

# Winter Seasonal



**NEW YEAR'S RESOLUTION MIX** 394 Cal  
Kale, Red Cabbage-Romaine Mix, Turkish Figs,  
Goat Cheese, Walnuts, Seedless Cucumbers  
Suggested Dressing: Balsamic Vinegar 10 Cal



**BUONISSIMA STEAK SALAD** 295 Cal  
Arugula & Iceberg, Charbroiled Steak,  
Shaved Parmesan, Grape Tomatoes,  
Freshly Ground Salt & Pepper  
Suggested Dressing: Lemon Vinaigrette 130 Cal



**WINTER VEGGIE SUPERFOOD** 256 Cal  
Spinach, Kale-Iceberg Mix, Scallions, Quinoa,  
Broccoli, Pumpkin Seeds, Sesame Grilled Tofu  
Suggested Dressing: Low-Fat Horseradish Chive 24 Cal



**SMOKEHOUSE STEAK** 414 Cal  
Iceberg, Charbroiled Steak, Jalapeños,  
Pepper Jack Cheese, Tortilla Strips, Black Beans & Corn  
Suggested Dressing: Smoky Paprika Russian 138 Cal

**SALAD**

**7.95**

**WRAP\***

**7.25**

**9.45**

**8.95**

**7.65**

**7.25**

**9.45**

**8.95**



Seasonal Dressing:  
**Smoky Paprika  
Russian**  
138 Cal

Seasonal Ingredients:  
Steak - \$3.50  
Turkish Figs - \$1.25  
Kale Lettuce  
Scallions

\*Add 198 calories for wraps.

# CHEF-DESIGNED SALADS & WRAPS

BY CHEF  
LAURA  
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps

## SALAD WRAP

<b>CAESAR</b> <small>VEGETARIAN</small> 162 Cal (chicken +63, tofu +34, shrimp +30, salmon +147 Cal)	tofu/chicken	<b>6.99</b>	<b>6.75</b>
	shrimp +1.50 salmon +2.00	+1.50 +2.00	
Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 140 Cal			
<b>THAI CHICKEN CRUNCH</b> 281 Cal (chicken +63, shrimp +30 Cal)	chicken	<b>7.25</b>	<b>6.75</b>
	shrimp +1.50	+1.50	
Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal			
<b>BUFFALO CHICKEN</b> 333 Cal		<b>7.25</b>	<b>6.75</b>
Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal			
<b>ASIAN SESAME GRAIN</b> 401 Cal	shrimp +1.50	<b>7.25</b>	<b>6.75</b>
		+1.50	
Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 125 Cal			
<b>MEDITERRANEAN MIX</b> 409 Cal <small>VEGETARIAN</small>		<b>7.45</b>	<b>6.75</b>
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 125 Cal			
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<b>HUDSON VALLEY MIX</b> 346 Cal <small>VEGETARIAN</small>		<b>8.25</b>	<b>7.25</b>
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 24 Cal			
<b>IMMUNITY BOWL</b> 464 Cal		<b>9.75</b>	<b>8.99</b>
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal			
<b>THE CALIFORNIA</b> 365 Cal		<b>8.25</b>	<b>7.45</b>
Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 67 Cal			
<b>TUNA NEE-SWAH</b> 361 Cal		<b>8.99</b>	<b>8.25</b>
Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Half Fresh Lemon 240 Cal			
<b>ROASTED TURKEY HEALTH COBB</b> 336 Cal		<b>9.25</b>	<b>8.45</b>
Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal			
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<b>PESTO CHICKEN PARADISE</b> 471 Cal		<b>8.99</b>	<b>8.25</b>
Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Sugg. Dressing: Olive Oil & Balsamic Vinegar 125 Cal			
<b>TEXAS TWO STEP</b> 385 Cal		<b>8.25</b>	<b>7.45</b>
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 25 Cal			
<b>JS TURKEY CLUB</b> 422 Cal		<b>8.99</b>	<b>7.99</b>
Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon, Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Cal			
<b>CHIPOTLE COWBOY</b> 430 Cal		<b>8.99</b>	<b>8.25</b>
Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 73 Cal			

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No substitutions please.

# CUSTOM SALADS & WRAPS

## MIX & MATCH GREENS

BABY SPINACH 26 cal	ICEBERG 30 cal	MESCLUN 27 cal
RED CABBAGE 54 cal	ROMAINE 24 cal	ARUGULA (+75¢) 34 cal



**4 FREE essentials**  
Additional toppings 50¢ each



## WRAPS

WHOLE WHEAT  
198 cal

**\$6.99**

**more**  
when you reuse your bowl

## ESSENTIALS

Almonds <small>TOASTED</small>	
Apples <small>GRANNY SMITH</small>	
Artichoke Hearts	
Asparagus <small>STEAMED</small>	
Banana Peppers	
Beets <small>FRESH</small>	
Black Beans	
Black Beans & Corn	
Broccoli <small>STEAMED</small>	
Butternut Squash <small>ROASTED</small>	
Carrots <small>SHREDDED</small>	
Celery	
Chickpeas	
Cilantro	
Corn	
Crispy Wontons	
Croutons <small>MULTIGRAIN</small>	
Crunchy Onions	
Cucumbers <small>SEEDLESS</small>	
Dried Cranberries	
Edamame	
Egg Whites	
Green Peppers	
Hard-Boiled Egg	
Jalapenos <small>FRESH</small>	
Lentils	
Mandarin Oranges	
Pumpkin Seeds	
Quinoa	
Radishes	
Red Onions	
Red Peppers <small>ROASTED</small>	
String Beans	
Sun-Dried Tomatoes	
Tomatoes	
Tortilla Strips	
Walnuts	
Wheatberries	
White Mushrooms	

## PREMIUM

Avocado	1.00
Hearts of Palm	1.00
Kalamata Olives	.75
Portabella Mushrooms	.75
Sesame Grilled Tofu	1.00

## PROTEIN

Buffalo Chicken <small>GRILLED</small>	2.25
Chicken <small>GRILLED</small>	1.99
Pesto Chicken <small>GRILLED</small>	2.25
Turkey Bacon	1.75
Turkey <small>HOUSE-ROASTED</small>	2.50

## SEAFOOD

Albacore Tuna	2.50
Shrimp <small>STEAMED</small>	3.25
Salmon <small>GRILLED</small>	4.50

## CHEESE

Crumbled Bleu	1.00
Crumbled Feta	1.00
Fresh Mozzarella	1.00
Goat Cheese <small>MONTCHEVRÉ</small>	1.50
Pepper Jack <small>CABOT</small>	.75
Reduced-Fat Cheddar	.75
Reduced-Fat Swiss	.75
Shaved Parmesan	1.00

Low Sodium		No Carbs	
No Dairy		Low Carb	
Vegan		Gluten-Free	
No Sugar		No Cholesterol	

## ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 129 Cal	
Chilled Avocado 25 Cal	
Smoky Poblano Ranch 130 Cal	
Spicy Thai Peanut 135 Cal	
White Balsamic 145 Cal	
Lemon Vinaigrette 130 Cal	
Chipotle Vinaigrette 73 Cal	
Moroccan Tahini 60 Cal	

## LOW-FAT

Balsamic Vinaigrette 67 Cal	
Horseradish Chive 24 Cal	
Yogurt Cucumber 15 Cal	

## FAT-FREE

Far East Mandarin 17 Cal	
Fresh Lemon Juice 5 Cal	
Fresh Half Lemon 5 Cal	
Honey-Herb Dijon 50 Cal	
Ranch 25 Cal	
Raspberry Vinaigrette 34 Cal	
Red Wine Vinegar 5 Cal	
Balsamic Vinegar 10 Cal	

## CLASSIC DRESSINGS

Asian Sesame 125 Cal	
Balsamic Vinaigrette 211 Cal	
Bleu Cheese 150 Cal	
Buttermilk Ranch 140 Cal	
Caesar 140 Cal	
Italian Vinaigrette 146 Cal	
Olive Oil / Balsamic Vinegar 125 Cal	
Olive Oil / Lemon Juice 129 Cal	
Olive Oil 240 Cal	

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## Soup

**\$4.99**  
(large)

**\$2.99**  
(small)

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

## Grab n' Go

Chobani Yogurt \$2.99 Fruit Salad \$3.99

## Snack

Protein Cookies \$2.99	Pop Chips \$1.99	FSTG Chips \$1.75
Famous Amos Cookies \$1.50	Stacy's Pita Chips \$1.99	
Deep River Chips \$1.75	Pirate's Booty \$1.75	

## Sip

Can Soda \$1.25	Snapple \$1.99	Zico Coconut \$2.99
Poland Spring Water \$1.65	Vitamin Water \$2.50	Gus Soda \$2.50
Poland Sparkling Water \$1.75	Crystal Light \$1.99	Naked Juice \$4.25
		Hint Water \$2.50

ADD A  
SMALL SOUP  
to any meal  
**\$2.29**



May not be available at all locations.

**Probiotic Smoothie 4.95**  
**Protein Boost +1.00**

### STRAWBERRY BANANA cal 259

Strawberries, Banana, Soy Milk, Fat-Free Frozen Yogurt, and Agave Nectar

### BERRY WILD cal 250

Blueberries, Strawberries, Soy Milk, Fat-Free Frozen Yogurt, and Agave Nectar

### MANGO MADNESS cal 232

Mangoes, Banana, Orange Juice, Fat-Free Frozen Yogurt

### BANANA COCO-NUTTY cal 369

Soy Milk, Banana, Coconut, Almonds, Agave Nectar  
(dairy-free; does not contain probiotics)

### PEANUT BUTTER CHIA WARRIOR cal 308

Soy Milk, Banana, Peanut Butter, Health Warrior  
Chia Seeds, and Agave Nectar  
(dairy-free; does not contain probiotics)

**Protein Boost..... +1.00**

**Hemp Protein**

Great source of fiber. Vegetarian and certified organic.

**Cup of Yogurt 3.45**  
(includes one free drizzle)  
**Toppings / Drizzles +1.00**

### DRIZZLES

Strawberry  
Blueberry  
Mango

### TOPPINGS

Sliced Almonds  
Shaved Coconut  
Mini Chocolate Chips

**DRIZZLE** - Our homemade blend of freshly puréed fruit, agave nectar, and a touch of lemon.

## Nutrition Facts

(Serving size: One cup of plain yogurt)

Calories .....	108
Total Fat .....	0g
Carbs .....	27g
Sodium .....	20g
Sugars .....	21g
Vitamin C .....	54%

# MENU

BY CHEF LAURA PENSIERO



**just salad**

NEW YORK • HONG KONG



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### REACH US

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### LOCATIONS

#### NYC

Chelsea: 706 6th Ave (btwn 22nd & 23rd St)

Murray Hill: 600 3rd Ave (btwn 39th & 40th St)

Midtown East: 320 Park Ave (enter on 51st St)

Midtown: 30 Rockefeller Plaza (concourse level btwn 49th & 50th St)

Fashion District: 134 W. 37th St (btwn 7th Ave & Broadway)

Financial District: 100 Maiden Ln (btwn Gold and Pearl St)

#### HK

30-34 Cochrane St, Central, Hong Kong

19 Des-Voeux Rd, Central, Hong Kong

