



just salad

2019 ALLERGEN + NUTRITION GUIDE

HOUSE-MADE DRESSINGS

Information is based on 1 oz serving size

| | Dairy Free | Gluten Free | Nut Free | Contains Seafood | Soy Free | Spicy | Vegan | Calories | Calories from Fat | Fat Grams | Sat Fat Grams | Trans Fat Grams | Chol MGS | Sodium MGS | Total Carb Grams | Fiber Grams | Sugar Grams | Protein Grams |
|-------------------------|------------|-------------|----------|------------------|----------|-------|-------|----------|-------------------|-----------|---------------|-----------------|----------|------------|------------------|-------------|-------------|---------------|
| Balsamic Vinaigrette | ✓ | ✓ | ✓ | | | | ✓ | 130 | 130 | 14 | 2 | 0 | 0 | 80 | 2 | 0 | 0 | 0 |
| Chipotle Vinaigrette | ✓ | ✓ | | | | ✓ | ✓ | 140 | 140 | 15 | 2 | 0 | 0 | 150 | 2 | 0 | 2 | 0 |
| Creamy Caesar | | ✓ | ✓ | ✓ | | | | 160 | 160 | 18 | 3 | 0 | 20 | 240 | 0 | 0 | 0 | 2 |
| Miso Ginger Vinaigrette | ✓ | | | | | | ✓ | 110 | 100 | 11 | 1.5 | 0 | 0 | 400 | 3 | 0 | 2 | <1 |
| Kale-Pesto Vinaigrette | | ✓ | ✓ | | | | | 130 | 130 | 14 | 2 | 0 | 0 | 105 | 0 | 0 | 0 | <1 |
| Lemon Basil Vinaigrette | ✓ | ✓ | ✓ | | | | ✓ | 115 | 110 | 13 | 1.5 | 0 | 0 | 95 | 0 | 0 | 0 | 0 |
| Spicy Turmeric Tahini | ✓ | ✓ | | | | ✓ | ✓ | 110 | 110 | 12 | 1.5 | 0 | 0 | 140 | 1 | 0 | 1 | 2 |
| Buttermilk Ranch | | ✓ | ✓ | | | | | 130 | 130 | 15 | 2.5 | 0 | 10 | 15 | <1 | 0 | 0 | 0 |
| Spicy Thai Peanut | ✓ | | | ✓ | | ✓ | | 135 | 110 | 13 | 2 | 0 | 0 | 170 | 4 | <1 | 3 | 2 |
| Smoky Poblano Ranch | | ✓ | ✓ | | | ✓ | | 95 | 90 | 11 | 1.5 | 0 | 10 | 135 | <1 | 0 | 0 | 0 |
| Low-Fat Yogurt Cucumber | | ✓ | ✓ | | | | | 40 | 35 | 4 | 0.5 | 0 | <5 | 135 | 2 | 0 | 1 | <1 |
| Low-Fat Spicy Avocado | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | 15 | 10 | 1 | 0 | 0 | 0 | 180 | 2 | <1 | 1 | 0 |
| Fat-Free Spicy Buffalo | | ✓ | ✓ | | ✓ | ✓ | | 5 | 0 | 0 | 0 | 0 | 0 | 810 | 2 | 0 | <1 | 0 |
| Olive Oil | ✓ | ✓ | ✓ | | ✓ | | ✓ | 60 | 60 | 7 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Balsamic Vinegar | ✓ | ✓ | ✓ | | ✓ | | ✓ | 15 | 0 | 0 | 0 | 0 | 0 | 10 | 2 | 0 | 4 | 0 |
| Fresh Half Lemon | ✓ | ✓ | ✓ | | ✓ | | ✓ | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | <1 | <1 | 0 |
| Red Wine Vinegar | ✓ | ✓ | ✓ | | ✓ | | ✓ | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

TOPPINGS

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|--------------------------|------------|-------------|----------|------------------|----------|-------|-------|----------|-------------------|-----------|---------------|-----------------|----------|------------|------------------|-------------|-------------|---------------|--|
| VEGETABLES | | | | | | | | | | | | | | | | | | | |
| Beets, Raw | ✓ | ✓ | ✓ | | ✓ | | ✓ | 21 | 0 | 0 | 0 | 0 | 0 | 38 | 5 | 1 | 3 | 1 | |
| Black Beans | ✓ | ✓ | ✓ | | ✓ | | ✓ | 87 | 0 | 0 | 0 | 0 | 0 | 1 | 16 | 6 | 0 | 6 | |
| Broccoli, Raw | ✓ | ✓ | ✓ | | ✓ | | ✓ | 20 | 10 | 1 | 0 | 0 | 0 | 65 | 2 | 0 | 0 | 1 | |
| Brown Rice | ✓ | ✓ | ✓ | | ✓ | | ✓ | 100 | 5 | 0.5 | 0 | 0 | 0 | 0 | 20 | 2 | 0 | 2 | |
| Carrots | ✓ | ✓ | ✓ | | ✓ | | ✓ | 20 | 0 | 0 | 0 | 0 | 0 | 30 | 4 | 1 | 2 | 0 | |
| Carrot & Edamame Slaw | ✓ | | ✓ | | | | ✓ | 40 | 20 | 2.5 | 0 | 0 | 0 | 65 | 4 | 1 | 2 | 2 | |
| Charred Corn | ✓ | ✓ | ✓ | | | | ✓ | 80 | 0 | 0.5 | 0 | 0 | 0 | 10 | 16 | 2 | 5 | 3 | |
| Celery | ✓ | ✓ | ✓ | | ✓ | | ✓ | 5 | 0 | 0 | 0 | 0 | 0 | 35 | 1 | >1 | >1 | 0 | |
| Chickpeas | ✓ | ✓ | ✓ | | ✓ | | ✓ | 90 | 15 | 1.5 | 0 | 0 | 0 | 0 | 15 | 4 | 3 | 5 | |
| Cilantro | ✓ | ✓ | ✓ | | ✓ | | ✓ | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Cucumbers | ✓ | ✓ | ✓ | | ✓ | | ✓ | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | >1 | 1 | 0 | |
| Edamame | ✓ | ✓ | ✓ | | | | ✓ | 60 | 20 | 2.5 | 0 | 0 | 0 | 0 | 4 | 2 | 1 | 5 | |
| Furikake Shake | ✓ | ✓ | ✓ | | | | ✓ | 0 | 0 | 0 | 0 | 0 | 0 | 15 | >1 | >1 | 0 | 0 | |
| Grape Tomatoes | ✓ | ✓ | ✓ | | ✓ | | ✓ | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | >1 | 2 | >1 | |
| Jalapeños | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | 0 | 0 | 0 | 0 | 0 | 0 | 0 | >1 | 0 | 0 | 0 | |
| Pickled Red Onions | ✓ | ✓ | ✓ | | ✓ | | ✓ | 20 | 0 | 0 | 0 | 0 | 0 | 360 | 5 | 0 | 3 | 0 | |
| Kale & Broccoli Parmesan | | ✓ | ✓ | | | | | 70 | 50 | 6 | 1.5 | 0 | 5 | 140 | 2 | 0 | 0 | 3 | |
| Supergreens Blend | ✓ | ✓ | ✓ | | ✓ | | ✓ | 70 | 5 | 0.5 | 0 | 0 | 0 | 120 | 14 | 6 | 3 | 5 | |
| Roasted Sweet Potatoes | ✓ | ✓ | ✓ | | ✓ | | ✓ | 50 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 2 | 4 | 1 | |

TOPPINGS

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|----------------------------|------------|-------------|----------|------------------|----------|-------|-------|----------|-------------------|-----------|---------------|-----------------|----------|------------|------------------|-------------|-------------|---------------|
| FRUITS | | | | | | | | | | | | | | | | | | |
| Apples | ✓ | ✓ | ✓ | | ✓ | | ✓ | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | <1 | 4 | 0 |
| Dried Cranberries | ✓ | ✓ | ✓ | | ✓ | | ✓ | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 1 | 18 | 0 |
| GRAINS + NUTS | | | | | | | | | | | | | | | | | | |
| Brown Rice | ✓ | ✓ | ✓ | | ✓ | | ✓ | 100 | 0.5 | 0 | 0 | 0 | 0 | 0 | 21 | 2 | 0 | 2 |
| Roasted Pumpkin Seeds | ✓ | | | | | | ✓ | 130 | 100 | 11 | 2 | 0 | 0 | 0 | 3 | 1 | 0 | 7 |
| Mexican Quinoa | ✓ | ✓ | ✓ | | ✓ | | ✓ | 190 | 25 | 2.5 | 0 | 0 | 0 | 50 | 34 | 4 | 2 | <1 |
| CRUNCH | | | | | | | | | | | | | | | | | | |
| Crunchy Onions | | | | | | | | 60 | 45 | 4.5 | 2.5 | 0 | 0 | 65 | 5 | 0 | 0 | 0 |
| Croutons | | | ✓ | | | | | 120 | 40 | 4.5 | 0 | 0 | 0 | 180 | 13 | 0 | 0 | 3 |
| Pita Chips | ✓ | | ✓ | | ✓ | | ✓ | 80 | 20 | 2 | 0 | 0 | 0 | 115 | 13 | 1 | 0 | 2 |
| Tortilla Chips | ✓ | ✓ | ✓ | | ✓ | | ✓ | 45 | 25 | 2.5 | 0 | 0 | 0 | 25 | 5 | 0 | 0 | 1 |
| Wonton | ✓ | | | | | | ✓ | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 0 | 0 |
| PREMIUMS | | | | | | | | | | | | | | | | | | |
| Roasted Almonds | ✓ | ✓ | | | ✓ | | ✓ | 80 | 60 | 7 | 0.5 | 0 | 0 | 0 | 3 | 2 | <1 | 3 |
| Spicy Avocado Mash | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | 90 | 70 | 8 | 1 | 0 | 0 | 70 | 5 | 4 | 0 | 1 |
| Avocado | ✓ | ✓ | ✓ | | ✓ | | ✓ | 80 | 60 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | <1 |
| Kalamata Olives | ✓ | ✓ | ✓ | | ✓ | | ✓ | 190 | 160 | 18 | 0 | 0 | 0 | 1060 | 9 | 0 | 0 | 0 |
| Quinoa & Farro | ✓ | | ✓ | | ✓ | | ✓ | 150 | 40 | 4.5 | 1 | 0 | 0 | 110 | 25 | 2 | 1 | 5 |
| Roasted Balsamic Mushrooms | ✓ | ✓ | ✓ | | ✓ | | ✓ | 50 | 30 | 3.5 | 0.5 | 0 | 0 | 170 | 3 | <1 | 2 | 2 |
| Sautéed Kale Salad | ✓ | ✓ | | | ✓ | | ✓ | 110 | 40 | 4.5 | 0.5 | 0 | 0 | 190 | 13 | 4 | 1 | 4 |
| Walnuts | ✓ | ✓ | | | ✓ | | ✓ | 140 | 120 | 14 | 1.5 | 0 | 0 | 0 | 2 | 1 | <1 | 3 |

TOPPINGS

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|----------------------|------------|-------------|----------|------------------|----------|-------|-------|----------|-------------------|-----------|---------------|-----------------|----------|------------|------------------|-------------|-------------|---------------|
| PROTEINS | | | | | | | | | | | | | | | | | | |
| Chicken Barbacoa | ✓ | ✓ | ✓ | | ✓ | ✓ | | 140 | 40 | 4.5 | 1 | 0 | 40 | 700 | 11 | 2 | 6 | 14 |
| Grilled Chicken | ✓ | ✓ | ✓ | | | | | 90 | 15 | 1.5 | 0 | 0 | 50 | 250 | 2 | 0 | <1 | 16 |
| Breaded Chicken | ✓ | | ✓ | | ✓ | | | 130 | 25 | 3 | 0 | 0 | 20 | 560 | 17 | 0 | 0 | 10 |
| Buffalo Chicken | | ✓ | ✓ | | | ✓ | | 110 | 20 | 2 | 0 | 0 | 55 | 1360 | 6 | 0 | 2 | 18 |
| Egg Whites | ✓ | ✓ | ✓ | | ✓ | | | 15 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 | 0 | 3 |
| Hard-Boiled Eggs | ✓ | ✓ | ✓ | | ✓ | | | 70 | 45 | 5 | 1.5 | 0 | 180 | 60 | <1 | 0 | <1 | 6 |
| Roasted Turkey | ✓ | ✓ | ✓ | | ✓ | | | 60 | 15 | 2 | 0 | 0 | 30 | 290 | 1 | 0 | 0 | 12 |
| Ahi Tuna | ✓ | ✓ | ✓ | ✓ | | | | 45 | 0 | 0 | 0 | 0 | 15 | 115 | 0 | 0 | 0 | 10 |
| Grilled Steak | ✓ | ✓ | ✓ | | ✓ | | | 90 | 40 | 4.5 | 0 | 0 | 30 | 430 | 1 | 0 | 0 | 9 |
| Organic Sesame Tofu | ✓ | | | | | | ✓ | 120 | 80 | 9 | 1.5 | 0 | 0 | 950 | 3 | 1 | 0 | 6 |
| CHEESE | | | | | | | | | | | | | | | | | | |
| Crumbled Blue Cheese | | ✓ | ✓ | | ✓ | | | 140 | 100 | 12 | 8 | 0 | 30 | 460 | <1 | 0 | 0 | 9 |
| Cotija Cheese | | ✓ | ✓ | | ✓ | | | 160 | 110 | 12 | 8 | 0 | 40 | 670 | 0 | 0 | 0 | 8 |
| Feta | | ✓ | ✓ | | ✓ | | | 110 | 80 | 9 | 6 | 0 | 35 | 370 | 2 | 0 | 2 | 6 |
| Goat Cheese | | ✓ | ✓ | | ✓ | | | 80 | 60 | 6 | 4.5 | 0 | 15 | 105 | <1 | 0 | <1 | 4 |
| Sharp White Cheddar | | ✓ | ✓ | | ✓ | | | 130 | 100 | 11 | 7 | 0 | 35 | 210 | <1 | 0 | 0 | 8 |
| Pepper Jack | | ✓ | ✓ | | ✓ | ✓ | | 155 | 110 | 13 | 8 | 0 | 40 | 240 | 0 | 0 | 0 | 10 |
| Shaved Parmesan | | ✓ | ✓ | | ✓ | | | 140 | 70 | 7 | 6 | 0 | 30 | 310 | 0 | 0 | 0 | 11 |

SIGNATURE SALADS

| | Dairy Free | Gluten Free | Nut Free | Contains Seafood | Soy Free | Spicy | Vegan | Calories | Calories from Fat | Fat Grams | Sat Fat Grams | Trans Fat Grams | Chol MGS | Sodium MGS | Total Carb Grams | Fiber Grams | Sugar Grams | Protein Grams |
|--------------------------------|------------|-------------|----------|------------------|----------|-------|-------|----------|-------------------|-----------|---------------|-----------------|----------|------------|------------------|-------------|-------------|---------------|
| Buffalo Chicken | | ✓ | ✓ | | | ✓ | | 340 | 160 | 17 | 9 | 0 | 95 | 1680 | 19 | 5 | 5 | 31 |
| Chicken Caesar | | | ✓ | | | | | 370 | 120 | 13 | 5 | 0 | 75 | 740 | 22 | 4 | 3 | 32 |
| Modern Greek Crunch | | | ✓ | | ✓ | | | 330 | 120 | 13 | 6 | 0 | 35 | 980 | 39 | 12 | 10 | 15 |
| The California | ✓ | ✓ | | | | | | 380 | 220 | 24 | 2.5 | 0 | 50 | 380 | 21 | 11 | 7 | 28 |
| Chipotle Cowboy | | | ✓ | | | ✓ | | 510 | 250 | 27 | 12 | 0 | 90 | 580 | 34 | 13 | 4 | 35 |
| Crispy Chicken Poblano | | | ✓ | | | | | 670 | 250 | 28 | 9 | 0 | 60 | 1360 | 72 | 12 | 5 | 24 |
| Seared Ahi Tuna | ✓ | | ✓ | ✓ | | | | 290 | 120 | 13 | 5 | 0 | 15 | 600 | 30 | 9 | 3 | 15 |
| Smokehouse Steak | | ✓ | ✓ | | | ✓ | | 450 | 150 | 17 | 7 | 0 | 65 | 870 | 47 | 13 | 9 | 26 |
| Sweet Valley | | ✓ | | | | | | 380 | 200 | 22 | 8 | 0 | 205 | 210 | 32 | 12 | 8 | 18 |
| Thai Chicken Crunch | ✓ | | | | | | | 170 | 25 | 2.5 | 0 | 0 | 50 | 370 | 19 | 6 | 8 | 19 |
| Tokyo Supergreens with Chicken | ✓ | ✓ | | | | | | 450 | 240 | 27 | 2.5 | 0 | 50 | 530 | 33 | 14 | 8 | 29 |
| Tokyo Supergreens with Tofu | ✓ | | | | | | ✓ | 490 | 310 | 35 | 4 | 0 | 0 | 1230 | 34 | 15 | 7 | 20 |

*Information does not include the suggested dressing.

SIGNATURE WRAPS, BOWLS + AVOCADO TOAST

| | Dairy Free | Gluten Free | Nut Free | Contains Seafood | Soy Free | Spicy | Vegan | Calories | Calories from Fat | Fat Grams | Sat Fat Grams | Trans Fat Grams | Chol MGS | Sodium MGS | Total Carb Grams | Fiber Grams | Sugar Grams | Protein Grams | |
|---------------------------|------------|-------------|----------|------------------|----------|-------|-------|----------|-------------------|-----------|---------------|-----------------|----------|------------|------------------|-------------|-------------|---------------|--|
| BOWLS | | | | | | | | | | | | | | | | | | | |
| Barbacoa Market Bowl | | ✓ | ✓ | | | ✓ | | 400 | 170 | 19 | 4 | 0 | 45 | 940 | 38 | 8 | 7 | 20 | |
| Forager's Warm Bowl | | | | | | | | 520 | 250 | 28 | 8 | 0 | 15 | 1540 | 48 | 9 | 6 | 23 | |
| WRAPS | | | | | | | | | | | | | | | | | | | |
| Buffalo Chicken Wrap | | | ✓ | | | ✓ | | 660 | 270 | 30 | 10 | 0 | 105 | 2280 | 62 | 4 | 4 | 36 | |
| Spicy Chicken Caesar Wrap | | | ✓ | | | ✓ | | 730 | 270 | 30 | 7 | 0 | 80 | 1460 | 67 | 3 | 3 | 37 | |
| 30 Gram Protein Wrap | | | | | | | | 770 | 200 | 22 | 7 | 0 | 35 | 1130 | 111 | 14 | 12 | 35 | |
| TOAST BOXES | | | | | | | | | | | | | | | | | | | |
| Avo Blast Toast | | | | | ✓ | ✓ | | 470 | 240 | 27 | 4 | 0 | 5 | 1020 | 52 | 9 | 10 | 8 | |
| Crunchy Avocado Toast | | | | | | ✓ | | 690 | 410 | 46 | 15 | 0 | 25 | 960 | 50 | 10 | 5 | 18 | |

*Information does not include the suggested dressing.

SMOOTHIES + HOUSE-MADE LEMONADES

| | Dairy Free | Gluten Free | Nut Free | Contains Seafood | Soy Free | Spicy | Vegan | Calories | Calories from Fat | Fat Grams | Sat Fat Grams | Trans Fat Grams | Chol MGS | Sodium MGS | Total Carb Grams | Fiber Grams | Sugar Grams | Protein Grams |
|------------------------|------------|-------------|----------|------------------|----------|-------|-------|----------|-------------------|-----------|---------------|-----------------|----------|------------|------------------|-------------|-------------|---------------|
| SMOOTHIES | | | | | | | | | | | | | | | | | | |
| Avocado Dreamsicle | ✓ | ✓ | | | ✓ | | ✓ | 350 | 210 | 24 | 15 | 0 | 0 | 35 | 38 | 6 | 29 | 2 |
| Berry Wild | | ✓ | ✓ | | ✓ | | | 190 | 15 | 1.5 | 1 | 0 | <5 | 30 | 44 | 5 | 28 | 3 |
| Detox Cleanse | ✓ | ✓ | ✓ | | ✓ | | ✓ | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 3 | 11 | <1 |
| Peanut Butter Warrior | ✓ | ✓ | | | | | ✓ | 290 | 90 | 10 | 1.5 | 0 | 0 | 180 | 49 | 6 | 31 | 9 |
| Strawberry Banana | | ✓ | | | ✓ | | | 220 | 25 | 2.5 | 0.5 | 0 | 0 | 115 | 49 | 5 | 34 | 3 |
| HOUSE-MADE TEAS | | | | | | | | | | | | | | | | | | |
| Strawberry Lemonade | ✓ | ✓ | ✓ | | | | ✓ | 90 | 0 | 0 | 0 | 0 | 0 | 15 | 24 | <1 | 23 | 0 |
| Cucumber Mint Lemonade | ✓ | ✓ | ✓ | | | | ✓ | 60 | 0 | 0 | 0 | 0 | 0 | 15 | 14 | <1 | 13 | <1 |