

Soup

\$4.95
(large)

\$2.95
(small)

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

Grab n' Go

Fage Yogurt \$3.50 Fruit Salad \$3.99

Snack

Protein Cookies \$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 \$1.75

Sip

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

ADD A
SMALL SOUP
to any meal
\$1.99

May not be available at all locations.



the
Culture
bar



Probiotic Smoothie 4.95
Protein Boost +1.00

Cup of Yogurt 3.45
(includes one free drizzle)
Toppings / Drizzles +1.00

STRAWBERRY BANANA cal 203
Strawberries, Banana, Apple Juice, Fat-Free Frozen Yogurt

BERRY WILD cal 203
Blueberries, Strawberries, Soy Milk, Fat-Free Frozen Yogurt

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

BANANA COCO-NUTTY cal 307
Soy Milk, Banana, Coconut, Almonds, Agave Nectar
(dairy-free; does not contain probiotics)

Protein Boost +1.00

Hemp Protein
Great source of fiber. Vegetarian and certified organic

Whey Protein
Great source of amino acids

Soy Protein
Easily digestible and a vegetarian protein source

DRIZZLES **TOPPINGS**
Strawberry Sliced Almonds
Blueberry Shaved Coconut
Mango Valrhona Chocolate Pearls

Ask about our seasonal drizzle!

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
Sodium20g
Sugars21g
Vitamin C54%

MENU

BY CHEF LAURA PENSIERO



just salad
NEW YORK • HONG KONG



Order Online
JUSTSALAD.COM
We deliver! (212) 244-1111

REACH US
Phone: (212) 244-1111
Catering: (212) 244-1111
Email: comments@justsalad.com
Website: justsalad.com

LOCATIONS

NYC
Chelsea: 706 6th Ave (btwn 22nd & 23rd St)
Murray Hill: 600 3rd Ave (btwn 39th & 40th St)
Midtown East: 320 Park Ave (enter on 51st St)
Midtown: 30 Rockefeller Plaza (concourse level btwn 49th & 50th St)
Fashion District: 134 W. 37th St (btwn 7th Ave & Broadway)
Financial District: 100 Maiden Ln (btwn Gold and Pearl St)

HK
30-34 Cochrane St, Central, Hong Kong
19 Des-Voeux Rd, Central, Hong Kong

\$1 Reuse
& get 2 FREE
Essentials

CHEF-DESIGNED SALADS & WRAPS

BY CHEF
LAURA
PENSIERO

Substitute tofu for any protein | Add 198 calories for wraps, FAT-FREE

SALAD WRAP

CAESAR 227 Cal
Romaine Lettuce, Shaved Parmesan, Multigrain Croutons
Suggested Dressing: Caesar 140 Cal

THAI CHICKEN CRUNCH 281 Cal
Iceberg-Romaine Mix, Red Cabbage, Grilled Chicken, Carrots,
Celery, Crispy Wontons Suggested Dressing: Spicy Thai Peanut 135 Cal

BUFFALO CHICKEN 334 Cal
Iceberg-Romaine Mix, Buffalo Chicken, Pepper Jack Cheese, Celery, Tortilla Strips
Suggested Dressing: Buttermilk Ranch 140 Cal

ASIAN SESAME GRAIN 453 Cal
Iceberg-Red Cabbage-Mesclun Mix, Grilled Chicken, Wheatberries, Quinoa,
String Beans, Crispy Wontons Suggested Dressing: Asian Sesame 125 Cal

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

IMMUNITY BOWL 464 Cal
Mesclun, Salmon, Butternut Squash, Dried Cranberries, Wheatberries,
Seedless Cucumbers Suggested Dressing: Lemon Vinaigrette 130 Cal

THE CALIFORNIA 365 Cal
Iceberg, Grilled Chicken, Avocado, Egg Whites, Grape Tomatoes,
Toasted Almonds Suggested Dressing: Low-Fat Balsamic Vinaigrette 67 Cal

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

JS TUNA 335 Cal
Romaine, Albacore Tuna, Sliced Avocado, Chickpeas, Shredded Carrots
Suggested Dressing: Lemon Vinaigrette 130 Cal

JUST SALAD SIGNATURE 424 Cal
Baby Spinach, Apples, Turkey Bacon, Walnuts, Red Onions,
Reduced-Fat Cheddar Suggested Dressing: Sherry Shallot Vinaigrette 129 Cal

PESTO CHICKEN PARADISE 471 Cal
Arugula-Mesclun Mix, Pesto Chicken, Broccoli, Sun-Dried Tomatoes, Toasted
Almonds, Red Onions Suggested Dressing: Olive Oil & Balsamic Vinegar 125 Cal

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

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

THE TUSCAN 440 Cal
Romaine, Pesto Chicken, Sun-dried Tomatoes, Mozzarella, Artichoke Hearts,
Grape Tomatoes Suggested Dressing: Olive Oil & Balsamic Vinegar 125 Cal

tofu/chicken	6.99	6.50
shrimp	+1.50	+1.50
salmon	+2.00	+2.00
chicken	7.25	6.75
shrimp	+1.50	+1.50
	7.25	6.75
	7.25	6.50
shrimp	+1.50	+1.50
	8.25	7.25
	9.75	8.95
	8.25	7.45
	7.45	6.75
	7.95	6.95
	8.75	7.75
	8.95	8.25
	8.25	7.45
	8.95	7.95
	8.95	8.25

Order online at justsalad.com or call us at (212) 244-1111

CUSTOM SALADS & WRAPS

MIX & MATCH GREENS

- BABY SPINACH
- ICEBERG
- MESCLUN
- RED CABBAGE
- ROMAINE
- ARUGULA (+75¢)



4 FREE essentials
Additional toppings 50¢ each



+2 more
when you reuse your bowl

\$6.95

WRAPS

WHOLE WHEAT

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
- Grape Tomatoes
- Green Peppers
- Hard-Boiled Egg
- Jalapenos FRESH
- Lentils
- Mandarin Oranges
- Pumpkin Seeds
- Quinoa
- Radishes
- Red Onions
- Red Peppers ROASTED
- String Beans
- Sun-Dried Tomatoes
- Tortilla Strips
- Walnuts
- Wheatberries
- White Mushrooms

PREMIUM

- Avocado .95
- Hearts of Palm .95
- Kalamata Olives .75
- Portabella Mushrooms .75
- Sesame Grilled Tofu .95

PROTEIN

- Buffalo Chicken GRILLED 2.25
- Chicken GRILLED 1.99
- Pesto Chicken GRILLED 2.25
- Turkey Bacon SMOKED 1.75
- Honey-Glazed Turkey SLICED 1.99

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 1.50
- Pepper Jack CABOT .75
- Reduced-Fat Cheddar .75
- Reduced-Fat Swiss .75
- Shaved Parmesan 1.00

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

LOW-FAT

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

FAT-FREE

- Far East Mandarin 17 Cal
- Fresh Squeezed Lemon Juice 0 Cal
- Honey-Herb Dijon 50 Cal
- Ranch 25 Cal
- Raspberry Vinaigrette 34 Cal
- Red Wine Vinegar 0 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 124 Cal
- Olive Oil 240 Cal

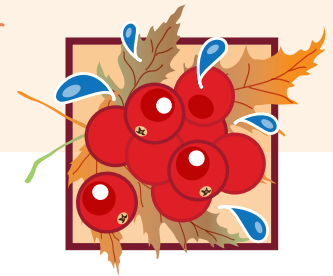
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CHEF-DESIGNED VALUE

CHEF-DESIGNED HEALTH

CHEF-DESIGNED AWESOME

Fall Seasonal



Seasonal Dressing:
**Cranberry-Maple
Splash** 90 Cal



Seasonal Ingredients:
Roasted Turkey-\$2.50
Fresh Bartlett Pear
Kale Lettuce

	SALAD	WRAP
 FALL SUPERFOOD 349 Cal*	7.95	7.25
 BUFFALO BLUES 630 Cal*	8.45	7.65
 ROASTED TURKEY HEALTH COBB 259 Cal*	9.25	8.45
 FALL SLIMDOWN 345 Cal*	7.65	7.25



Spinach-Kale-Red Cabbage Mix, Broccoli,
Butternut Squash, Pumpkin Seeds, Wheatberries,
Fresh Beets, Sesame Grilled Tofu

Suggested Dressing: Olive Oil & Balsamic Mix 125 Cal



Iceberg-Romaine Mix, Buffalo Chicken, Walnuts,
Bartlett Pear, Bleu Cheese, Multigrain Croutons

Suggested Dressing: Smokey Poblano Ranch 130 Cal



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

Suggested Dressing: Buttermilk Ranch 140 Cal



Kale-Iceberg Lettuce Mix, Dried Cranberries,
Walnuts, White Mushrooms, Sliced Radishes,
Reduced-Fat Cheddar

Suggested Dressing: Cranberry-Maple Splash 90 Cal

*Add 260 calories
for wraps.