

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 330 calories for wraps

CHEF-DESIGNED VALUE

			SALAD	WRAP
CAESAR <small>230 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal)</small>		tofu/chicken	7.29	6.99
Romaine Lettuce, Shaved Parmesan, Multigrain Croutons		shrimp +1.50		+1.50
Suggested Dressing: Caesar 190 Cal		salmon +2.00		+2.00
THAI CHICKEN CRUNCH <small>130 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal)</small>		chicken	7.49	6.99
Iceberg-Romaine Mix, Red Cabbage, All-Natural Chicken, Shredded Carrots, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 140 Cal		shrimp +1.50		+1.50
		salmon +2.00		+2.00
BUFFALO CHICKEN <small>360 Cal</small>			7.49	6.99
Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 150 Cal				
ASIAN SESAME GRAIN <small>400 Cal (shrimp +70 Cal, salmon +150 Cal)</small>		chicken	7.49	6.99
Iceberg-Red Cabbage-Mesclun Mix, All-Natural Chicken, Wheat Berries, Quinoa, String Beans, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal		shrimp +1.50		+1.50
		salmon +2.00		+2.00
MEDITERRANEAN MIX <small>330 Cal</small> <small>VEGETARIAN</small>			7.49	6.99
Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal				

CHEF-DESIGNED HEALTH

HUDSON VALLEY MIX <small>400 Cal</small> <small>VEGETARIAN</small>	8.49	7.99
Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 40 Cal		
IMMUNITY BOWL <small>460 Cal</small>	9.99	9.29
Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 150 Cal		
THE CALIFORNIA <small>300 Cal</small>	8.49	7.99
Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal		
BUFFALO CAESAR <small>350 Cal</small>	8.29	7.99
Romaine, All-Natural Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 5 Cal		
ROASTED TURKEY HEALTH COBB <small>250 Cal</small>	9.29	8.49
Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Sliced Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 150 Cal		

CHEF-DESIGNED AWESOME

PESTO CHICKEN PARADISE <small>390 Cal</small>	9.39	8.79
Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Roasted Tomatoes, Red Onions Fresh Mozzarella Suggested Dressing: Olive Oil & Balsamic Vinegar 120 Cal		
TEXAS TWO STEP <small>310 Cal</small>	8.49	7.69
Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 35 Cal		
SMOKEHOUSE STEAK <small>350 Cal</small>	9.99	9.29
Iceberg, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips Suggested Dressing: Smoky Poblano Ranch 130 Cal		
CHIPOTLE COWBOY <small>430 Cal</small>	8.99	8.29
Romaine-Iceberg Mix, All-Natural 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.

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	

WRAPS

WHOLE WHEAT 330 cal

\$6.99

ESSENTIALS

4

FREE essentials
Additional toppings 59¢ each

+2

more essentials
when you reuse your bowl (or 1 Free Cheese)

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
String Beans
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
Onion Crunch®
Tortilla Strips

PREMIUM

Avocado	1.00
Hearts of Palm	1.00
Kalamata Olives	.79
Portabella Mushrooms	1.00
Butternut Squash <small>ROASTED</small>	.69
Tomatoes <small>ROASTED</small>	.69

PROTEIN

Buffalo Chicken <small>ALL-NATURAL</small>	2.49
Chicken <small>ALL-NATURAL</small>	2.29
Pesto Chicken <small>ALL-NATURAL</small>	2.49
Turkey Bacon <small>CRISPY</small>	1.79
Turkey <small>HOUSE-ROASTED</small>	2.49
Tofu <small>SESAME GRILLED</small>	1.29
Steak <small>CHARBROILED</small>	3.50

SEAFOOD

Albacore Tuna	2.50
Shrimp <small>GRILLED</small>	3.50
Salmon <small>GRILLED</small>	4.50

CHEESE

Crumbled Bleu	1.00
Crumbled Feta	1.00
Fresh Mozzarella	1.00
Goat Cheese <small>MONTCHEVRE</small>	1.50
Pepper Jack <small>CABOT</small>	.79
Reduced-Fat Cheddar	.79
Reduced-Fat Swiss	.79
Shaved Parmesan	1.00

Nutritional Key

Low Carb (<5g)	Contains No Milk
Contains No Gluten	Vegan
Low Cholesterol	

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 140 Cal	
Smoky Poblano Ranch 130 Cal	
Spicy Thai Peanut 140 Cal	
White Balsamic 170 Cal	
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 <small>Hot</small>	

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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Please view our nutrition & allergen notice at justsalad.com/nutritionterms

SOUP

\$5.49
(large)

\$3.49
(small)

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

GRAB N' GO

Chobani Yogurt	\$2.99	Fruit Salad	\$3.99
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SNACK

Protein Cookies	\$3.49	Pop Chips	\$1.99	Beanfield's	\$1.99
Famous Amos Cookies	\$1.50	Stacy's Pita Chips	\$1.99		
Deep River Chips	\$1.79	FSTG Chips	\$1.79		

SIP

Can Soda	\$1.29	Snapple	\$1.99	Zico Coconut	\$2.99
Poland Spring Water	\$1.69	Vitamin Water	\$2.50	Gus Soda	\$2.50
Poland Sparkling Water	\$1.79	Hint Water	\$2.50		

May not be available at all locations.

FRESH SMOOTHIE 5.49

PROTEIN BOOST..... +1.00

CUP OF YOGURT 3.49

(includes one free drizzle)

TOPPINGS / DRIZZLES ...+1.00

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.

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)

Calories	100
Total Fat	1.5g
Carbs	20g
Sodium	150mg
Sugars	16g
Vitamin C	2%

Fall Seasonal



TANDOORI FIRE 280 Cal

Romaine, Tandoori Red Hot Chicken, Feta Cheese, Pita Chips, Seedless Cucumbers, Red Onions

Suggested Dressing: Low-Fat Yogurt Cucumber 20 Cal



FALL SUPERFOOD 520 Cal

Spinach, Kale, Red Cabbage Mix, Butternut Squash, Spicy Broccoli, Pumpkin Seeds, Wheatberries, Fresh Beets, Sesame Grilled Tofu

Suggested Dressing: Sherry Shallot Vinaigrette 140 Cal



INDIAN SUMMER 410 Cal

Spinach-Romaine Mix, House Roasted Turkey, Corn, Walnuts, Green Apples, Reduced-Fat Cheddar

Suggested Dressing: Fig Balsamic Vinaigrette 190 Cal



AUTUMN CHICKEN CAESAR 470 Cal

Romaine, Shaved Parmesan, Multigrain Croutons, Fresh Bartlett Pear, Grilled Chicken, Dried Cranberries

Suggested Dressing: Caesar 190 Cal

*Add 330 calories for wraps.



SEASONAL DRESSING:

Fig Balsamic Vinaigrette 190 Cal

Pure Mountain Co. Aged 12 yrs

SEASONAL INGREDIENTS:

Tandoori Red Hot Chicken - \$2.69

Spicy Broccoli - 79¢, Pita Chips - 79¢

Fresh Bartlett Pear

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