# CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA **PENSIERO** 

	Substitute tofu for any protein		SALAD	WRAP
1	CAESAR Romaine, Shaved Parmesan, Whole Wheat Croutons Suggested Dressing: Caesar	tofu/chicken shrimp/salmon	<b>37</b> +2	<b>36</b> +2
	THAI CHICKEN CRUNCH Romaine-Red Cabbage Mix, Grilled Chicken, Shredded Carrots, Celery, Crunchy Onions Suggested Dressing: Asian Sesame	chicken shrimp/salmon	<b>38</b> +2	<b>37</b> +2
	BUFFALO CHICKEN Romaine, Buffalo Chicken, Cheddar Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch		42	41
	ASIAN SESAME GRAIN  Mesdun-Romaine-Red Cabbage Mix, Grilled Chicken, Wheat Berries, Quinoa, Edamame Suggested Dressing: Asian Sesame		45	44
	MEDITERRANEAN MIX VEGETARIAN Romaine, Chickpeas, Crumbled Feta, Black Olives, Lentils, Cucumbers, Pita Chips Suggested Dressing: Olive Oil/Balsamic Vinegar		38	37

	SALAD	WRAP
HUDSON VALLEY MIX VEGETARIAN	49	48
Baby Spinach-Red Cabbage Mix, Pumpkin, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Whole Wheat Croutons Suggested Dressing: Low-Fat Horseradish Chive		
IMMUNITY BOWL	49	48
Mesclun-Romaine Mix, Grilled Salmon, Pumpkin, Dried Cranberries, Wheat Berries, Cucumbers Suggested Dressing: Lemon Vinaignette		
THE CALIFORNIA	40	39
Romaine, Grilled Chicken, Sliced Avocado, Egg Whites, Cherry Tomatoes, Almond Flakes Suggested Dressing: Balsamic Vinaignette		15000
BUFFALO LOLLO ROSSO CAESAR	43	42
Lallo Rosso-Romaine Mix, Grilled Chicken, Shaved Parmesan, Whole Wheat Croutons, Celery, Shredded Carrots Suggested Dressing: Spicy Buffalo 🛩 🛩		
ROASTED TURKEY HEALTH COBB	46	45
Romaine, Roasted Turkey, Egg Whites, Cherry Tomatoes, Avocado, Swiss Cheese Suggested Dressing: Buttermilk Ranch		

Л		SALAD	WRAP
<i>₹</i>	PESTO CHICKEN PARADISE	43	42
2	Romaine, Grilled Chicken, Broccoli, Sundried Tomatoes, Red Onions, Fresh Mozzarella Suggested Dressing: Pesto Vinaigrette		
<u> </u>	TANDOORI FIRE	41	40
3	Romaine, Tandoori Red Hot Chicken, Feta Cheese, Pita Chips, Cucumbers, Red Onions Suggested Dressing: Low-Fat Yogurt Cucumber		
	SMOKEHOUSE STEAK	45	44
, הלו	Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips Suggested Dressing: Smoky Poblano Ranch 🕜 🍑	1870	
;	CHIPOTLE COWBOY  Romaine, Grilled Chicken, Cheddar Cheese, Black Beans, Clantro, Crunchy Onions, Avocado  Suggested Dressing: Chipotle Vinaigrette	45	44

### SOUP

CHEF-DESIGNED

CHEF-DESIGNED

Lentil, Veggie Minestrone, Grilled Chicken Noodle, Weekly Special

# 22 AED

15 AED

### GRAB N' GO

Fresh Fruit	Salad	15

SNACK					
Bruschette Maretti					
Vegetable Chins					

Bruschette Maretti	6/10	Pop Chips	19	On the Go Fusion Snack	9
Vegetable Chips	15	Be-Kind Bars	9	Fresh Cookies	10
Gourmet Chips	9	Nutella Pop Tart	14	Banana Nutella Loaf Cake	14
CIP					

SIP					
Soft Drinks	5	Aquafina Water	5	Lipton Iced Tea	6
Acqua Panna Water	П	Mangajo Premium Iced Tea	12	Fresh Orange Juice	14
S.Pellegrino Sparkling Water	14	Ganic Vitamin Water	15	Coffee (Selection)	14



**OJ SHOT** 

### STRAWBERRY BANANA

Soy Milk, Strawberries, Banana, Greek Yogurt, Agave Nectar

### **DETOX CLEANSE**

Fresh Baby Spinach, Lemon, Apple, Pineapple

### VITAMIN C KICK

Coconut Milk, Fresh Orange, Mango, Pineapple

### **BERRY WILD**

Blueberries, Strawberries, Banana, Greek Yogurt, Agave Nectar

### TROPIC SPINACH THUNDER

Fresh Spinach, Coconut Milk, Banana, Pineapple

### PEANUT BUTTER WARRIOR

Soy Milk, Banana, Peanut Butter, Agave Nectar

### **CHOCOLATE BANANA SPLIT**

Coconut Milk, Banana, Dates, Cacoa Powder

### **ORANGE SPINACH POWER JUICE**

Fresh Squeezed Orange Juice Shot

Fresh Baby Spinach, Fresh Orange, Banana

### EXTRA ADD-ONS..... 4 AED

Whey Protein

#### Honey Fresh Baby Spinach

# CUSTOM SALADS & WRAPS

### MIX & MATCH GREENS

ROMAINE LOLLO ROSSO +4 BABY SPINACH +9

ESSENTIALS

**Artichoke Hearts** 

**Tomatoes (Cherry)** 

White Mushrooms

**Hard-Boiled Eggs** 

**Mandarin Oranges** 

**GRAINS & NUTS** 

**Wheat Berries** 

Radish

FRUIT

Raisins

Lentils

Quinoa

CRUNCH

Pita Chips

**Egg Whites** 

Green Apple

Pomegranate

Almonds FLAKES

**Pumpkin Seeds** 

Sunflower Seeds

**Crispy Wontons** 

**Crunchy Onions** 

**Tortilla Strips** 

**Croutons WHOLE WHEAT** 

**VEGGIES** 

Corn

ICEBERG MESCLUN +5

RED CABBAGE ARUGULA +8

WRAPS WHOLE WHEAT

**AED** 

more essentials when you reuse your bowl

### Additional toppings 3AED each **PREMIUM**

**FREE** essentials

Broccoli STEAMED **Asparagus STEAMED Dried Cranberries** Avocado Edamame **Beets FRESH Pine Nuts Black Beans** Portabello Mushrooms **Black Beans & Corn** Tomatoes (sundried) **Black Olives** Walnuts Carrots SHREDDED

Celery PROTEIN Chickpeas Chicken Breast GRILLED Cilantro (Coriander) Buffalo Chicken GRILLED Pesto Chicken GRILLED Cucumbers Tandoori Chicken GRILLED 9 **Green Peppers Turkey Breast ROASTED Heart of Palm** Turkey Bacon GRILLED **Jalapenos FRESH** TOTU SESAME GRILLED Parsley **Tuna Chunks** Pasta Steak CHARBROILED Pumpkin STEAMED Shrimp GRILLED **Red Onions** Salmon GRILLED **Red Peppers Rocket Leaves (Jarjeer)** CHEESE **Spring Onions** 

**Crumbled Blue Crumbled Feta** Fresh Baby Mozzarella Cheddar **Goat Cheese** Halloumi Mozzarella Pepper Jack **Shaved Parmesan Swiss** 

### **Nutritional Key**

Low Carb Contains No Milk Contains No Gluten Vegan ■ Low Cholesterol
■ Contains Fish

Spicy Very Spicy

### ORIGINAL DRESSINGS

**Cider Shallot Vinaigrette Smoky Poblano Ranch Pesto Vinaigrette Lemon Vinaigrette Chipotle Vinaigrette** Moroccan tahini **White Balsamic Vinaigrette Horseradish Chive** 

#### LOW-FAT

**Garlic Aioli** Smoky tandoori **→ ■ ■ ■ Yoghurt Cucumber Chilled Avocado Far East Mandarin Spicy Buffalo** 

#### FAT-FREE

Fresh Half Lemon **Lemon Juice Red Grape Vinegar Balsamic Vinegar** 

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### CLASSIC DRESSINGS

**Asian Sesame Blue Cheese** Caesar **Balsamic Vinaigrette Buttermilk Ranch** Ranch Olive Oil Olive Oil & Balsamic Vinegar Olive Oil & Lemon Juice **Italian Vinaigrette** 

### SEASONAL DRESSING

Pomegranate Molasses **Date Balsamic Vinaigrette Date Chilly Lime** 

Order online at justsalad.ae or call (04) 365 2222 A charge of 5 AED will be levied on all deliveries



Orders & Catering (04) 365 2222 comments@justsalad.ae | justsalad.ae

### LOCATIONS

Jumeirah Lake Towers (JLT) Indigo Tower Cluster D

### Opening in 2014

**Business Bay** Bay Square

**Jumeirah** 

Al Wasl Road



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Due to the seasonality of certain items, our menu is frequently changing Please visit justsalad.ae for our most up to date menu