

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 is delicious. Now you can see how nutritious!

"Transparency in nutrition is essential at Just Salad. Our new website allows customers to figure out exactly what our salads can do for them!"
- Chef Laura



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



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 Red Cabbage Iceberg Romaine Mesclun Arugula +75¢

Wraps Plain Whole Wheat

4 Free Essentials Additional toppings 50¢ and dressing 55¢ each
+2 more 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 *toasted*
Apples *granny smith*
Artichoke Hearts *roasted*
Asparagus *steamed*
Banana Peppers
Barley
Beets
Black Beans & Corn
Broccoli *steamed*
Butternut Squash
Carrots *shredded*
Celery
Chickpeas
Chinese Noodles
Corn
CROUTONS *multigrain*
Cucumbers *seedless*
Dried Cranberries
Edamame
Eggplant *roasted*
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 *haas* .75
Hearts of Palm .95
Hummus .95
Olives *kalamata* .75
Portabella Mushrooms .75
Roasted Chickpeas .95
Sesame Grilled Tofu .95
Meats
Crispy Bacon 1.5
Crispy Turkey Bacon 1.70
BBQ Chicken *all natural* 2.25
Buffalo Chicken *all natural* 2.25
Grilled Chicken *all natural* 1.95
Pesto Chicken *all natural* 2.25
Sesame Chicken *all natural* 2.25
Honey Glazed Turkey 1.99
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 Grilled Shrimp 3.25
Soy-Glazed Salmon 3.99

Dressings

Just Salad Originals

Asian Sesame
Chilled Avocado
Lemon Vinaigrette
Rosemary Balsamic
Sherry Shallot Vinaigrette
Shitake Ginger
Smokey Poblano Ranch
Spicy Thai Peanut
White Balsamic

Just Salad Classics

Balsamic Vinaigrette
Buttermilk Ranch
Caesar Dressing
Italian Vinaigrette
Olive Oil/Balsamic Mix

Low Fat

Balsamic Vinaigrette
Caribbean Citrus
Horseradish Chive
Yogurt Cucumber

Fat Free

Far East Mandarin
Fresh Lemon Juice
Honey-Herb Dijon
Ranch Dressing
Raspberry Vinaigrette
Serrano Watermelon
Tofu-Herb Dijon

We Deliver
212.244.1111

Order online at
JustSalad.com



Menu

by Chef Laura Pensiero

www.chef4life.com

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

www.justsalad.com

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

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

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.

Order online at

SeamlessWeb®



just salad

Created by Chef Laura Pensiero ~ www.chef4life.com

Chef
Designed
Salads

no ingredient substitutions

All salads
come with
freshly baked
bread

Visit
justsalad.com
for seasonal
special salads!

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, BBQ Chicken, Reduced Fat Cheddar
SUGGESTED DRESSING: Chilled Avocado

NEW Thai Chicken Crunch 6.95

Iceberg-Romaine Mix, Grilled Chicken, Carrots, Celery, Chinese Noodles
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, Feta, Beets, Pumpkin Seeds, Multigrain Croutons
SUGGESTED DRESSING: Low Fat Horseradish Chive

JS Tuna Salad 7.35

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 6.95

Iceberg-Mesclun, Sesame Asian 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

NEW Buffalo Chicken Salad 6.95

Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar
SUGGESTED DRESSING: Buttermilk Ranch

NEW Mediterranean Mix 7.95

Romaine, Roasted 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 5.99

Romaine, Grilled Chicken, Shaved Parmesan, Multigrain Croutons
SUGGESTED DRESSING: Caesar

NEW Thai Chicken Crunch Wrap 6.25

Iceberg-Romaine Mix, Grilled Chicken, Carrots, Celery, Chinese Noodles
SUGGESTED DRESSING: Spicy Thai Peanut

NEW Buffalo Chicken Wrap 6.25

Iceberg-Romaine Mix, Buffalo Chicken, Celery, Tortilla Strips, Reduced Fat Cheddar
SUGGESTED DRESSING: Buttermilk Ranch

JS Tuna Wrap 6.45

Romaine, Low Fat Tuna Salad, Avocado, Chickpeas, Carrots
SUGGESTED DRESSING: Lemon Vinaigrette

Tuscan Wrap 8.25

Arugula, Pesto Chicken, Sun-dried Tomatoes, Mozzarella, Artichoke Hearts, Grape Tomatoes
SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

California Wrap 6.95

Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes, Sliced Almonds
SUGGESTED DRESSING: Low Fat Balsamic Vinaigrette

Texas Two Step Wrap 6.95

Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, BBQ Chicken, Reduced Fat Cheddar
SUGGESTED DRESSING: Chilled Avocado

Greek Wrap 7.95

Iceberg-Romaine Mix, Grilled Chicken, Feta, Kalamata Olives, Cucumbers, Grape Tomatoes
SUGGESTED DRESSING: Olive Oil & Balsamic Vinegar

Grilled Vegetable Wrap 7.35

Mesclun, Portabella Mushrooms, Eggplant, Hummus, Carrots, Celery
SUGGESTED DRESSING: Yogurt Cucumber

Turkey Club Wrap 7.95

Iceberg-Romaine Mix, Honey Glazed Turkey, Reduced Fat Swiss, Turkey Bacon, Grape Tomatoes
SUGGESTED DRESSING: Fat Free Ranch

Summer
Salads
&
Wraps

no ingredient substitutions

Beach Bound 8.95

Mesclun-Romaine Mix, Egg Whites, String Beans, Grape Tomatoes, Albacore Tuna
SUGGESTED DRESSING: Lemon Vinaigrette
257 Calories, 16g Protein

The Summer Garden 8.45

Iceberg-Romaine Mix, Eggplant, String Beans, Grape Tomatoes, Corn, Pesto Chicken
SUGGESTED DRESSING: Olive Oil/Balsamic Vinegar
411 Calories, 32g Protein

Almond Berry Blast 9.25

Iceberg-Mesclun Mix, Blueberries, Strawberries, Sliced Almonds, Crumbled Feta
SUGGESTED DRESSING: Serrano Watermelon
280 Calories, 14g Protein

Summer Fiesta Bowl 8.45

Romaine-Red Cabbage Mix, Corn, BBQ Chicken, Green Peppers, Tortilla Strips, Aged White Cheddar
SUGGESTED DRESSING: Smoky Poblano Ranch
708 Calories, 45g Protein

Soup

Soup
up your
meal

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

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)

Caprese Salad 4.99

(Grape Tomatoes, Mozzarella, Basil)

Protein Salad 3.99

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

Fruit Salad 3.50

Fage Yogurt 2.75

Snack

Cookies	\$1.00
Deep River Chips	\$1.75
Pirates Booty	\$1.75
Smart Puffs	\$1.75
Pop Chips	\$1.75
Stacy's Pita Chips	\$1.99
Organic Animal Cookies	\$2.25

Sip

Coke	\$1.25
Diet Coke	\$1.25
Sprite	\$1.25
Poland Spring Water	\$1.55
Tea's Tea	\$2.69
Vitamin Water	\$2.50
Crystal Light	\$1.99
Snapple	\$1.99
Poland Spring Sparkling	\$1.45
Gus Soda	\$1.99

just chill
out!

Welcome
to

the
Culture
bar



Just Salad's
frozen yogurt
stop.

Cup of yogurt \$2.95

Toppings \$.95 each

Cup of yogurt & 3 toppings \$5.50

Dried Toppings:

Sliced Almonds
Coconut
Dark Chocolate Chips
Peak Protein Granola
100% Natural Chocolate
Chip Animal Cookies

Fruit Toppings:

Strawberries
Blueberries
Kiwi
Mango
Raspberries

Contains
Omega-3's &
Probiotics

112 million
live & active
cultures per
serving

Nutrition Facts

Serving Size 4 oz (93 grams)

Calories 90 Calories from Fat 0g

Total Fat 0g Saturated Fat 0g

Protein less than 1g

Carbs 23g

Sodium 20mg

Cholesterol 0mg

Sugars 18g

Fiber 0g

Vitamin A 0%

Vitamin C 45%

Calcium 2%

Iron 0%

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