7.25

9.25

8.99

8.45

8.25

6.75

Suggested Dressing: Caesar 190 Cal THAI CHICKEN CRUNCH 130 Cal (chicken +100, shrimp +50 Cal) chicken **7.25** Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 140 Cal

**BUFFALO CHICKEN 330 Cal** Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 150 Cal

6.75 ASIAN SESAME GRAIN 400 Cal 7.25 Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, shrimp String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal

MEDITERRANEAN MIX 330 Cal VEGETARIAN 7.45 6.75 Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal

HUDSON VALLEY MIX 400 Cal VEGETARIAN 8.25 7.25 Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 40 Cal 9.75 8.99 Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 150 Cal 8.25 7.45

Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal TUNA NEE-SWAH 320 Cal 8.99 8.25

Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Half Fresh Lemon 120 Cal **ROASTED TURKEY HEALTH COBB 250 Cal** 

Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 150 Cal **PESTO CHICKEN PARADISE 410 Cal** 

Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Sugg. Dressing: Olive Oil & Balsamic Vinegar 120 Cal 8.25 7.45 Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Cilantro,

Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Call 8.99 7.99 Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon,

Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 30 Cal **CHIPOTLE COWBOY** 430 Cal 8.99 8.25 Romaine-Iceberg Mix, Grilled 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

## SOUP

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

ADD A SMALL SOUP to any meal

May not be available at all locations.

3.45

GRAB N' GO

Chobani Yogurt \$2.99 Fruit Salad \$3.99 SNACK

Pop Chips **FSTG Chips** \$1.99 \$1.75 **Protein Cookies** \$3.49 Stacy's Pita Chips \$1.99 Famous Amos Cookies \$1.50 Pirate's Booty \$1.75 \$1.75 Deep River Chips

SIP

Can Soda \$1.25 \$1.99 **Zico Coconut** Snapple Poland Spring Water \$2.50 \$1.65 Vitamin Water Gus Soda **Poland Sparkling Water** \$1.75 Hint Water \$2.50





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 (dairy-free)

Great source of fiber. Vegetarian and certified organic.

PROTEIN BOOST

**Hemp Protein** 

CUP OF YOGURT (includes one free drizzle) TOPPINGS / DRIZZLES +1.00

Strawberry

Blueberry

**TOPPINGS DRIZZLES** 

**Sliced Almonds** 

**Shaved Coconut** 

Mini Chocolate Chips Mango

#### • DRIZZLE •

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

Nutrition Facts
(Serving size: One cup of plain yogurt)
Calories108
Total Fat0g
Carbs27g
Sodium20mg
Sugars21g
Vitamin C 54%

# 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



**Almonds** TOASTED

**Apples** GRANNY SMITH

**Artichoke Hearts** 

Asparagus STEAMED

**Banana Peppers** 

**Black Beans & Corn** 

Broccoli STEAMED

Carrots SHREDDED

**Crispy Wontons** 

Onion Crunch®

Croutons MULTIGRAIN

**Cucumbers** SEEDLESS

**Dried Cranberries** 

**Egg Whites** 

Lentils

Quinoa

**Radishes** 

**Red Onions** 

**String Beans** 

**Tortilla Strips** 

**White Mushrooms** 

**Green Peppers** 

**Hard-Boiled Egg** 

Jalapenos FRESH

**Mandarin Oranges** 

**Red Peppers** ROASTED

**Sun-Dried Tomatoes** 

**Pumpkin Seeds** 

Celery

Beets FRESH **Black Beans**  **FREE** essentials Additional toppings 50¢ each



more essentials

**ESSENTIALS** PREMIUM

> **Avocado Hearts of Palm Kalamata Olives** Portabella Mushrooms Sesame Grilled Tofu PROTEIN

Buffalo Chicken GRILLED natural Chicken GRILLED 1.99 2.25 **Turkey Bacon** Turkey House-Roasted

> **SEAFOOD** Albacore Tuna Shrimp 3.25 Salmon GRILLED

CHEESE Crumbled Bleu **Crumbled Feta** Fresh Mozzarella Goat Cheese Montchevré Pepper Jack CABOT **Shaved Parmesan** 

Nutritional Key Low Carb (<5g)</p> Contains No Milk Contains No Gluten Vegar 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 Moroccan Tahini 70 Cal Chipotle Vinaigrette 150 Cal

#### LOW-FAT

Balsamic Vinaigrette 70 Cal Yogurt Cucumber 20 Cal Chilled Avocado 35 Cal Sweet & Creamy Sriracha 25 Cal Far East Mandarin 25 Cal 

#### FAT-FREE

Fresh Lemon Juice 5 Cal Fresh Half Lemon 5 Cal Honey-Herb Dijon 45 Cal Ranch 30 Cal Raspberry Vinaigrette 35 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 Italian Vinaigrette 150 Cal Olive Oil / Balsamic Vinegar 120 Cal Olive Oil / Lemon Juice 120 Cal Olive Oil 240 Cal

**WRAP\*** 

8.99

SALAD

9.95

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**NEW YEAR'S RESOLUTION MIX 395 Cal** 

Kale, Red Cabbage-Romaine Mix, Turkish Figs, Goat Cheese, Walnuts, Seedless Cucumbers Suggested Dressing: Balsamic Vinegar 10 Cal



**BUONISSIMA STEAK SALAD 305 Cal** Arugula & Iceberg, Charbroiled Steak, Shaved Parmesan, Grape Tomatoes, Freshly Ground Salt & Pepper

Suggested Dressing: Lemon Vinaigrette 150 Cal

SUPERFOOD!

WINTER CRUNCH SUPERFOOD 440 Cal 7.99 Iceberg-Kale-Red Cabbage, Multigrain Croutons, Apples, Wheatberries, Broccoli, Shaved Parmesan Suggested Dressing: Lemon Vinaigrette 150 Cal



SMOKEHOUSE STEAK 350 Cal

Iceberg, Charbroiled Steak, Jalapeños, Feta Cheese, Tortilla Strips, Black Beans & Corn Suggested Dressing: Smoky Paprika Russian 110 Cal

\*Add 330 calories for wraps.



# SEASONAL DRESSING: **Smoky Paprika**

Russian 110 Cal SEASONAL INGREDIENTS:

Charboiled Steak - \$3.50 Turkish Figs - \$1.25