CHEF-DESIGNED SALADS & WRAPS	LAURA PENSIE	RO
Add 198 calories for wraps	SALAD	WRAP
CAESAR VEGETARIAN 230 Cal (chicken +100, tofu +35, shrimp +50, salmon +150 Cal) Romaine Lettuce, Shaved Parmesan, Croutons Suggested Dressing: Caesar 140 Cal shrimp of	thicken 10.00 r salmon 11.50	9.20 10.70
THAI CHICKEN CRUNCH 230 Cal (chicken +100, shrimp +50 Cal) Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal	chicken 10.50 shrimp 11.50	9.70 10.70
BUFFALO CHICKEN 330 Cal Iceberg-Romaine Mix, Buffalo Chicken, White Cheddar, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal	11.80	11.00
ASIAN SESAME GRAIN 400 Cal Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Lentil, Quinoa, String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 130 Cal	chicken 11.80 shrimp 12.80	11.00 12.00
MEDITERRANEAN MIX 330 Cal VEGETARIAN Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 130Cal	10.80	10.00
HIGH ENERGY 310 Cal Arugula-Mesclun Mix, Tuna, Barley, Lentil, Chick Peas, Seedless Cucumbers, Roasted Red Peppers Suggested Dressing: Lemon Vinaigrette 115 Cal	12.80	12.00
VEGGIE VALLEY MIX 346 Cal VEGETARIAN Baby Spinach, Butternut Squash, Broccoli, Apples, White Cheddar, Beets, Pumpkin Seeds, Croutons Suggested Dressing: Low-Fat Horseradish Chive 25 Cal	13.80	13.00
IMMUNITY BOWL 460 Cal Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Lentil, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 115Cal	12.80	12.00
THE CALIFORNIA 300 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Cherry Tomatoes, Toasted Almond Suggested Dressing: Low-Fat Balsamic Vinaigrette 70Cal	11.80	11.00
TUNA NEE-SWAH 320Cal Romaine, Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Lemon Juice 130 Cal	10.80	10.00
ROASTED TURKEY HEALTH COBB 250 Cal Iceberg-Romaine Mix, Honey Glazed Turkey, Egg Whites, Cherry Tomatoes, Avocado, White Cheddar Suggested Dressing: Buttermilk Ranch 140 Cal	12.80	12.00

White Cheddar Suggested Dressing: Buttermilk Ranch 140 Cal	l	
JUST SALAD SIGNATURE Baby Spinach, Apples, Bacon, Walnuts, Red Onion, White Cheddar Suggested Dressing: Sherry Shallot Vinaigrette 135 Cal	13.80	13.00
PESTO CHICKEN PARADISE 410 Cal Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Suggested Dressing: Olive Oil & Balsamic Vinegar 130 Cal	13.80	13.00
TEXAS TWO STEP 290 Cal Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, White Cheddar Suggested Dressing: Chilled Avocado 25 Cal	11.80	11.00
JS TURKEY CLUB 440 Cal Iceberg-Romaine Mix, Honey Glazed Turkey Breast, White Cheddar, Turkey Bacon, Cherry Tomatoes, Croutons Suggested Dressing: Fat-Free Ranch 25 Cal	13.80	13.00

CUSTOM SALADS & WRAPS



MIX & MATCH GREENS

ICEBERG 30 cal ROMAINE 24 cal RED CABBAGE 54 cal MESCLUN 27 cal BABY SPINACH (+\$1.50) ARUGULA (+\$1.50) 34 cal 26 cal 34 cal

more Free Essentials when you reuse your bowl

FREE Essentials Additional toppings \$1 each

ESSENTIALS Almonds TOASTED Apples **Artichoke Hearts** Asparagus STEAMED Banana Peppers Beets FRESH Barlev Black Beans Black Beans & Corn Broccoli STEAMED Butternut Squash ROASTED

Carrots SHREDDED Celerv

Cherry Tomato Chickpeas Cous Cous Corn Crispy Wontons

Croutons Cucumbers SEEDLESS Edamame Egg Plant Egg Whites Fusilli Pasta

Green Peppers Hard-Boiled Egg Jalapenos FRESH Kidney Beans

Mandarin Oranges Pumpkin Seeds Quinoa Radishes

Red Penners ROASTED String Beans Tortilla Strips

Red Onions

Walnuts

PREMIUM

Dried Cranberries Hearts of Palm Kalamata Olives Portabella Mushrooms Sesame Grilled Tofu **Sun-Dried Tomatoes** Tuna

PROTEIN

Buffalo Chicken GRILLED Chicken GRILLED Pesto Chicken GRILLED **Turkey Bacon** Turkey Honey GLAZED

SEAFOOD

Shrimp STEAMED Smoked Salmon Salmon GRILLED

CHEESE

Crumbled Bleu Crumbled Feta Fresh Mozzarella White Cheddar **Shaved Parmesan**

No Carbs X Low Sodium 🛂 Low Carb Vegan 🗸 Gluten-Free X No Sugar 🔀 No Cholesterol 💟

ORIGINAL DRESSINGS

WRAPS 198 cal

WHOLE WHEAT

TOMATO BASII

Sherry Shallot Vinaigrette 135 Cal Smoky Poblano Ranch 130 Cal Spicy Thai Peanut 140 Ca . White Balsamic 145 Cal Lemon Vinaigrette 115 Cal Moroccan Tahini 60 Cal

LOW-FAT

Balsamic Vinaigrette 70 Cal Horseradish Chive 25 Cal **■**X

FAT-FREE

Far East Mandarin 30 Ca Lemon Juice 5 Cal **☑ •** X Raspberry Vinaigrette 35 Cal Red Wine Vinegar s cal Balsamic Vinegar 30 Ca **₽** • **□ ∨** ×

CLASSIC DRESSINGS

Asian Sesame 130 Cal Balsamic Vinaigrette 220 Cal • Bleu Cheese 160 Cal ... Buttermilk Ranch 140 Cal Italian Vinaigrette 150 Cal ■ X ■ X Olive Oil / Balsamic Vinegar 130 Cal NOVE Olive Oil / Lemon Juice 130 Cal Olive Oil 240 Cal