

CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA PENSIERO

Replace tofu for any protein | Add 280 calories for wraps

CHEF-DESIGNED VALUE

- CAESAR

330 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal)

Romaine, Shaved Parmesan, Multigrain Croutons

Suggested Dressing: Caesar 190 Cal
- THAI CHICKEN CRUNCH

230 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal)

Romaine, Red Cabbage, Grilled Chicken, Carrots, Celery, Crispy Wontons

Suggested Dressing: Spicy Thai Peanut 140 Cal
- BUFFALO CHICKEN

360 Cal

Romaine, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips

Suggested Dressing: Buttermilk Ranch 150 Cal
- ASIAN SESAME GRAIN

460 Cal (shrimp +70 Cal, salmon +150 Cal)

Mesclun-Romaine-Red Cabbage Mix, Grilled Chicken, Wheat Berries, Quinoa, Edamame, Crispy Wontons Sugg. Dressing: Asian Sesame 130 Cal
- MEDITERRANEAN MIX

390 Cal

VEGETARIANNEW RECIPE

Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Cucumbers, Pita Chips

Suggested Dressing: Olive Oil/Balsamic Vinegar 120 Cal

CHEF-DESIGNED HEALTH

- HUDSON VALLEY MIX

400 Cal

VEGETARIAN

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

Suggested Dressing: Low-Fat Horseradish Chive 40 Cal
- IMMUNITY BOWL

460 Cal

Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheat Berries, Cucumbers

Suggested Dressing: Lemon Vinaigrette 150 Cal
- THE CALIFORNIA

300 Cal

Romaine, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds

Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal
- BUFFALO KALE CAESAR

380 Cal

NEW RECIPE

Kale-Romaine Mix, Grilled Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots

Suggested Dressing: Spicy Buffalo 5 Cal
- ROASTED TURKEY HEALTH COBB

240 Cal

Romaine, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss

Suggested Dressing: Buttermilk Ranch 150 Cal

CHEF-DESIGNED AWESOME

- PESTO CHICKEN PARADISE

300 Cal

NEW RECIPE

Arugula-Mesclun Mix, Grilled Chicken, Broccoli, Roasted Tomatoes, Red Onions

Fresh Mozzarella

Suggested Dressing: Kale-Pesto Vinaigrette 140 Cal
- THE ULTIMATE FALAFEL

340 Cal

NEW

Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Grape Tomatoes, Red Onions, Pita Chips

Suggested Dressing: Moroccan Tahini 60 Cal
- TANDOORI FIRE

280 Cal

NEW

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

Suggested Dressing: Low-Fat Yogurt Cucumber 20 Cal
- SMOKEHOUSE STEAK

350 Cal

Romaine, Charbroiled Steak, Crumbled Feta, Black Beans & Corn, Jalapenos, Tortilla Strips

Suggested Dressing: Smoky Poblano Ranch 130 Cal
- CHIPOTLE COWBOY

430 Cal

Romaine, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Avocado, Crunchy Onions

Suggested Dressing: Chipotle Vinaigrette 150 Cal

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

- BABY SPINACH 25 cal
- KALE 70 cal
- MESCLUN 25 cal
- RED CABBAGE 50 cal
- ROMAINE 25 cal
- ARUGULA 35 cal

WRAPS

- WHOLE WHEAT 280 cal

ESSENTIALS

4

FREE essentials

Additional toppings 59¢ each

+2

more essentials or 1 free cheese when you reuse your bowl

VEGGIES

- 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
- Tomatoes
- White Mushrooms
- Egg Whites
- Hard-Boiled Eggs

- FRUIT
- Apples GRANNY SMITH
- Dried Cranberries
- GRAINS & NUTS
- Almonds TOASTED
- Lentils
- Pumpkin Seeds
- Quinoa
- Walnuts
- Wheat Berries

- CRUNCH
- Crispy Wontons
- Croutons MULTIGRAIN
- Crunchy Onions
- Tortilla Strips

PREMIUM

- Avocado
- Kalamata Olives
- Portabella Mushrooms
- Butternut Squash ROASTED
- Tomatoes ROASTED
- Pita Chips

PROTEIN

- Falafel BAKED
- Chicken ALL-NATURAL
- Buffalo Chicken ALL-NATURAL
- Tandoori Red Hot Chicken
- Turkey HOUSE-ROASTED
- Turkey Bacon CRISPY
- Tofu SESAME GRILLED
- Steak CHARBROILED
- Shrimp GRILLED
- Salmon GRILLED

CHEESE

- Crumbled Bleu
- Crumbled Feta
- Fresh Mozzarella
- Goat Cheese MONTCHEVRÉ
- Pepper Jack CABOT
- Reduced-Fat Cheddar
- Reduced-Fat Swiss
- Shaved Parmesan

Nutritional Key

Low Carb (<5g)

Contains No Milk

Contains No Gluten

Low Cholesterol

Vegan

Contains Fish

Order online at [justsalad.com](https://justsalad.com) or call us at (212) 244-1111  
No substitutions please. Delivery and Pick-Up pricing may vary from this menu.  
Please view our nutrition & allergen notice at [justsalad.com/nutrition/terms](https://justsalad.com/nutrition/terms)  
All calories are based off a 6oz serving portion size.

ORIGINAL DRESSINGS

- Sherry Shallot Vinaigrette 140 Cal
- Smoky Poblano Ranch 130 Cal
- Spicy Thai Peanut 140 Cal
- Kale-Pesto Vinaigrette 140 Cal
- Lemon Vinaigrette 150 Cal
- Chipotle Vinaigrette 150 Cal
- Moroccan Tahini 60 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

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
- Olive Oil / Balsamic Vinegar 120 Cal
- Olive Oil 240 Cal

FRESH SOUPS

- Veggie Split Pea
- Minestrone

- Grilled Chicken Noodle
- Weekly Special

GRAB N' GO

- Chobani Yogurt
- Fruit Salad

SNACK

- Protein Cookies
- Deep River Chips
- Kind Bars
- Pop Chips
- Stacy's Pita Chips
- FSTG Chips
- Beanitos Chips

SIP

- Can Soda
- Poland Spring Water
- Poland Sparkling Water
- Snapple

- Vitamin Water
- Hint Water
- Zico Coconut
- Runa Energy Tea



- STRAWBERRY BANANA 238 Cal
- NEW RECIPE
- Almond Milk, Strawberries, Banana, Greek Yogurt, Agave Nectar

- DETOX CLEANSE 69 Cal
- Fresh Kale, Lemon, Apple, Pineapple

- VITAMIN C KICK 296 Cal
- Coconut Milk, Fresh Orange, Mango, Pineapple

- BERRY WILD 229 Cal
- NEW RECIPE
- Blueberries, Strawberries, Banana, Greek Yogurt, Agave Nectar

- TROPIC SPINACH THUNDER 319 Cal
- Fresh Spinach, Coconut Milk, Banana, Pineapple

- PEANUT BUTTER CHIA WARRIOR 278 Cal
- NEW RECIPE
- Almond Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, Agave Nectar

- CHOCOLATE BANANA SPLIT 421 Cal
- NEW
- Coconut Milk, Banana, Dates, Cocoa Powder

- ORANGE KALE POWER JUICE 121 Cal
- NEW
- Fresh Kale, Fresh Orange, Banana

- OJ SHOT 56 Cal
- NEW
- Fresh Squeezed Orange Juice Shot

EXTRA ADD-ONS

- Fresh Kale
- Hemp Protein
- Fresh Spinach
- Chia Seeds

May not be available at all locations.

SPRING SEASONAL

\*Add 280 calories for wraps.  
No substitutions please



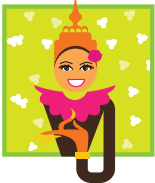
SPRING BOOTY SLIMDOWN 320 Cal

- Romaine-Kale Mix, Pirate's Booty®, Turkey Bacon, Steamed Brussels Sprouts, Asparagus, Sliced Radishes
- Suggested Dressing: Low-Fat Horseradish Chive 40 Cal



THE ULTIMATE FALAFEL 340 Cal

- Romaine-Red Cabbage Mix, Baked Falafel, Cucumbers, Grape Tomatoes, Red Onions, Pita Chips
- Suggested Dressing: Moroccan Tahini 60 Cal



THAI-TASTIC 370 Cal

- Romaine-Red Cabbage Mix, Grilled All-Natural Chicken, Black Beans, Cilantro, Shredded Carrots, Unsalted Peanuts
- Suggested Dressing: Sweet & Creamy Sriracha 25 Cal



CAJUN EL PASO GRILL 430 Cal

- Romaine, Cajun Grilled Shrimp, Avocado, Grape Tomatoes, Black Beans & Corn, Crunchy Onions, Pepper Jack Cheese
- Suggested Dressing: Chipotle Vinaigrette 150 Cal



SEASONAL DRESSING

- Moroccan Tahini 60 Cal

SEASONAL INGREDIENTS

- Brussels Sprouts | Unsalted Peanuts | Radishes
- Pirate's Booty® | Baked Falafel
- Grilled Cajun Shrimp