

CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA PENSIERO

Substitute tofu for any protein | Add 280 calories for wraps

CHEF-DESIGNED VALUE

- CAESAR** **VEGETARIAN** 230 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal)
Romaine Lettuce, Shaved Parmesan, Multigrain Croutons
Suggested Dressing: Caesar 190 Cal
- THAI CHICKEN CRUNCH** 130 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal)
Romaine, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 140 Cal
- BUFFALO CHICKEN** 360 Cal
Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips
Suggested Dressing: Buttermilk Ranch 150 Cal
- ASIAN SESAME GRAIN** 460 Cal (shrimp +70 Cal, salmon +150 Cal)
Mesclun-Romaine-Red Cabbage Mix, Grilled Chicken, Wheat Berries, Quinoa, Edamame, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal
- MEDITERRANEAN MIX** 330 Cal **VEGETARIAN**
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers
Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal

CHEF-DESIGNED HEALTH

- HUDSON VALLEY MIX** 400 Cal **VEGETARIAN**
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 40 Cal
- IMMUNITY BOWL** 460 Cal
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 150 Cal
- THE CALIFORNIA** 300 Cal
Romaine, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds
Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal
- BUFFALO KALE CAESAR** 380 Cal **NEW RECIPE**
Kale-Romaine Mix, Grilled Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 5 Cal
- ROASTED TURKEY HEALTH COBB** 240 Cal
Romaine, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss
Suggested Dressing: Buttermilk Ranch 150 Cal

CHEF-DESIGNED AWESOME

- PESTO CHICKEN PARADISE** 300 Cal **NEW RECIPE**
Arugula-Mesclun Mix, Grilled Chicken, Broccoli, Roasted Tomatoes, Red Onions
Fresh Mozzarella Suggested Dressing: Kale-Pesto Vinaigrette 140 Cal
- TEXAS TWO STEP** 310 Cal
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Cal
- TANDOORI FIRE** 280 Cal **NEW**
Romaine, Tandoori Red Hot Chicken, Feta, Pita Chips, Cucumbers, Red Onions
Suggested Dressing: Low-Fat Yogurt Cucumber 20 Cal
- SMOKEHOUSE STEAK** 350 Cal
Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips Suggested Dressing: Smoky Poblano Ranch 130 Cal
- CHIPOTLE COWBOY** 430 Cal
Romaine, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 150 Cal

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

- BABY SPINACH 25 cal KALE 70 cal MESCLUN 25 cal
RED CABBAGE 50 cal ROMAINE 25 cal ARUGULA 35 cal

WRAPS

- WHOLE WHEAT 280 cal

ESSENTIALS

VEGGIES

- Artichoke Hearts
Asparagus STEAMED
Banana Peppers
Beets FRESH
Black Beans
Black Beans & Corn
Broccoli STEAMED
Carrots SHREDDED
Celery
Chickpeas
Cilantro
Corn
Cucumbers SEEDLESS
Edamame
Green Peppers
Jalapenos FRESH
Red Onions
Red Peppers ROASTED
Tomatoes
White Mushrooms
Egg Whites
Hard-Boiled Eggs

FRUIT

- Apples GRANNY SMITH
Dried Cranberries
Mandarin Oranges

GRAINS & NUTS

- Almonds TOASTED
Lentils
Pumpkin Seeds
Quinoa
Walnuts
Wheat Berries
CRUNCH
Crispy Wontons
Croutons MULTIGRAIN
Crunchy Onions
Tortilla Strips

4 FREE essentials Additional toppings

PREMIUM

- Avocado
Hearts of Palm
Kalamata Olives
Portabella Mushrooms
Butternut Squash ROASTED
Tomatoes ROASTED
Pita Chips

PROTEIN

- Chicken ALL-NATURAL
Buffalo Chicken ALL-NATURAL
Tandoori Red Hot Chicken
Turkey HOUSE-ROASTED
Turkey Bacon CRISPY
Tofu SESAME GRILLED
Steak CHARBROILED
Shrimp GRILLED
Salmon GRILLED

CHEESE

- Crumbled Bleu
Crumbled Feta
Fresh Mozzarella
Goat Cheese MONTCHEVRÉ
Pepper Jack CABOT
Reduced-Fat Cheddar
Reduced-Fat Swiss
Shaved Parmesan

+2

more essentials or 1 free cheese when you reuse your bowl

ORIGINAL DRESSINGS

- Sherry Shallot Vinaigrette 140 Cal
Smoky Poblano Ranch 130 Cal
Spicy Thai Peanut 140 Cal
Kale-Pesto Vinaigrette 140 Cal **NEW**
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 Cal
Far East Mandarin 25 Cal
Spicy Buffalo 5 Cal

FAT-FREE

- Fresh Half Lemon 5 Cal
Honey-Herb Dijon 45 Cal
Ranch 30 Cal
Red Wine Vinegar 0 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

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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

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



May not be available at all locations.

FRESH SMOOTHIE PROTEIN BOOST

- TROPIC SPINACH THUNDER** 340 Cal
Banana, Pineapple, Spinach and Coconut Milk

- STRAWBERRY BANANA** 280 Cal
Strawberries, Banana, Soy Milk, Low-Fat Frozen Yogurt, and Agave Nectar

- VITAMIN C KICK** 270 Cal
Oranges, Mango, Pineapple and Coconut Milk

- THE DETOXER** 80 Cal
Kale, Lemon, Apple and Pineapple

- PEANUT BUTTER CHIA WARRIOR** 290 Cal
Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar

- BERRY WILD** 250 Cal
Blueberries, Strawberries, Soy Milk, Low-Fat Frozen Yogurt, and Agave Nectar

- HEMP PROTEIN BOOST**
Great source of fiber. Vegetarian & certified organic.

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

- 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: 4 oz cup of plain yogurt)

- Calories100
Total Fat1.5g
Carbs20g
Sodium150mg
Sugars16g
Vitamin C2%

SPRING SEASONAL

*Add 280 calories for wraps.
No substitutions please



SPRING BOOTY SLIMDOWN 320 Cal

- Romaine-Kale Mix, Pirate's Booty®, Turkey Bacon, Steamed Brussels Sprouts, Asparagus, Sliced Radishes
Suggested Dressing: Low-Fat Horseradish Chive 40 Cal



THE ULTIMATE FALAFEL 340 Cal

- Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Grape Tomatoes, Red Onions, Pita Chips
Suggested Dressing: Moroccan Tahini 60 Cal



THAI-TASTIC 370 Cal

- Romaine-Red Cabbage Mix, Grilled All-Natural Chicken, Black Beans, Cilantro, Shredded Carrots, Unsalted Peanuts
Suggested Dressing: Sweet & Creamy Sriracha 25 Cal



CAJUN EL PASO GRILL 430 Cal

- Romaine, Cajun Grilled Shrimp, Avocado, Grape Tomatoes, Black Beans & Corn, Crunchy Onions, Pepper Jack Cheese
Suggested Dressing: Chipotle Vinaigrette 150 Cal



SEASONAL DRESSING

- Moroccan Tahini 60 Cal

SEASONAL INGREDIENTS

- Brussels Sprouts | Unsalted Peanuts | Radishes
Pirate's Booty® | Baked Falafel
Grilled Cajun Shrimp