more essentials or 1 free cheese

when you reuse your bowl

ESSENTIALS

VEGGIES

AsparagusSTEAMED

Banana Peppers

BeetsFRESH

Black Beans

Black Beans & Corn

BroccoliSTEAMED

CarrotsSHREDDED

Celery

Chickpeas

Cilantro

Corn

CucumbersSEEDLESS

Edamame

Green Peppers

JalapenosFRESH

Red Onions

Red PeppersROASTED

Tomatoes

White Mushrooms

Egg Whites

Hard-Boiled Eggs

FRUIT

ApplesGRANNY SMITH

Dried Cranberries

GRAINS & NUTS

AlmondsTOASTED

Lentils

Pumpkin Seeds

Quinoa

Walnuts

Wheat Berries

CRUNCH

Crispy Wontons

CroutonsMULTIGRAIN

Crunchy Onions

Tortilla Strips

PREMIUM

Avocado

Kalamata Olives

Portabella Mushrooms

Butternut SquashROASTED

TomatoesROASTED

Pita Chips

PROTEIN

FalafelBAKED

ChickenALL-NATURAL

Buffalo ChickenALL-NATURAL

Tandoori Red Hot Chicken

TurkeyHOUSE-ROASTED

Turkey BaconCRISPY

TofuSESAME GRILLED

SteakCHARBROILED

ShrimpGRILLED

SalmonGRILLED

CHEESE

Crumbled Bleu

Crumbled Feta

Fresh Mozzarella

Goat CheeseMONTCHEVRÉ

Pepper JackCABOT

Reduced-Fat Cheddar

Reduced-Fat Swiss

Shaved Parmesan

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette140 Cal

Smoky Poblano Ranch130 Cal

Spicy Thai Peanut140 Cal

Kale-Pesto Vinaigrette140 Cal

Lemon Vinaigrette150 Cal

Chipotle Vinaigrette150 Cal

Moroccan Tahini60 Cal

LOW-FAT

Balsamic Vinaigrette70 Cal

Horseradish Chive40 Cal

Yogurt Cucumber20 Cal

Chilled Avocado35 Cal

Sweet & Creamy Sriracha25 Cal

Far East Mandarin25 Cal

Spicy Buffalo5 Cal

FAT-FREE

Fresh Half Lemon5 Cal

Honey-Herb Dijon45 Cal

Ranch30 Cal

Red Wine Vinegar0 Cal

Balsamic Vinegar10 Cal

CLASSIC DRESSINGS

Asian Sesame130 Cal

Bleu Cheese160 Cal

Caesar190 Cal

Balsamic Vinaigrette150 Cal

Buttermilk Ranch150 Cal

Olive Oil / Balsamic Vinegar120 Cal

Olive Oil240 Cal

Nutritional Key

Low Carb (<5g)

Contains No Gluten

Low Cholesterol

Contains No Milk

Vegan

Contains Fish

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

Please view our nutrition & allergen notice at justsalad.com/nutritionterms

All calories are based off a 6oz serving portion size.

FRESH SOUPS

Veggie Split Pea Minestrone

Grilled Chicken Noodle Weekly Special

GRAB N' GO

Chobani Yogurt Fruit Salad

SNACK

Protein Cookies

Deep River Chips

Kind Bars

Pop Chips

Stacy's Pita Chips

FSTG Chips

Beanitos Chips

SIP

Can Soda

Poland Spring Water

Poland Sparkling Water

Snapple

Vitamin Water

Hint Water

Zico Coconut

Runa Energy Tea

just SMOOTHIE -BAR-

STRAWBERRY BANANA238 Cal

NEW RECIPE

Almond Milk, Strawberries, Banana, Greek Yogurt, Agave Nectar

DETOX CLEANSE69 Cal

Fresh Kale, Lemon, Apple, Pineapple

VITAMIN C KICK296 Cal

Coconut Milk, Fresh Orange, Mango, Pineapple

BERRY WILD229 Cal

NEW RECIPE

Blueberries, Strawberries, Banana, Greek Yogurt, Agave Nectar

TROPIC SPINACH THUNDER319 Cal

Fresh Spinach, Coconut Milk, Banana, Pineapple

PEANUT BUTTER CHIA WARRIOR278 Cal

NEW RECIPE

Almond Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, Agave Nectar

CHOCOLATE BANANA SPLIT421 Cal

NEW

Coconut Milk, Banana, Dates, Cocoa Powder

ORANGE KALE POWER JUICE121 Cal

NEW

Fresh Kale, Fresh Orange, Banana

OJ SHOT56 Cal

NEW

Fresh Squeezed Orange Juice Shot

EXTRA ADD-ONS

Fresh Kale

Fresh Spinach

Hemp Protein

Chia Seeds

SUMMERseasonal

JALAPEÑO POPPER240 Cal

VEGETARIAN

Romaine, Jalapeños, Kettle Popcorn, Pepper Jack Cheese, Radishes, Fresh Orange

Suggested Dressing: Buttermilk Ranch150 Cal

BEACH BOUND200 Cal

Romaine-Red Cabbage Mix, Red Onions, Corn, Cucumbers, Tomatoes, Fresh Dill, Grilled Shrimp

Suggested Dressing: Lemon Basil Vinaigrette116 Cal

ALMOND BERRY BLAST230 Cal

VEGETARIAN

Romaine, Blueberry & Strawberry Mix, Toasted Sliced Almonds, Crumbled Feta

Suggested Dressing: Lemon Vinaigrette150 Cal

TEXAS BBQ FIESTA410 Cal

Romaine-Red Cabbage Mix, BBQ Rubbed Chicken, Black Beans & Corn Mix, Green Peppers, Tortilla Strips, Pepper Jack Cheese

Suggested Dressing: Buttermilk Ranch150 Cal

Seasonal Dressing

Lemon Basil Vinaigrette116 Cal

*Add 280 calories for wraps

Seasonal Ingredients

BBQ Rubbed Chicken

Kettle Popcorn | Mixed Berries

Fresh Dill | Fresh Orange

May not be available at all locations.