



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	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
Supergreens Blend	25	0	0	0	0	35	5	2	1	2
Shredded Kale	20	0	0	0	0	20	5	2	1	2
Shredded Cabbage	70	0	0	0	0	65	16	6	8	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	6	1	4	0
Roasted Beets	50	3.5	0	0	0	100	5	1	4	0
Shaved Broccoli	15	0	0	0	0	15	3	1	0	1
Regenerative Brown Rice	90	1.5	0	0	0	110	17	0	0	2
Sliced Carrots	15	0	0	0	0	25	3	1	1	0
House-Cooked Chickpeas	20	0	0	0	0	0	4	0	0	1
Fresh Cilantro	0	0	0	0	0	0	0	0	0	0
Roasted Corn	35	0.5	0	0	0	0	8	0	2	1
Garlic Butter Croutons	120	4.5	1.5	0	0	280	16	1	1	3
Sliced Cucumbers	10	0	0	0	0	0	2	0	0	0
Dried Cranberries	110	0	0	0	0	0	29	2	26	0
Edamame	50	0	0	0	0	0	4	3	0	5
Sliced Grape Tomatoes	10	0	0	0	0	0	2	0	1	0
Overnight Pickled Onion	25	0	0	0	0	125	6	0	3	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
Roasted Sweet Potatoes	100	5	1	0	0	85	12	2	4	1
Organic Quinoa	90	3	0	0	0	5	13	2	0	3
Crunchy Tortilla	90	4	0.5	0	0	65	13	1	0	1
Crunchy Onions	35	2	0	0	0	65	4	0	0	0
Crunchy Wonton Strips	110	4	1	0	0	200	16	0	0	3
Japanese Furikake Shake	5	0.5	0	0	0	20	0	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 Pepperoncini	15	0	0	0	0	860	4	0	2	0
Grillo's Pickles	5	0	0	0	0	300	1	0	0	0
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	0	4	3	0	0
Homemade Avocado Mash	90	8	1	0	0	170	5	4	0	1
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
Roasted Balsamic Mushrooms	50	3	0	0	0	200	6	2	3	2
Homemade Pico 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
Black Lentils	90	1.5	0	0	0	85	13	4	0	6
Buffalo Cauliflower	70	6	1	0	0	1010	4	2	2	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	50	4.5	2.5	0	15	210	0	0	0	3
Crumbled Feta	100	8	6	0	35	350	2	0	2	5
Violife® Creamy Vegan Feta	60	4.5	4.5	0	0	210	3	0	0	0
Hot Honey Goat Cheese	110	8	6	0	20	180	0	0	0	7
Shaved Parmesan	120	8	4.5	0	25	500	4	0	0	8
Sharp White Cheddar	110	9	5	0	30	190	0	0	0	6
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	70	4.5	1.5	0	185	70	0	0	0	6
Oven Crispy Chicken	210	10	2	0	30	510	17	0	0	13
Braised Chicken Thigh	200	13	3.5	0	115	370	0	0	0	21
Oven Roasted Chicken	130	3	1	0	65	220	0	0	0	24
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





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
Chipotle Vinaigrette	150	17	1	0	0	95	1	0	0	0
Lemon Basil Vinaigrette	120	13	1	0	0	75	1	0	0	0
Honey Mustard Vinaigrette	110	9	0.5	0	0	140	8	0	7	0
Thai Peanut	130	13	1.5	0	0	140	4	0	3	1
Miso Ginger Vinaigrette	90	9	0.5	0	0	490	2	0	0	1
Creamy Caesar	150	15	3.5	0	15	240	0	0	0	3
Buttermilk Ranch	120	13	2	0	10	120	0	0	0	0
Spicy Buffalo Ranch	70	8	1	0	0	520	0	0	0	0
Smoky Poblano Ranch	130	13	2	0	10	130	0	0	0	0
Cilantro Lime Vinaigrette	150	17	1.5	0	0	250	2	0	0	0
Yogurt Cucumber	35	3	0	0	0	65	1	0	0	2
Balsamic Vinegar	25	0	0	0	0	5	5	0	4	0
Red Wine Vinegar	5	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil	250	28	4	0	0	0	0	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
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
Half Lemon + Balsamic Vinaigrette Drizzle	170	18	1.5	0	0	50	7	2	3	0
Extra Virgin Olive Oil + Fresh Lemon	130	14	2	0	0	0	1	0	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	520	27	6	0	45	870	51	8	5	22
Tokyo Supergreens, Tofu	350	22	3	0	0	350	25	13	6	20
Tokyo Supergreens, Chicken	400	19	2.5	0	65	450	24	13	6	37
Thai Chicken Crunch	290	7	1.5	0	65	420	26	5	5	29
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)
Southwest Crunch	430	16	2.5	0	0	720	58	14	8	17
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
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
Chicken Caesar	400	16	7	0	95	1000	27	4	3	37
Buffalo Chicken	410	25	10	0	140	670	20	7	7	32



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)
Edamame Crunch	410	22	3	0	0	630	40	9	8	21
Chicken Fajita Bowl	430	23	5	0	115	1100	35	6	5	26
Cilantro Lime Chicken	590	27	6	0	115	790	59	10	5	34
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
Spicy Chicken Caesar	560	27	8	0	95	1630	60	36	2	51
Honey Crispy Chicken	660	34	9	0	65	1630	85	39	7	40
Vegan Chipotle Wrap (Impossible)	510	27	3.5	0	0	1100	75	41	3	26



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)
Honey Crispy Chicken	500	23	8	0	65	1010	51	8	8	26
Chicken Pita	480	25	10	0	150	910	36	8	10	34
Plant Power	330	13	2	0	0	450	40	14	10	18
The Tex-Mex	710	43	11	0	140	1500	70	40	5	48
Protein Power	650	29	5	0	250	780	53	18	7	50



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
Strawberry Banana	280	5	0.5	0	0	15	59	7	39	4
PB Protein	470	11	1	0	0	300	68	7	44	30
Detox Cleanse	45	0	0	0	0	30	12	3	6	2
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)
Strawberry Lemonade	140	0	0	0	0	10	36	2	28	0
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



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
HERO Wraps™	170	11	1	0	0	640	36	33	0	15
Chocolate Chip Cookies	130	7	4	0	20	150	16	1	10	2

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	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
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



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
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	Contains Sesame	Is It Vegetari- an?	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	
Spicy Harissa Pita	X								X	
Tajin® Spiced Pumpkin Seeds				X					X	
Roasted Sweet Potatoes									X	X
Organic Quinoa									X	X
Crunchy Tortilla									X	
Crunchy Onions	X							X		
Crunchy Wonton Strips	X				X	X				
Japanese Furikake Shake							X		X	
Grillo's Pickles									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?
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 Peppers + Onions									X	
Buffalo Cauliflower 									X	
Black Lentils									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?
Grated Cotija		X						X		
Crumbled Feta		X						X		
Violife® Creamy Vegan Feta									X	
Creamy Goat		X						X		
Shaved Parmesan		X						X		
Sharp White Cheddar		X						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?
Cage-free Jammy Egg					X					X
Oven Crispy Chicken	X					X				
Braised Chicken Thigh						X				
Oven Roasted Chicken						X				
Impossible™ Chicken (Plant-Based)	X					X			X	
Organic Sesame Tofu						X	X		X	

 Spicy

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	
Chipotle Vinaigrette 						X			X	
Lemon Basil Vinaigrette						X			X	
Honey Mustard Vinaigrette						X		X		
Miso Ginger Vinaigrette						X	X		X	
Creamy Caesar		X	X		X	X				
Buttermilk Ranch		X			X			X		
Spicy Buffalo Ranch 		X			X			X		
Smoky Poblano Ranch 		X			X			X		
Cilantro Lime Vinaigrette						X			X	
Yogurt Cucumber		X						X		
Thai Peanut 	X			X		X	X		X	
Half Lemon + Balsamic Vinaigrette Drizzle						X			X	
Balsamic Vinegar									X	
Red Wine Vinegar									X	
Extra Virgin Olive Oil									X	
Fresh Lemon									X	
Fresh Lime									X	
Extra Virgin Olive Oil + Fresh Lemon						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				
Tokyo Supergreens, Tofu*				X		X	X		X	
Tokyo Supergreens, Chicken*				X		X	X			
Thai Chicken Crunch 	X				X	X				
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?
Southwest Crunch	X					X			X	
Earth Bowl				X					X	
Earth Bowl w/ Chicken				X		X				
Mezze Crunch	X	X						X		

 Spicy



SALADS (CONTINUED)

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				
Chicken Caesar	X	X				X				
Buffalo Chicken 	X	X				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?
Edamame Crunch 				X		X	X		X	
Chicken Fajita Bowl						X				
Cilantro Lime Chicken	X	X				X				
Hot Honey Harvest		X				X				

DIGITAL EXCLUSIVES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Honey Crispy Chicken	X	X				X				
Chicken Pita	X	X				X				
Plant Power 				X		X			X	
The Tex-Mex	X	X				X				
Protein Power					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				
Spicy Chicken Caesar 	X	X				X				
Honey Crispy Chicken Wrap	X	X				X				
Vegan Chipotle	X					X			X	

 Spicy

SOUPS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	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								
Spiced Pumpkin Bisque		X								

*Served when available.

SMOOTHIES

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

HOUSEMADE LEMONADES

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

BREAD

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Batard Bread (NYC)	X			X		X			X	
Hero Wraps™	X								X	
Chocolate Chips Cookie	X	X			X	X				

 Spicy

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?
Happy to be Harvest		X				X				
Me Want Caesar	X	X				X				
Om Nom Nom Bowl						X				
Ah Ah Almond Berry				X					X	
B Is For Banana									X	

