



JUST SALAD NUTRITION GUIDE

**Ingredients, Nutritional +
Allergen Information**



TABLE OF CONTENTS

Nutritional Information

Ingredients	04
Dressings	06
Salads	07
Market Plates	07
Warm Bowls	08
Wraps	08
Digital Exclusives	09
Soups	09
Smoothies.....	10
Housemade Lemonades	10
Bread.....	10
Kids' Menu	10

Allergen Information

Ingredients	12
Dressings	14
Salads	14
Market Plates	15
Warm Bowls	15
Wraps	15
Digital Exclusives	16
Soups	16
Smoothies.....	16
Housemade Lemonades	16
Bread.....	17
Kids' Menu	17

NUTRITIONAL INFORMATION





INGREDIENTS

GREENS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arugula	15	0	0	0	0	20	2	1	1	2
Baby Spinach	15	0	0	0	0	40	2	1	0	2
Extra Crisp Romaine	30	0.5	0	0	0	15	6	4	2	2
Shredded Cabbage	70	0	0	0	0	65	16	6	8	4
Shredded Kale	20	0	0	0	0	20	5	2	1	2
Supergreens Blend	25	0	0	0	0	35	5	2	1	2

ESSENTIALS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Basmati Rice	45	0.5	0	0	0	65	9	0	0	0
Crispy Onions	35	2	0	0	0	65	4	0	0	0
Crunchy Tortilla	90	4	0.5	0	0	65	13	1	0	1
Crunchy Wonton Strips	110	4	1	0	0	200	16	0	0	3
Dried Cranberries	110	0	0	0	0	0	29	2	26	0
Edamame	50	0	0	0	0	0	4	3	0	5
Fresh Cilantro	0	0	0	0	0	0	0	0	0	0
Garlic Butter Croutons	120	4.5	1.5	0	0	280	16	1	1	3
Greek Medley	45	2.5	0	0	0	50	4	0	1	1
House-Cooked Chickpeas	20	0	0	0	0	0	4	0	0	1
Japanese Furikake Shake	5	0.5	0	0	0	20	0	0	0	0
Kale + Chickpea Salad	100	7	1	0	0	450	7	2	0	3
Organic Quinoa	90	3	0	0	0	5	13	2	0	3
Overnight Pickled Onion	15	0	0	0	0	70	3	0	2	0
Parsley	0	0	0	0	0	0	0	0	0	0
Roasted Beets	50	3.5	0	0	0	100	5	1	4	0
Roasted Corn	35	0.5	0	0	0	0	8	0	2	1
Roasted Sweet Potatoes	100	5	1	0	0	85	12	2	4	1
Shaved Broccoli	15	0	0	0	0	15	3	1	0	1
Sliced Apples	20	0	0	0	0	0	6	1	4	0
Sliced Carrots	15	0	0	0	0	25	3	1	1	0
Sliced Cucumbers	10	0	0	0	0	0	2	0	0	0





INGREDIENTS (CONTINUED)

Essentials (cont.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sliced Grape Tomatoes	10	0	0	0	0	0	2	0	1	0
Sliced Pepperoncini	15	0	0	0	0	860	4	0	2	0
Spicy Harissa Pita	80	2.5	0	0	0	150	12	0	0	2
Tajin® Spiced Pumpkin Seeds	140	6	1	0	0	340	17	6	0	6
PREMIUMS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Black Lentils	90	1.5	0	0	0	85	13	4	0	6
Bob's Red Mill® Hemp Hearts	60	5	0	0	0	0	0	0	0	3
Chopped Almonds	60	5	0	0	0	50	2	1	0	2
Hass Avocado	70	7	1	0	0	0	4	3	0	0
Homemade Avocado Mash	90	8	1	0	0	170	5	4	0	1
Homemade Pico de Gallo	15	0	0	0	0	350	3	0	2	0
Roasted Cauliflower	25	2	0	0	0	75	2	1	0	0.5
Roasted Fajitas + Corn	45	0.5	0	0	0	200	10	1	4	1
Roasted Mushrooms	50	3	0	0	0	200	6	2	3	2
CHEESE	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crumbled Feta	100	8	6	0	35	350	2	0	2	5
Grated Cotija	50	4.5	2.5	0	15	210	0	0	0	3
Hot Honey Goat Cheese	110	8	6	0	20	180	0	0	0	7
Sharp White Cheddar	110	9	5	0	30	190	0	0	0	6
Shaved Parmesan	120	8	4.5	0	25	500	4	0	0	8
Violife® Creamy Vegan Feta	60	4.5	4.5	0	0	210	3	0	0	0
PROTEIN	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Braised Chicken	200	13	3.5	0	115	370	0	0	0	21
Cage-free Jammy Egg*	70	4.5	1.5	0	185	70	0	0	0	6
Impossible™ Chicken (Plant-Based)	110	5	0.5	0	0	250	9	2	0	6
Organic Sesame Tofu	80	6	1	0	0	120	1	0	0	7
Oven Crispy Chicken	210	10	2	0	30	510	17	0	0	13
Oven Roasted Chicken	130	3	1	0	65	220	0	0	0	24

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. This notice applies to items marked with an asterisk ().





DRESSINGS (1 OZ)

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	160	18	1.5	0	0	45	2	0	1	0
Balsamic Vinegar	25	0	0	0	0	5	5	0	4	0
Buttermilk Ranch	120	13	2	0	10	120	0	0	0	0
Chipotle Vinaigrette	150	17	1	0	0	95	1	0	0	0
Cilantro Lime Vinaigrette	150	17	1.5	0	0	250	2	0	0	0
Creamy Caesar	150	15	3.5	0	15	240	0	0	0	3
Extra Virgin Olive Oil	250	28	4	0	0	0	0	0	0	0
Extra Virgin Olive Oil + Fresh Lemon	130	14	2	0	0	0	1	0	0	0
Fresh Lemon	10	0	0	0	0	0	3	0	0	0
Fresh Lime	10	0	0	0	0	0	3	0	0	0
Half Lemon + Balsamic Vinaigrette Drizzle	170	18	1.5	0	0	50	7	2	3	0
Honey Mustard Vinaigrette	110	9	0.5	0	0	140	8	0	7	0
Kale Pesto Vinaigrette	100	11	1.5	0	4	85	0	0	0	0.5
Lemon Basil Vinaigrette	120	13	1	0	0	75	1	0	0	0
Miso Ginger Vinaigrette	90	9	0.5	0	0	490	2	0	0	1
Olive Oil + Balsamic Vinegar	140	14	2	0	0	0	2	0	2	0
Olive Oil + Red Wine Vinegar	130	14	2	0	0	0	0	0	0	0
Red Wine Vinegar	5	0	0	0	0	0	0	0	0	0
Smoky Poblano Ranch	130	13	2	0	10	130	0	0	0	0
Spicy Buffalo Ranch	70	8	1	0	0	520	0	0	0	0
Thai Peanut	130	13	1.5	0	0	140	4	0	3	1
Yogurt Cucumber	35	3	0	0	0	65	1	0	0	2





SALADS

ICONICS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crispy Chicken Poblano	520	27	6	0	45	870	51	8	5	22
Thai Chicken Crunch	290	7	1.5	0	65	420	26	5	5	29
Tokyo Supergreens, Chicken	400	19	2.5	0	65	450	24	13	6	37
Tokyo Supergreens, Tofu	350	22	3	0	0	350	25	13	6	20
EARTH-FRIENDLY	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Earth Bowl	410	23	8	0	0	540	44	8	15	9
Earth Bowl w/ Chicken	540	26	9	0	65	720	44	8	15	33
Mezze Crunch	340	17	7	0	35	1170	37	8	12	16
Southwest Crunch	430	16	2.5	0	0	720	58	14	8	17
CLASSIC	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Chicken Avocado	360	17	3.5	0	250	270	20	8	5	35
Buffalo Chicken	410	25	10	0	140	670	20	7	7	32
Chicken Caesar	400	16	7	0	95	1000	27	4	3	37



MARKET PLATES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Braised Chicken + Pesto	590	33	9	0	140	1620	40	6	3	38
Chicken Fajita	480	25	5	0	115	1340	42	9	6	29
Chicken + Tzatziki Harvest	510	27	6	0	115	1100	39	6	4	30





WARM BOWLS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cilantro Lime Chicken	540	26	5	0	115	740	50	10	5	32
Edamame Crunch	370	21	2.5	0	0	590	31	9	8	20
Hot Honey Harvest	470	28	9	0	125	790	27	5	13	32



WRAPS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Buffalo Chicken	550	35	10	0	140	1300	49	37	4	44
Honey Crispy Chicken	660	34	9	0	65	1630	85	39	7	40
Spicy Chicken Caesar	560	27	8	0	95	1630	60	36	2	51
Vegan Chipotle	460	26	3	0	0	1050	66	41	3	24



DIGITAL EXCLUSIVES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Pita	480	25	10	0	150	910	36	8	10	34
Honey Crispy Chicken	500	23	8	0	65	1010	51	8	8	26
Plant Power	350	16	2	0	0	500	38	13	9	18
Protein Power	650	29	5	0	250	780	53	18	7	50
The Tex-Mex	710	43	11	0	140	1500	70	40	5	48



SOUPS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Noodle (S)	100	3	1	0	25	680	11	1	2	7
Chicken Noodle (L)	200	6	2	0	50	1360	22	2	4	14
Broccoli Cheddar (S)*	220	15	9	0	50	720	14	2	4	8
Broccoli Cheddar (L)*	440	30	18	0	100	1440	28	4	8	16
Chicken Poblano (S)*	250	15	9	0	60	860	19	3	5	10
Chicken Poblano (L)*	500	30	18	0	120	1720	38	6	10	20
Organic Lentil + Chickpea (S)*	160	2.5	0	0	0	730	28	9	5	8
Organic Lentil + Chickpea (L)*	320	5	0	0	0	1460	56	18	10	16
Spiced Pumpkin Bisque (S)*	210	11	7	0	35	360	23	2	13	4
Spiced Pumpkin Bisque (L)*	420	22	14	0	70	720	46	4	26	8

*Served when available.



SMOOTHIES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Almond Berry Blast	340	13	1	0	0	15	54	7	36	6
Detox Cleanse	45	0	0	0	0	30	12	3	6	2
PB Protein	470	11	1	0	0	300	68	7	44	30
Strawberry Banana	280	5	0.5	0	0	15	59	7	39	4
Vegan Protein Powder	100	2.5	0	0	0	260	0	1	0	20

HOUSEMADE LEMONADES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cucumber Mint Lemonade	130	0	0	0	0	15	32	1	23	0
Pineapple Lemonade	130	0	0	0	0	20	33	1	27	0
Strawberry Lemonade	140	0	0	0	0	10	36	2	28	0

BREAD

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Batard Bread - 1 Slice	60	0	0	0	0	125	13	0	1	2
Chocolate Chip Cookies	130	7	4	0	20	150	16	1	10	2
HERO Wraps™	170	11	1	0	0	640	36	33	0	15

KIDS' MENU

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ah Ah Almond Berry	260	13	1	0	0	10	34	7	18	7
B Is For Banana	200	5	0.5	0	0	10	39	7	21	4
Happy to be Harvest	290	11	4.5	0	80	430	19	4	6	30
Me Want Caesar	300	6	1.5	0	70	350	34	5	19	28
Om Nom Nom Bowl	330	9	1.5	0	65	340	34	4	3	29



ALLERGEN INFORMATION



INGREDIENTS

GREENS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Arugula									X	X
Baby Spinach									X	X
Extra Crisp Romaine									X	X
Shredded Cabbage									X	X
Shredded Kale									X	X
Supergreens Blend									X	X
ESSENTIALS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetari- an?	Is It Vegan?	Is It Paleo?
Basmati Rice									X	X
Crispy Onions	X							X		
Crunchy Tortilla									X	
Crunchy Wonton Strips	X				X	X		X		
Dried Cranberries									X	
Edamame						X			X	X
Fresh Cilantro									X	X
Garlic Butter Croutons	X	X						X		
Greek Medley									X	
House-Cooked Chickpeas									X	X
Japanese Furikake Shake							X		X	
Kale + Chickpea Salad									X	
Organic Quinoa									X	X
Overnight Pickled Onion									X	
Parsley									X	
Roasted Beets									X	X
Roasted Corn									X	
Roasted Sweet Potatoes									X	X
Shaved Broccoli									X	X
Sliced Apples									X	X
Sliced Carrots									X	X
Sliced Cucumbers									X	X
Sliced Grape Tomatoes									X	X
Sliced Pepperoncini									X	
Spicy Harissa Pita	X								X	
Tajin® Spiced Pumpkin Seeds				X					X	



INGREDIENTS (CONTINUED)

PREMIUMS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Black Lentils									X	
Bob's Red Mill® Hemp Hearts									X	
Chopped Almonds				X					X	
Hass Avocado									X	
Homemade Avocado Mash									X	
Homemade Pico de Gallo									X	
Roasted Cauliflower									X	
Roasted Fajitas + Corn									X	
Roasted Mushrooms									X	
CHEESE	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Crumbled Feta		X						X		
Grated Cotija		X						X		
Hot Honey Goat Cheese		X						X		
Sharp White Cheddar		X						X		
Shaved Parmesan		X						X		
Violife® Creamy Vegan Feta									X	
PROTEIN	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Braised Chicken						X				
Cage-free Jammy Egg*					X			X		X
Impossible™ Chicken (Plant-Based)	X					X			X	
Organic Sesame Tofu						X	X		X	
Oven Crispy Chicken	X					X				
Oven Roasted Chicken						X				

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. This notice applies to items marked with an asterisk ().



DRESSINGS (1 OZ)

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Balsamic Vinaigrette						X			X	
Balsamic Vinegar									X	
Buttermilk Ranch		X			X			X		
Chipotle Vinaigrette 🔥						X			X	
Cilantro Lime Vinaigrette						X			X	
Creamy Caesar		X	X		X	X				
Extra Virgin Olive Oil									X	
Extra Virgin Olive Oil + Fresh Lemon									X	
Fresh Lemon									X	
Fresh Lime									X	
Half Lemon + Balsamic Vinaigrette Drizzle						X			X	
Honey Mustard Vinaigrette						X		X		
Kale Pesto Vinaigrette		X				X		X		
Lemon Basil Vinaigrette						X			X	
Miso Ginger Vinaigrette						X	X		X	
Olive Oil + Balsamic Vinegar									X	
Olive Oil + Red Wine Vinegar									X	
Red Wine Vinegar									X	
Smoky Poblano Ranch 🔥		X			X			X		
Spicy Buffalo Ranch 🔥		X			X			X		
Thai Peanut 🔥	X			X		X	X		X	
Yogurt Cucumber		X						X		

SALADS

ICONICS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Crispy Chicken Poblano	X	X				X				
Thai Chicken Crunch 🔥	X				X	X				
Tokyo Supergreens, Chicken				X		X	X			
Tokyo Supergreens, Tofu				X		X	X		X	

 Spicy



SALADS (CONTINUED)

EARTH-FRIENDLY	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Earth Bowl				X					X	
Earth Bowl w/ Chicken				X		X				
Mezze Crunch	X	X						X		
Southwest Crunch	X					X			X	
CLASSIC	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Balsamic Chicken Avocado					X	X				
Buffalo Chicken 🔥	X	X				X				
Chicken Caesar	X	X				X				

MARKET PLATES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Braised Chicken + Pesto		X				X				
Chicken Fajita						X				
Chicken + Tzatziki Harvest						X				

WARM BOWLS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Cilantro Lime Chicken	X	X				X				
Edamame Crunch 🔥	X			X		X	X		X	
Hot Honey Harvest		X				X				

WRAPS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Buffalo Chicken 🔥	X	X				X				
Honey Crispy Chicken	X	X				X				
Spicy Chicken Caesar 🔥	X	X				X				
Vegan Chipotle	X					X			X	


 Spicy



DIGITAL EXCLUSIVES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Chicken Pita 🍷	X	X				X				
Honey Crispy Chicken	X	X				X				
Plant Power				X		X			X	
Protein Power					X	X				
The Tex-Mex	X	X				X				

SOUPS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Chicken Noodle	X				X					
Broccoli Cheddar*	X	X								
Chicken Poblano* 	X	X								
Organic Lentil + Chickpea*									X	
Spiced Pumpkin Bisque*		X								

*Served when available.

SMOOTHIES

[illegible]

HOUSEMADE LEMONADES

[illegible]

BREAD

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Batard Bread (NYC)	X			X		X			X	
Chocolate Chips Cookies	X	X			X	X				
HERO Wraps™	X								X	

KIDS' MENU

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vege- tarian?	Is It Vegan?	Is It Paleo?
Ah Ah Almond Berry				X					X	
B Is For Banana									X	
Happy to be Harvest		X				X				
Me Want Caesar	X	X				X				
Om Nom Nom Bowl						X				

Our food may contain or come into contact with common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish, or gluten. If you have a food allergy or intolerance, please notify us before placing your order.

Nutritional information provided is based on standard recipes and serving sizes. Actual nutritional values may vary due to preparation techniques, ingredient substitutions, and regional differences.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information is available upon request.

