

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps

	SALAD	WRAP
CAESAR <small>VEGETARIAN</small> 162 Cal (chicken +63, tofu +34, shrimp +30, salmon +147 Cal) Romaine Lettuce, Shaved Parmesan, Multigrain Croutons Suggested Dressing: Caesar 140 Cal	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, Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal	7.25 chicken +1.50 shrimp +1.50	6.75 +1.50
BUFFALO CHICKEN 333 Cal Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips Suggested Dressing: Buttermilk Ranch 140 Cal	7.25	6.75
ASIAN SESAME GRAIN 401 Cal Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa, shrimp String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 125 Cal	7.25 +1.50	6.75 +1.50
MEDITERRANEAN MIX 409 Cal <small>VEGETARIAN</small> Romaine, Chickpeas, Crumbled Feta, Kalamata Olives, Lentils, Seedless Cucumbers Suggested Dressing: Olive Oil/Balsamic Vinegar 125 Cal	7.45	6.75
HUDSON VALLEY MIX 346 Cal <small>VEGETARIAN</small> Baby Spinach, Butternut Squash, Broccoli, Apples, Goat Cheese, Beets, Pumpkin Seeds, Multigrain Croutons Suggested Dressing: Low-Fat Horseradish Chive 24 Cal	8.25	7.25
IMMUNITY BOWL 464 Cal Mesclun, Grilled Salmon, Butternut Squash, Dried Cranberries, Wheatberries, Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal	9.75	8.99
THE CALIFORNIA 365 Cal Iceberg, Grilled Chicken, Avocado, Egg Whites, Tomatoes, Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 67 Cal	8.25	7.45
TUNA NEE-SWAH 361 Cal Romaine, Albacore Tuna, Kalamata Olives, String Beans, Hard-Boiled Egg Suggested Dressing: Olive Oil & Half Fresh Lemon 240 Cal	8.99	8.25
ROASTED TURKEY HEALTH COBB 336 Cal Iceberg-Romaine Mix, Roasted Turkey, Egg Whites, Tomatoes, Avocado, Reduced-Fat Swiss Suggested Dressing: Buttermilk Ranch 140 Cal	9.25	8.45

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	8.99	8.25
TEXAS TWO STEP 385 Cal Romaine, Black Beans & Corn, Roasted Red Peppers, Green Peppers, Buffalo Chicken, Reduced-Fat Cheddar Suggested Dressing: Chilled Avocado 25 Cal	8.25	7.45
JS TURKEY CLUB 422 Cal Iceberg-Romaine Mix, Roasted Turkey Breast, Reduced-Fat Swiss, Turkey Bacon, Tomatoes, Multigrain Croutons Suggested Dressing: Fat-Free Ranch 25 Cal	8.99	7.99
CHIPOTLE COWBOY 430 Cal Romaine-Iceberg Mix, Grilled Chicken, Pepper Jack Cheese, Black Beans, Cilantro, Crunchy Onions, Avocado Suggested Dressing: Chipotle Vinaigrette 73 Cal	8.99	8.25

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

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

BABY SPINACH 26 cal ICEBERG 30 cal MESCLUN 27 cal
RED CABBAGE 54 cal ROMAINE 24 cal ARUGULA (+75¢) 34 cal

WRAPS

WHOLE WHEAT 198 cal

\$6.99

4 FREE essentials
Additional toppings 50¢ each

+2 more
when you reuse your bowl

ESSENTIALS

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
Corn
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

PREMIUM

Avocado 1.00
Hearts of Palm 1.00
Kalamata Olives .75
Portabella Mushrooms .75
Sesame Grilled Tofu 1.00

PROTEIN

Buffalo Chicken GRILLED 2.25
Chicken GRILLED 1.99
Pesto Chicken GRILLED 2.25
Turkey Bacon 1.75
Turkey HOUSE-ROASTED 2.50

SEAFOOD

Albacore Tuna 2.50
Shrimp STEAMED 3.25
Salmon GRILLED 4.50

CHEESE

Crumbled Bleu 1.00
Crumbled Feta 1.00
Fresh Mozzarella 1.00
Goat Cheese MONTCHEVRE 1.50
Pepper Jack CABOT .75
Reduced-Fat Cheddar .75
Reduced-Fat Swiss .75
Shaved Parmesan 1.00

Low Sodium	<input checked="" type="checkbox"/>	No Carbs	<input checked="" type="checkbox"/>
No Dairy	<input checked="" type="checkbox"/>	Low Carb	<input checked="" type="checkbox"/>
Vegan	<input checked="" type="checkbox"/>	Gluten-Free	<input checked="" type="checkbox"/>
No Sugar	<input checked="" type="checkbox"/>	No Cholesterol	<input checked="" type="checkbox"/>

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

LOW-FAT

Balsamic Vinaigrette 67 Cal
Horseradish Chive 24 Cal
Yogurt Cucumber 15 Cal

FAT-FREE

Far East Mandarin 17 Cal
Fresh Lemon Juice 5 Cal
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

Soup

\$4.99 (large)

\$2.99 (small)

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

ADD A
SMALL SOUP
to any meal
\$2.29

Grab n' Go

Chobani Yogurt \$2.99 Fruit Salad \$3.99

Snack

Protein Cookies \$2.99 Pop Chips \$1.99 FSTG Chips \$1.75
Famous Amos Cookies \$1.50 Stacy's Pita Chips \$1.99
Deep River Chips \$1.75 Pirate's Booty \$1.75

Sip

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

May not be available at all locations.



Fresh Smoothie 4.95
Protein Boost +1.00



Cup of Yogurt 3.45
(includes one free drizzle)
Toppings / Drizzles +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

DRIZZLES

Strawberry
Blueberry
Mango

TOPPINGS

Sliced Almonds
Shaved Coconut
Mini Chocolate Chips

DRIZZLE - Our homemade blend of freshly pureed fruit,
agave nectar, and a touch of lemon.

Nutrition Facts

(Serving size: One cup of plain yogurt)

Calories108
Total Fat0g
Carbs27g
Sodium20mg
Sugars21g
Vitamin C54%

SPRING SEASONAL



SPRING BOOTY SLIMDOWN 317 Cal **7.99** **7.45**
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 **7.99** **7.45**
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** **8.45**
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 **8.99** **8.45**
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

*Add 198 calories for wraps.