

Check us out online at
JustSalad.com



REUSABLE BOWLS
2 FREE Essentials every time
you reuse your JUST SALAD bowl

ONLINE NUTRITION CALCULATOR
You know it's delicious, now
you can see how nutritious!

CATERING
Choose a
Build-Your-Own
Salad Bar or prepared
Salad and Wrap
platters.



-Chef Laura

order online

ORDER ONLINE
For pick-up
or delivery
our new system
is quick & easy

LOYALTY CARD
Save money on every visit.

Custom Salads & Wraps \$6.95

Mix & Match

Greens Baby Spinach Iceberg Mesclun
Red Cabbage Romaine Arugula +75¢

Wraps Plain Whole Wheat

4 Free Essentials +2 more
Additional toppings 50¢
and dressing 55¢ each
when you re-use
your JS bowl

Healthy
Choices

LOW
SODIUM
NO DAIRY
VEGAN

NO CHOLESTEROL
NO SUGAR
NO CARBS
LOW CARB
GLUTEN FREE

Essentials

Almonds *roasted*
Apples *granny smith*
Artichoke Hearts *roasted*
Asparagus *steamed*
Banana Peppers
Beets
Black Beans & Corn
Broccoli *steamed*
Butternut Squash
Carrots *shredded*
Celery
Chickpeas
Cranberry-Infused Quinoa
Crispy Wontons
Crunchy Onions
Corn
Croutons *multigrain*
Cucumbers *seedless*
Dried Cranberries
Edamame
Egg Whites
Grape Tomatoes
Green Peppers
Hard Boiled Egg
Lentils
Mandarin Oranges
Pumpkin Seeds
Radishes
Red Onions
Roasted Red Peppers
String Beans
Sun-dried Tomatoes
Tortilla Strips
Walnuts
Wheatberries
White Beans
White Mushrooms

Extras

Premiums
Avocado *hearts* .75
Hearts of Palm .95
Red Pepper Hummus .95
Olives *kalamata* .75
Portabella Mushrooms .75
Sesame Grilled Tofu .95
Meats
Crispy Bacon 1.50
Crispy Turkey Bacon 1.75
Buffalo Chicken *all natural* 2.25
Grilled Chicken *all natural* 1.95
Pesto Chicken *all natural* 2.25
Honey Glazed Turkey 1.99
Andouille Sausage 2.25

Cheese

Aged White Cheddar .55
Crumbled Blue Cheese 1.00
Crumbled Feta 1.00
Fresh Mozzarella 1.00
Goat Cheese 1.50
Reduced Fat Cheddar .75
Reduced Fat Swiss .75
Shaved Parmesan 1.00

Seafood

Albacore Tuna 2.50
Low Fat Tuna Salad 2.50
Pesto Shrimp 3.25
Grilled Salmon 3.99

Dressings

Just Salad Originals

Chilled Avocado ☐ ☐ ☐ ☐ ☐ ☐
Lemon Vinaigrette ☐ ☐ ☐ ☐ ☐ ☐
Rosemary Balsamic ☐ ☐ ☐ ☐ ☐ ☐
Sherry Shallot Vinaigrette ☐ ☐ ☐ ☐ ☐ ☐
Shiitake Ginger ☐ ☐ ☐ ☐ ☐ ☐
Smoky Poblano Ranch ☐ ☐ ☐ ☐ ☐ ☐
Spicy Thai Peanut ☐ ☐ ☐ ☐ ☐ ☐
White Balsamic ☐ ☐ ☐ ☐ ☐ ☐

Just Salad Classics

Balsamic Vinaigrette ☐ ☐ ☐ ☐ ☐ ☐
Buttermilk Ranch ☐ ☐ ☐ ☐ ☐ ☐
Caesar Dressing ☐ ☐ ☐ ☐ ☐ ☐
Italian Vinaigrette ☐ ☐ ☐ ☐ ☐ ☐
Olive Oil/Balsamic Mix ☐ ☐ ☐ ☐ ☐ ☐
Asian Sesame ☐ ☐ ☐ ☐ ☐ ☐
Olive Oil/Lemon Juice ☐ ☐ ☐ ☐ ☐ ☐
Olive Oil ☐ ☐ ☐ ☐ ☐ ☐

Low Fat

Balsamic Vinaigrette ☐ ☐ ☐ ☐ ☐ ☐
Horseradish Chive ☐ ☐ ☐ ☐ ☐ ☐
Yogurt Cucumber ☐ ☐ ☐ ☐ ☐ ☐

Fat Free

Far East Mandarin ☐ ☐ ☐ ☐ ☐ ☐
Lemon Juice ☐ ☐ ☐ ☐ ☐ ☐
Honey-Herb Dijon ☐ ☐ ☐ ☐ ☐ ☐
Ranch Dressing ☐ ☐ ☐ ☐ ☐ ☐
Raspberry Vinaigrette ☐ ☐ ☐ ☐ ☐ ☐
Red Wine Vinegar ☐ ☐ ☐ ☐ ☐ ☐
Balsamic Vinegar ☐ ☐ ☐ ☐ ☐ ☐

We Deliver

212.244.1111

Order online at
JustSalad.com



Menu
by Chef Laura
Purinton

Re-use your Just Salad bowl and get 2 Free Essentials

www.chef4life.com

www.justsalad.com

Phone: 212-244-1111 Fax: 212-244-1121

706 Sixth Avenue (between 22nd and 23rd Streets)
600 Third Avenue (between 39TH and 40TH Streets)
320 Park Avenue (enter on 51ST Street)
30 Rockefeller Plaza (Concourse Level between 49TH and 50TH Streets)
134 West 37th Street (between 7TH Ave and Broadway)
100 Maiden Lane (between Gold & Pearl Streets)
30-34 Cochrane Street, Central, Hong Kong
19 Des-Voeux Road, Central, Hong Kong

Order online at
SeamlessWeb

Your health is of utmost concern to us. Please be aware that Just Salad products may contain traces of allergens (peanuts, tree nuts, soybeans, wheat, milk or eggs) or food sensitivities from preparation on site.

Printed on 100% recycled content, 30% post-consumer waste.



just salad

Created by Chef Laura Pensiero ~ www.chef4life.com

Chef
Designed
Salads

no ingredient substitutions

Visit
justsalad.com
for seasonal
special salads!

All salads
come with
freshly baked
bread

Just Salad Signature 8.75

Baby Spinach, Apples, Turkey Bacon, Walnuts, Red Onions, Reduced Fat Cheddar

SUGGESTED DRESSING: Sherry Shallot Vinaigrette

California Salad 8.25

Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes, Toasted Almonds

SUGGESTED DRESSING: Low Fat Balsamic Vinaigrette

Texas Two Step Salad 8.25

Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced Fat Cheddar

SUGGESTED DRESSING: Chilled Avocado

Thai Chicken Crunch 7.25

Iceberg-Romaine-Red Cabbage Mix, Grilled Chicken, Carrots, Celery, Crispy Wontons

SUGGESTED DRESSING: Spicy Thai Peanut

Chicken Caesar Salad 6.95

Romaine, Grilled Chicken, Shaved Parmesan, Multigrain Croutons

SUGGESTED DRESSING: Caesar

Hudson Valley Mix 7.95

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

SUGGESTED DRESSING: Low Fat Horseradish Chive

JS Tuna Salad 7.95

Romaine, Low Fat Tuna Salad, Avocado, Chickpeas, Carrots

SUGGESTED DRESSING: Lemon Vinaigrette

Immunity Bowl Salad 9.75

Mesclun, Salmon, Squash, Dried Cranberries, Wheatberries, Cucumbers

SUGGESTED DRESSING: Lemon Vinaigrette

Pesto Chicken Paradise 8.95

Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-dried Tomatoes, Sliced Almonds, Red Onions

SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

Asian Sesame Grain Salad 7.25

Iceberg-Mesclun, Grilled Chicken, Wheatberries, Barley, String Beans, Chinese Noodles

SUGGESTED DRESSING: Asian Sesame

JS Turkey Club Salad 8.95

Iceberg-Romaine Mix, Honey Glazed Turkey, Reduced Fat Swiss, Turkey Bacon, Grape Tomatoes, Multigrain Croutons

SUGGESTED DRESSING: Fat Free Ranch

Buffalo Chicken Salad 7.25

Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar

SUGGESTED DRESSING: Buttermilk Ranch

Mediterranean Mix 7.45

Romaine, Chickpeas, Feta, Kalamata Olives, Lentils, Cucumbers

SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

Chef
Designed
Wraps

Created by Chef Laura Pensiero www.chef4life.com

Chicken Caesar Wrap 6.50

Romaine, Grilled Chicken, Shaved Parmesan, Multigrain Croutons

SUGGESTED DRESSING: Caesar

Thai Chicken Crunch Wrap 6.50

Iceberg-Romaine-Red Cabbage Mix, Grilled Chicken, Carrots, Celery, Chinese Noodles

SUGGESTED DRESSING: Spicy Thai Peanut

Buffalo Chicken Wrap 6.50

Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar

SUGGESTED DRESSING: Buttermilk Ranch

JS Tuna Wrap 6.95

Romaine, Low Fat Tuna Salad, Avocado, Chickpeas, Carrots

SUGGESTED DRESSING: Lemon Vinaigrette

Tuscan Wrap 8.25

Romaine, Pesto Chicken, Sun-dried Tomatoes, Mozzarella, Artichoke Hearts, Grape Tomatoes

SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

California Wrap 7.45

Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes, Sliced Almonds

SUGGESTED DRESSING: Low Fat Balsamic Vinaigrette

Texas Two Step Wrap 7.45

Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced Fat Cheddar

SUGGESTED DRESSING: Chilled Avocado

Mediterranean Mix 6.75

Romaine, Chickpeas, Feta, Kalamata Olives, Lentils, Cucumbers

SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

Hudson Valley Mix 6.95

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

SUGGESTED DRESSING: Low-Fat Horseradish Chive

Turkey Club Wrap 7.95

Iceberg-Romaine Mix, Honey Glazed Turkey, Reduced Fat Swiss, Turkey Bacon, Grape Tomatoes

SUGGESTED DRESSING: Fat Free Ranch

Soup
up your
meal

Add any small Soup to any meal for JUST \$1.99

Soup

Small \$2.95 Large \$4.95

Veggie Split Pea
Minestrone
Chicken Noodle
Daily Soup Special

Grab-n-Go

Whole Grain Chicken Salad 5.99

(Wheatberries, Barley, Carrots, Grilled Chicken)

Protein Salad 3.99

(Hard Boiled Egg, Chickpeas, Edamame, Red Onions)

Fruit Salad 3.95

Fage Yogurt 3.50

Snack

Cookies \$1.00
Deep River Chips \$1.75
Pirates Booty \$1.75
Pop Chips \$1.75
Stacy's Pita Chips \$1.99

Sip

Coke \$1.25
Diet Coke \$1.25
Sprite \$1.25
Poland Spring Water \$1.65
Tea's Tea \$2.69
Vitamin Water \$2.50
Crystal Light \$1.99
Snapple \$1.99
Poland Spring Sparkling \$1.75
Gus Soda \$1.99

just chill
out!

Welcome
to

the
Culture
bar



Cup of Yogurt 3.45

(includes one free drizzle)

Toppings / Drizzles +1.00

DRIZZLES

Strawberry
Blueberry
Mango

TOPPINGS

Sliced Almonds
Shaved Coconut
Dark Chocolate Shavings

Ask about our seasonal drizzle!

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
Sodium20g
Sugars21g
Vitamin C54%

Contains
Omega-3's &
Probiotics

112 million
live & active
cultures per
serving

In keeping with Just Salad's commitment to protecting the environment, our frozen yogurt is served in 100% renewable and fully compostable containers!

Spring SEASONAL menu



SPRING INTO SHAPE 215 Cal
Spinach-Iceberg Mix, Broccoli, Radishes,
White Mushrooms, Apples, Grilled Chicken
Suggested Dressing: Low-Fat Horseradish Chive 15 Cal



HEALTHY CAJUN 410 Cal
Spinach-Romaine Mix, Grilled Andouille Sausage,
Lentils, Wheatberries, Apples, Crunchy Onions
Suggested Dressing: Low-Fat Cajun Carrot 18 Cal



PICNIC IN ROME 393 Cal
Romaine Lettuce, Pesto Chicken, Artichoke
Hearts, Roasted Red Peppers, Red Grapes,
Shaved Parmesan
Suggested Dressing: Olive Oil & Balsamic Vinegar 125 Cal



THAI-TASTIC 211 Cal
Iceberg Lettuce, Red Cabbage, Cilantro, Grilled
Chicken, String Beans, Seedless Cucumbers, Carrots, Radishes
Suggested Dressing: Spicy Thai Peanut 135 Cal

SALAD

7.95

WRAP

6.95

7.95

6.95

8.95

8.25

7.95

6.95



Seasonal Dressing
Cajun Carrot 18 Cal

Seasonal Ingredients
Andouille Sausage
Red Grapes
Cilantro