

CHEF-DESIGNED SALADS & WRAPS

BY CHEF LAURA PENSIERO

CHEF-DESIGNED VALUE

CAESAR VEGETARIAN 230 Cal (chicken +100, tofu +35, shrimp +70, salmon +150 Cal)

Romaine Lettuce, Shaved Parmesan, Multigrain Croutons

Suggested Dressing: Caesar 190 Cal

THAI CHICKEN CRUNCH 130 Cal (chicken +100, shrimp +70 Cal, salmon +150 Cal)

Iceberg-Romaine Mix, Red Cabbage, All-Natural Chicken, Shredded Carrots, Celery, Crispy Wontons

Suggested Dressing: Spicy Thai Peanut 140 Cal

BUFFALO CHICKEN 360 Cal

Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips

Suggested Dressing: Buttermilk Ranch 150 Cal

ASIAN SESAME GRAIN 400 Cal (shrimp +70 Cal, salmon +150 Cal)

Iceberg-Red Cabbage-Mesclun Mix, All-Natural Chicken, Wheat Berries, Quinoa, String Beans, Crispy Wontons

Sugg. Dressing: Asian Sesame 130 Cal

MEDITERRANEAN MIX 330 Cal VEGETARIAN

Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers

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, Seedless Cucumbers

Suggested Dressing: Lemon Vinaigrette 150 Cal

THE CALIFORNIA 300 Cal

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

Suggested Dressing: Low-Fat Balsamic Vinaigrette 70 Cal

BUFFALO CAESAR 350 Cal

Romaine, All-Natural Chicken, Shaved Parmesan, Multigrain Croutons, Celery, Shredded Carrots

Suggested Dressing: Spicy Buffalo 5 Cal

ROASTED TURKEY HEALTH COBB 250 Cal

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 390 Cal

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

Fresh Mozzarella

Suggested Dressing: Olive Oil & Balsamic Vinegar 120 Cal

TEXAS TWO STEP 310 Cal

Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar

Suggested Dressing: Chilled Avocado 35 Cal

SMOKEHOUSE STEAK 350 Cal

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

Suggested Dressing: Smoky Poblano Ranch 130 Cal

CHIPOTLE COWBOY 430 Cal

Romaine-Iceberg Mix, All-Natural Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Onion Crunch®, Avocado

Suggested Dressing: Chipotle Vinaigrette 150 Cal

Substitute tofu for any protein | Add 330 calories for wraps

SALAD

WRAP

tofu/chicken 7.29

shrimp +1.50

salmon +2.00

6.99

+1.50

+2.00

chicken 7.49

shrimp +1.50

salmon +2.00

6.99

+1.50

+2.00

7.49

6.99

chicken 7.49

shrimp +1.50

salmon +2.00

6.99

+1.50

+2.00

7.49

6.99

8.49

7.99

9.99

9.29

8.49

7.99

8.29

7.99

9.29

8.49

9.39

8.79

8.49

7.69

9.99

9.29

8.99

8.29

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

4

FREE essentials

Additional toppings 59¢ each

+2

more essentials

when you reuse your bowl (or 1 Free Cheese)

WRAPS

WHOLE WHEAT

330 cal

\$6.99

ESSENTIALS

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 ROASTED .69

Tomatoes ROASTED .69

PROTEIN

Buffalo Chicken ALL-NATURAL 2.49

Chicken ALL-NATURAL 2.29

Pesto Chicken ALL-NATURAL 2.49

Turkey Bacon CRISPY 1.79

Turkey HOUSE-ROASTED 2.49

Tofu SESAME GRILLED 1.29

Steak CHARBROILED 3.50

SEAFOOD

Albacore Tuna 2.50

Shrimp GRILLED 3.50

Salmon GRILLED 4.50

CHEESE

Crumbled Bleu 1.00

Crumbled Feta 1.00

Fresh Mozzarella 1.00

Goat Cheese MONTCHEVRÉ 1.50

Pepper Jack CABOT .79

Reduced-Fat Cheddar .79

Reduced-Fat Swiss .79

Shaved Parmesan 1.00

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 New!

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

Nutritional Key

Low Carb (<5g)

Contains No Gluten

Low Cholesterol

Contains No Milk

Vegan

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No substitutions please. Delivery and Pick-Up pricing may vary from this menu.

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

SNACK

Protein Cookies \$3.49

Famous Amos Cookies \$1.50

Deep River Chips \$1.79

Pop Chips \$1.99

Stacy's Pita Chips \$1.99

FSTG Chips \$1.79

Beanfield's \$1.99

SIP

Can Soda \$1.29

Poland Spring Water \$1.69

Poland Sparkling Water \$1.79

Snapple \$1.99

Vitamin Water \$2.50

Hint Water \$2.50

Zico Coconut \$2.99

Gus Soda \$2.50

ADD A SMALL SOUP to any meal \$2.79

May not be available at all locations.

HEALTHY NEW RECIPES

the Culture bar

yum!

All Natural

FRESH SMOOTHIE 5.49

PROTEIN BOOST..... +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)

Calories100

Total Fat1.5g

Carbs20g

Sodium150mg

Sugars16g

Vitamin C2%

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

8.99

8.49

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

8.99

8.59

INDIAN SUMMER 410 Cal

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

Suggested Dressing: Fig Balsamic Vinaigrette 190 Cal

9.49

8.99

AUTUMN CHICKEN CAESAR 470 Cal

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

Suggested Dressing: Caesar 190 Cal

8.69

8.29

*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