



JUST SALAD NUTRITION GUIDE

**Ingredients, Nutritional +
Allergen Information**



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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	20	0.5	0	0	0	25	3	1	2	2
Baby Spinach	25	0	0	0	0	85	4	2	0	3
Extra Crisp Romaine	30	0	0	0	0	10	6	4	2	2
Supergreens Blend	50	0.5	0	0	0	65	9	4	3	4
Shredded Kale	40	1	0	0	0	30	7	3	2	4
Shredded Cabbage	60	0	0	0	0	70	16	4	12	4
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)
Sliced Apples	20	0	0	0	0	0	5	1	4	0
Hand-Cut Beets	10	0	0	0	0	20	3	1	2	0
Shaved Broccoli	15	0	0	0	0	55	2	1	1	1
Regenerative Brown Rice	45	1	0	0	0	10	8	1	0	1
Sliced Carrots	15	0	0	0	0	30	4	1	2	0
House-Cooked Chickpeas	90	1.5	0	0	0	5	16	4	3	5
Fresh Cilantro	0	0	0	0	0	0	0	0	0	0
Roasted Corn	50	1	0	0	0	10	11	1	4	2
Garlic Butter Croutons	35	1.5	0	0	0	60	4	0	0	1
Sliced Cucumbers	10	0	0	0	0	0	2	0	1	0
Ocean Spray® Dried Cranberries	40	0	0	0	0	0	9	1	8	0
Edamame	45	2	0	0	0	0	3	1	0	3
Sliced Grape Tomatoes	15	0	0	0	0	5	3	1	2	1
Overnight Pickled Onion	30	0	0	0	0	240	8	0	6	0
Stacy's® Pita Chips	90	3.5	0	0	0	190	13	1	0	2
Tajin® Spiced Pumpkin Seeds	70	6	1	0	0	65	1	1	0	4
Roasted Sweet Potatoes	90	3	0	0	0	440	14	2	4	1
Organic Quinoa	50	1	0	0	0	5	10	1	0	2
Crunchy Tortilla	35	1.5	0	0	0	25	5	0	0	0
Crunchy Wonton Strips	10	0	0	0	0	15	1	0	0	0
Japanese Furikake Shake	5	0.5	0	0	0	20	0	0	0	0





INGREDIENTS (CONTINUED)

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)
Hass Avocado	70	7	1	0	0	5	4	3	0	1
Homemade Avocado Mash	90	8	1	0	0	100	5	4	1	1
Bob's Red Mill® Hemp Hearts	90	6	0.5	0	0	0	1	0	0	4
Chopped Almonds	110	10	1	0	0	0	4	2	1	4
Roasted Balsamic Mushrooms	60	4.5	0.5	0	0	210	3	1	2	2
Homemade Pico Gallo	10	0	0	0	0	210	3	1	2	1
Roasted Cauliflower	50	3.5	0.5	0	0	30	4	2	1	2
Roasted Fajitas + Corn	45	1	0	0	5	5	9	2	5	1
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)
Grated Cotija	70	5	3.5	0	15	250	0	0	0	3
Crumbled Feta	100	8	5	0	20	490	1	0	0	5
Violife® Creamy Vegan Feta	110	10	8	0	0	230	4	0	0	0
Creamy Goat	100	7	5	0	30	110	1	0	0	6
Shaved Parmesan	120	9	6	0	30	400	1	1	0	10
Sharp White Cheddar	130	11	6	0	30	240	1	0	0	8
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)
Cage-free Jammy Egg	80	5	1.5	0	180	60	1	0	1	6
Oven Crispy Chicken	120	3	0.5	0	30	380	11	1	0	10
Braised Chicken Thigh	240	20	4.5	0	75	95	2	0	1	13
Oven Roasted Chicken	70	2.5	0.5	0	35	170	0	0	0	12
Beyond Chicken® (Plant-Based)	200	9	1	0	0	700	13	1	1	17
Organic Sesame Tofu	220	20	3	0	0	550	4	1	0	7



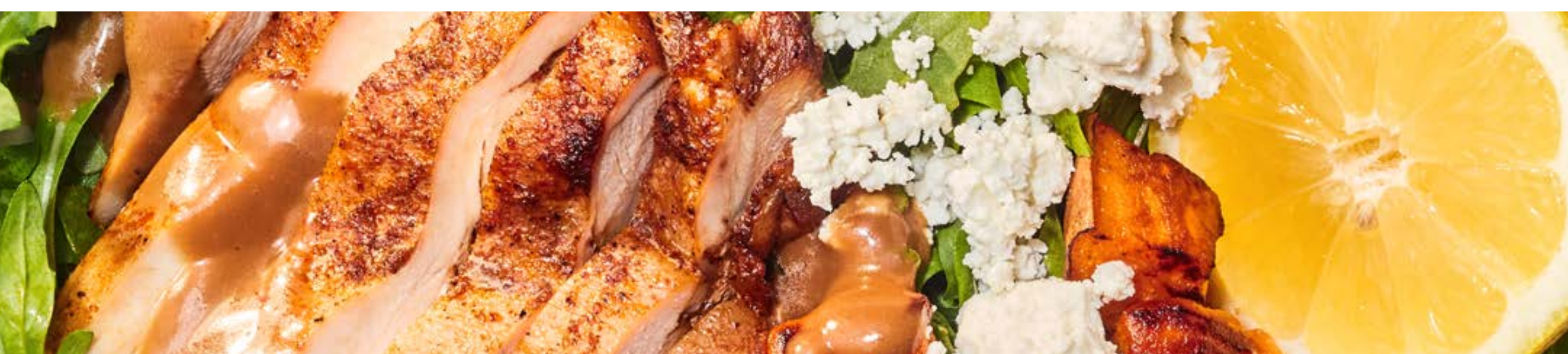
DRESSINGS (1 OZ)

	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	130	14	2	0	0	75	2	0	2	0
Chipotle Vinaigrette	150	15	2.5	0	0	110	2	0	1	0
Lemon Basil Vinaigrette	130	14	2	0	0	100	1	0	0	0
Honey Mustard Vinaigrette	120	11	1.5	0	0	120	5	0	5	0
Maple Cider Vinaigrette	170	17	2.5	0	0	50	5	0	5	0
Miso Ginger Vinaigrette	120	11	1.5	0	0	640	5	0	4	1
Creamy Caesar	140	15	2	0	15	160	2	0	0	1
Buttermilk Ranch	100	10	2	0	15	130	2	0	1	1
Spicy Buffalo Ranch	70	8	1.5	0	10	330	1	0	0	0
Smoky Poblano Ranch	100	10	2	0	10	130	2	0	1	1
Spicy Avocado	15	1	0	0	0	150	2	1	1	0
Yogurt Cucumber	35	2.5	1	0	5	55	2	0	1	1
Balsamic Vinegar	25	0	0	0	0	0	4	0	4	0
Red Wine Vinegar	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil	240	28	4	0	0	0	0	0	0	0
Fresh Lemon	10	0	0	0	0	0	3	1	1	0
Fresh Lime	10	0	0	0	0	0	3	1	0	0



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	420	19	5	0	45	960	50	11	14	22
Tokyo Supergreens, Tofu	530	41	5	0	0	660	29	12	7	20
Tokyo Supergreens, Chicken	390	25	3	0	35	330	25	12	7	26
Thai Chicken Crunch	160	3	0.5	0	35	260	19	7	10	17
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)
Chipotle Cowboy	370	19	2.5	0	0	1030	33	10	5	22
Earth Bowl	430	25	9	0	0	680	45	10	15	11
Plant Power	370	18	1.5	0	0	330	37	13	11	21
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)
California Cobb	360	23	2.5	0	35	260	18	11	6	26
Chicken Caesar	280	14	6	0	65	660	14	5	2	27
Buffalo Chicken	460	32	10	0	105	390	16	6	7	24



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)
Spicy Tofu Crunch	540	44	5	0	0	630	29	7	6	20
Chicken Fajita Bowl	450	29	6	0	80	420	34	7	10	18
Warm Chicken + Goat Cheese	480	34	10	0	105	660	23	5	9	23



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	610	44	11	0	105	1040	49	37	4	39
Spicy Chicken Caesar	450	26	8	0	70	1380	46	37	1	42
Honey Crispy Chicken	510	26	7	0	55	1670	72	38	8	37
Vegan Chipotle	420	23	2.5	0	0	1060	56	32	4	27



AVOCADO TOAST

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avo Blast Toast	500	32	6	0	20	920	52	10	9	9

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
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
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
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.





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)
Modern Greek Crunch	320	14	5	0	20	810	34	10	11	17
Honey Crispy Chicken	380	15	6	0	55	1,030	38	7	9	23
Chicken Pita	490	31	9	0	90	710	35	6	9	24
Paleo Protein	400	20	4	0	225	840	30	10	10	29
The Keto	550	36	11	0	235	760	26	10	10	37
Crunchy Avo Toast	450	30	11	0	0	680	42	9	3	8



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	260	13	1	0	0	30	36	9	18	6
Strawberry Banana	310	5	0.5	0	0	35	65	7	42	4
PB Protein	300	11	1.5	0	0	80	47	5	28	10
Detox Cleanse	90	0	0	0	0	10	23	3	17	1

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)
Strawberry Lemonade	150	0	0	0	0	20	37	2	29	0
Cucumber Mint Lemonade	90	0	0	0	0	20	23	1	18	1

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 (NYC)	60	0	0	0	0	125	13	0	1	2
Batard Bread - 1 Slice (FL)	116	0.8	0.3	0	0	499	22	1.4	0.1	4
Batard Bread - 1 Slice (CHI)	110	3	0	0	0	0	17	3	1	4
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)
Happy to be Harvest	270	14	6	0	75	470	13	3	5	25
Me Want Caesar	230	5	0.5	0	50	280	29	5	20	19
Om Nom Nom Bowl	240	11	2	0	35	210	35	5	5	16
Elmo's Avo Toast	190	7	1	0	0	210	30	5	6	5
Ah Ah Almond Berry	260	13	1	0	0	30	36	9	18	6
B Is For Banana	180	5	0.5	0	0	30	35	7	17	3

ALLERGEN INFORMATION



INGREDIENTS

GREENS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Arugula									X	X
Baby Spinach									X	X
Extra Crisp Romaine									X	X
Supergreens Blend									X	X
Shredded Kale									X	X
Shredded Cabbage									X	X
ESSENTIALS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Sliced Apples									X	X
Hand-Cut Beets									X	X
Shaved Broccoli									X	X
Regenerative Brown Rice									X	X
Sliced Carrots									X	X
House-Cooked Chickpeas									X	X
Fresh Cilantro									X	X
Roasted Corn									X	
Garlic Butter Croutons	X	X						X		
Sliced Cucumbers									X	X
Ocean Spray® Dried Cranberries									X	
Edamame						X			X	X
Sliced Grape Tomatoes									X	X
Overnight Pickled Onion									X	
Stacy's® Pita Chips	X								X	
Tajin® Spiced Pumpkin Seeds				X					X	
Roasted Sweet Potatoes									X	X
Organic Quinoa									X	X
Crunchy Tortilla									X	
Crunchy Wonton Strips	X							X		
Japanese Furikake Shake	X				X	X			X	

INGREDIENTS (CONTINUED)

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

DRESSINGS (1 OZ)

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

SALADS

ICONICS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Crispy Chicken Poblano	X	X			X		X			
Tokyo Supergreens, Tofu	X			X		X			X	
Tokyo Supergreens, Chicken				X		X				
Thai Chicken Crunch	X				X	X	X			
EARTH-FRIENDLY	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Chipotle Cowboy	X					X	X		X	
Earth Bowl				X					X	
Plant Power				X		X			X	
CLASSIC	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
California Cobb				X	X	X				
Chicken Caesar	X	X	X			X				
Buffalo Chicken	X	X				X	X			



WARM BOWLS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Spicy Tofu Crunch	X			X		X	X		X	
Chicken Fajita Bowl						X				
Warm Chicken + Goat Cheese		X				X				

DIGITAL EXCLUSIVES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Modern Greek Crunch	X	X								
Honey Crispy Chicken	X	X				X				
Chicken Pita		X		X	X					
Paleo Protein		X				X				
The Keto		X				X	X			

WRAPS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Buffalo Chicken	X	X				X	X			
Spicy Chicken Caesar	X	X				X	X			

AVOCADO TOAST

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Avo Blast Toast	X	X		X			X	X		

SOUPS

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

*Served when available.



SMOOTHIES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Almond Berry Blast				X					X	
Strawberry Banana				X					X	
PB Protein				X					X	
Detox Cleanse									X	

HOUSEMADE LEMONADES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Strawberry Lemonade									X	
Cucumber Mint Lemonade									X	

BREAD

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Batard Bread - 1 Slice (NYC)	X			X		X			X	
Batard Bread - 1 Slice (FL)	X			X					X	
Batard Bread - 1 Slice (CHI)	X									
Hero Wraps™	X									

KIDS' MENU

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Is It Spicy?	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Happy to be Harvest		X				X				
Me Want Caesar	X	X				X				
Om Nom Nom Bowl						X				
Elmo's Avo Toast	X									
Ah Ah Almond Berry				X				X		
B Is For Banana								X		

