BY CHEF CHEF-DESIGNED SALADS & WRAPS

Substitute tofu for any protein Add 198 calories for wraps	SALAD	WRAP
CAESAR VEGETARIAN 162 Cal (chicken +63, tofu +34, shrimp +30, salmon +147 Cal) Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 140 Cal	tofu/chicken 6.99 shrimp +1.50 salmon +2.00	6.75 +1.50 +2.00
THAI CHICKEN CRUNCH 281 Cal (chicken +63, shrimp +30 Cal) Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Carrots,	chicken 7.25 shrimp +1.50	6.75 +1.50

Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal 7.25 **BUFFALO CHICKEN** 333 Cal Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips

Suggested Dressing: Buttermilk Ranch 140 Cal **ASIAN SESAME GRAIN 401 Cal 6.75** 7.25

+1.50 Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, shrimp String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 125 Cal

7.45 6.75 MEDITERRANEAN MIX 409 Cg/ VEGETARIAN Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 125 Cal

8.25 7.25 HUDSON VALLEY MIX 346 Cal VEGETARIAN Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 24 Cal 8.99 9.75 **IMMUNITY BOWL** 464 Cal Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal 8.25 7.45 THE CALIFORNIA 365 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 67 Cal 8.99 8.25 TUNA NEE-SWAH 361 Cal Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Half Fresh Lemon 240 Cal

9.25 8.45 ROASTED TURKEY HEALTH COBB 336 Cal Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal 8.99 8.25 **PESTO CHICKEN PARADISE** 471 Cal Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Fresh Mozzarella, Red Onions Sugg. Dressing: Olive Oil & Balsamic Vinegar 125 Cal

TEXAS TWO STEP 385 Cal 8.25 7.45 Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 25 Cal

JS TURKEY CLUB 422 Cal 8.99 Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon, Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Cal

8.99 CHIPOTLE COWBOY 430 Cal Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 73 Cal

Order online at justsalad.com or call us at (212) 244-1111. No substitutions please.



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

SMALL SOUP to any meal

Grab	n'	Go	
Chobani Yo	oaur	ŀ	

\$2.99 Fruit Salad \$3.99 Chobani Yogurt

Snack **Protein Cookies** FSTG Chips \$1.75 \$2.99 Pop Chips \$1.99 Famous Amos Cookies \$1.50 Stacy's Pita Chips \$1.99

Deep River Chips \$1.75 Pirate's Booty Sip

Zico Coconut \$2.99 \$1.99 Snapple Can Soda \$1.25 Gus Soda \$2.50 \$2.50 Vitamin Water Naked Juice \$4.25 Poland Spring Water \$1.65 \$1.99 Crystal Light Poland Sparkling Water \$1.75 Hint Water \$2.50

May not be available at all locations.

All

3.45

+1.00

TOPPINGS

Sliced Almonds

Shaved Coconut

DRIZZLE- Our homemade blend of freshly puréed fruit,

Nutrition Facts

(Serving size: One cup of plain yogurt)

Calories108

Total Fat0g Carbs27g

Sodium20mg Sugars21g

Vitamin C54%

Mini Chocolate Chips





4.95

Cup of Yogurt (includes one free drizzle) Toppings / Drizzles

DRIZZLES

Strawberry

Blueberry

Mango

Fresh Smoothie Protein Boost +1.00 STRAWBERRY BANANA cal 259

Strawberries, Banana, Soy Milk, Fat-Free Frozen Yogurt, Agave Nectar **BERRY WILD** cal 250

Blueberries, Strawberries, Soy Milk, Fat-Free Frozen Yogurt, Agave Nectar

MANGO MADNESS cal 232 Mangoes, Banana, Orange Juice, Fat-Free Frozen Yogurt

BANANA COCO-NUTTY cal 369 Soy Milk, Banana, Coconut, Almonds, Agave Nectar (dairy-free)

PEANUT BUTTER CHIA WARRIOR cal 308 Soy Milk, Banana, Peanut Butter, Health Warrior Chia Seeds, and Agave Nectar (dairy-free)

Protein Boost +1.00

Hemp Protein Great source of fiber. Vegetarian and certified organic ADD A

7.99

8.25

RED CABBAGE 54 cal ROMAINE 24 cal ARUGULA (+75¢) 34 cal **FREE** essentials

BABY SPINACH 26 cal ICEBERG 30 cal MESCLUN 27 cal

MIX & MATCH GREENS

Additional toppings 50¢ each

CUSTOM SALADS & WRAPS

WHOLE WHEAT

2.25

1.75

2.50

2.50

3.25

1.00

1.00

1.00

.75

1.00

when you reuse your bowl

ESSENTIALS PREMIUM Avocado

Almonds TOASTED **Apples** Granny Smith Artichoke Hearts Asparagus STEAMED **Banana Peppers** Beets FRESH **Black Beans** Black Beans & Corn Broccoli STEAMED **Butternut Squash** ROASTED Carrots SHREDDED Celery Chickpeas Cilantro

6.75

Crispy Wontons Croutons MULTIGRAIN **Crunchy Onions** Cucumbers seedless **Dried Cranberries** Edamame **Egg Whites Green Peppers** Hard-Boiled Egg Jalapenos FRESH Lentils **Mandarin Oranges Pumpkin Seeds** Quinoa Radishes **Red Onions**

Red Peppers ROASTED **String Beans Sun-Dried Tomatoes Tomatoes Tortilla Strips Walnuts** Wheatberries **White Mushrooms**

Hearts of Palm 1.00 Kalamata Olives Portabella Mushrooms Sesame Grilled Tofu 1.00 PROTEIN Buffalo Chicken GRILLED natural Chicken GRILLED Pesto Chicken GRILLED

Turkey House-Roasted **SEAFOOD Albacore Tuna** Shrimp STEAMED

Turkey Bacon

Salmon GRILLED 4.50 **CHEESE Crumbled Bleu Crumbled Feta** Fresh Mozzarella Goat Cheese MONTCHEVRÉ Pepper Jack CABOT **Reduced-Fat Cheddar Reduced-Fat Swiss Shaved Parmesan**

No Carbs X Low Sodium 🔽 No Dairy 🔼 Low Carb 😎 Vegan 🗸 Gluten-Free 🔀 No Sugar 🔀 No Cholesterol 💌

ORIGINAL DRESSINGS

Sherry Shallot Vinaigrette 129 cal ▼ ● 🗆 🗷 🗷 🗷 Chilled Avocado 25 Cal Smoky Poblano Ranch 130 Cal **■**× Spicy Thai Peanut 135 Cal . White Balsamic 145 Cal Lemon Vinaigrette 130 Cal Chipotle Vinaigrette 73 Cal Moroccan Tahini 60 Cal • VUXV

LOW-FAT

Balsamic Vinaigrette 67 Cal Horseradish Chive 24 Cal **₽**X Yogurt Cucumber 15 Cal FAT-FREE Far East Mandarin 17 Cal Fresh Lemon Juice 5 Cal

• 💟 🖳 X Fresh Half Lemon 5 Cal Honey-Herb Dijon 50 Cal Ranch 25 Cal Raspberry Vinaigrette 34 Cal Red Wine Vinegar 5 Cal Balsamic Vinegar 10 Cal

CLASSIC DRESSINGS

Asian Sesame 125 Cal Balsamic Vinaigrette 211 Cal • 💟 Bleu Cheese 150 Cal . Buttermilk Ranch 140 Cal Caesar 140 Cal Italian Vinaigrette 146 Cal Olive Oil / Balsamic Vinegar 125 Cal Olive Oil / Lemon Juice 129 Cal Olive Oil 240 Cal

7.99

7.45

8,45

8.45

SPRINGSEASONAL

SPRING BOOTY SLIMDOWN 317 Call

Romaine - Kale Mix, Pirate's Booty, Turkey Bacon, Steamed Brussels Sprouts, Asparagus, Sliced Radishes Suggested Dressing: Low-Fat Horseradish Chive 24 Cal

THAI-TASTIC 317 Cal

Iceberg Lettuce, Red Cabbage, Grilled All-Natural Chicken, Black Beans, Cilantro, Shredded Carrots, and Unsalted Peanuts

Suggested Dressing: Sweet & Creamy Sriracha 17 Cal



PICNIC IN ROME 401 Cal

8.99 Romaine Lettuce, Pesto Chicken, Artichoke Hearts, Roasted Red Peppers, Red Grapes, Shaved Parmesan Suggested Dressing: Olive Oil & Balsamic Vinegar 125 Cal



ACAPULCO SPRING BREAK 233 Cal

Romaine Lettuce, Steamed Shrimp, Avocado, Black Beans & Corn, Cilantro, Fresh Jalapeños, Tomatoes, and Tortilla Strips Suggested Dressing: Chilled Avocado 25 Cal



SEASONAL DRESSING Sweet & Creamy Sriracha 17 Cal

SEASONAL INGREDIENTS

Raw Kale, Brussel Sprouts, Red Grapes, Pirate's Booty - 75¢, **Unsalted Peanuts**