



just salad

**2021 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	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
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
Creamy Caesar		✓	✓	✓				140	15	2	0	15	160	2	0	0	1
Miso Ginger Vinaigrette	✓	✓	✓				✓	120	11	1.5	0	0	640	5	0	4	1
Maple Cider Vinaigrette	✓	✓					✓	170	16	2.5	0	0	50	5	0	5	0
Lemon Basil Vinaigrette	✓	✓	✓				✓	130	14	2	0	0	95	1	0	1	0
Spicy Turmeric Tahini	✓	✓				✓	✓	110	12	1.5	0	0	180	2	1	0	1
Buttermilk Ranch		✓	✓					100	10	2	0	15	130	2	0	1	1
Spicy Thai Peanut	✓			✓		✓		135	13	2	0	0	170	4	<1	3	2
Smoky Poblano Ranch		✓	✓			✓		100	10	2	0	10	130	2	0	1	1
Yogurt Cucumber		✓	✓					35	2.5	1	0	5	55	2	0	1	1
Spicy Avocado	✓	✓	✓		✓	✓	✓	15	1	0	0	0	150	2	1	1	0
Spicy Buffalo Ranch		✓	✓			✓		70	7	1.5	0	10	420	1	0	0	0
Olive Oil	✓	✓	✓		✓		✓	240	28	4	0	0	0	0	0	0	0
Balsamic Vinegar	✓	✓	✓		✓		✓	25	0	0	0	0	4	0	0	4	0
Fresh Half Lemon	✓	✓	✓		✓		✓	10	0	0	0	0	0	3	1	1	0
Red Wine Vinegar	✓	✓	✓		✓		✓	0	0	0	0	0	0	0	0	0	0

## TOPPINGS

	Dairy Free	Gluten Free	Nut Free	Contains Seafood	Soy Free	Spicy	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
<b>VEGETABLES</b>																	
Beets	✓	✓	✓		✓		✓	10	0	0	0	0	20	3	1	2	0
Black Beans	✓	✓	✓		✓		✓	80	0	0	0	0	430	14	5	0	5
Broccoli	✓	✓	✓		✓		✓	15	0	0	0	0	55	2	1	1	1
Brown Rice	✓	✓	✓		✓		✓	45	1	0	0	0	270	8	1	0	1
Carrot Edamame Slaw	✓	✓	✓				✓	40	2.5	0	0	0	115	3	1	1	2
Carrots	✓	✓	✓		✓		✓	15	0	0	0	0	30	3	1	2	<1
Celery	✓	✓	✓		✓		✓	5	0	0	0	0	35	1	1	1	0
Chickpeas	✓	✓	✓		✓		✓	100	1.5	0	0	0	0	17	5	3	6
Cilantro	✓	✓	✓		✓		✓	<1	0	0	0	0	0	0	0	0	0
Corn	✓	✓	✓				✓	50	1	0	0	0	10	11	1	4	2
Cucumbers	✓	✓	✓		✓		✓	10	0	0	0	0	0	2	0	1	0
Edamame	✓	✓	✓				✓	35	1.5	0	0	0	0	2	1	0	3
Furikake Shake	✓	✓	✓				✓	0	0	0	0	0	15	>1	>1	0	0
Grape Tomatoes	✓	✓	✓		✓		✓	15	0	0	0	0	0	3	1	2	1
Pickled Radishes	✓	✓	✓		✓		✓	10	0	0	0	0	210	3	1	2	1
Pickled Red Onions	✓	✓	✓		✓		✓	35	0	0	0	0	260	9	0	6	0
Roasted Sweet Potatoes	✓	✓	✓		✓		✓	100	4	0.5	0	0	530	16	3	5	2
Supergreens Blend	✓	✓	✓		✓		✓	50	0.5	0	0	0	65	9	4	3	4
Wheat Berries	✓		✓		✓			130	0	0	0	0	0	27	5	0	5

# TOPPINGS

	Dairy Free	Gluten Free	Nut Free	Contains Seafood	Soy Free	Spicy	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
<b>FRUITS</b>																	
Apples	✓	✓	✓		✓		✓	20	0	0	0	0	0	5	1	4	0
Dried Cranberries	✓	✓	✓		✓		✓	50	0	0	0	0	0	12	1	10	0
<b>GRAINS + NUTS</b>																	
Brown Rice	✓	✓	✓		✓		✓	45	1	0	0	0	270	8	1	0	1
Roasted Pumpkin Seeds	✓	✓					✓	70	6	1	0	0	0	1	1	0	4
<b>CRUNCH</b>																	
Croutons			✓					40	1.5	0	0	0	65	4	0	0	1
Pita Chips	✓		✓		✓		✓	90	3.5	0	0	0	190	13	1	0	2
Tortilla Chips	✓	✓	✓		✓		✓	35	1.5	0	0	0	25	5	0	0	0
Wontons	✓						✓	10	0	0	0	0	20	2	0	0	0
<b>PREMIUMS</b>																	
Grilled Peppers + Onions	✓	✓	✓		✓		✓	45	1	0	0	5	5	9	2	5	1
Avocado	✓	✓	✓		✓		✓	80	7	1	0	0	0	4	3	0	1
Cauliflower + Broccoli Rice	✓	✓	✓		✓		✓	25	0	0	0	0	25	4	1	1	3
Roasted Almonds	✓	✓			✓		✓	140	13	1	0	0	0	5	2	2	5
Roasted Balsamic Mushrooms	✓	✓	✓		✓		✓	60	4.5	0.5	0	0	210	3	1	2	2
Avocado Mash	✓	✓	✓		✓		✓	90	8	1	0	0	100	5	4	0	1
Pico de Gallo	✓	✓	✓					10	0	0	0	0	210	3	1	2	1
Roasted Bok Choy	✓		✓				✓	90	8	7	0	0	190	3	0	0	0

## TOPPINGS

	Dairy Free	Gluten Free	Nut Free	Contains Seafood	Soy Free	Spicy	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
<b>PROTEINS</b>																	
Crispy Chicken	✓		✓		✓			120	3	0.5	0	30	380	11	1	0	10
Jammy Eggs	✓	✓	✓		✓			70	5	1.5	0	180	60	1	0	1	6
Daring Chicken	✓		✓				✓	210	12	1	0	0	340	17	3	1	11
Marinated Chicken Thigh	✓	✓	✓					220	18	4	0	70	90	1	0	1	12
Roasted Chicken	✓	✓	✓					80	3.5	0.5	0	40	180	0	0	0	13
Organic Sesame Tofu	✓						✓	190	17	2.5	0	0	460	3	1	0	6
<b>CHEESE</b>																	
Cotija Cheese		✓	✓		✓			70	5	3.5	0	15	250	0	0	0	3
Crumbled Feta		✓	✓		✓			100	8	5	0	20	490	1	0	0	5
Goat Cheese		✓	✓		✓			100	7	5	0	30	110	1	0	6	4
Creamy Vegan Feta	✓	✓	✓		✓		✓	90	8	7	0	0	190	3	0	0	0
Sharp White Cheddar		✓	✓		✓			130	11	6	0	30	240	1	0	0	8
Shaved Parmesan		✓	✓		✓			120	9	6	0	30	400	1	1	0	10

## SIGNATURE SALADS

	Dairy Free	Gluten Free	Nut Free	Contains Seafood	Soy Free	Spicy	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
Buffalo Chicken		✓	✓			✓		460	33	11	0	110	430	15	5	4	25
Caesar Plain			✓		✓			190	10	6	0	30	470	12	5	2	13
Chicken Caesar			✓					280	14	6	0	65	670	14	5	2	28
Caesar Tofu			✓					400	30	8	0	30	990	15	6	2	19
Chicken Pita								530	32	9	0	95	840	42	6	14	24
Plant Power	✓	✓					✓	430	22	2	0	0	310	41	13	14	24
California Cobb	✓	✓						360	24	3	0	35	250	18	11	6	25
Chipotle Cowboy w/ Daring Chicken			✓			✓	✓	410	21	2	0	0	780	42	15	4	19
Crispy Chicken Poblano			✓					420	19	5	0	45	960	50	11	14	22
Thai Chicken Crunch	✓							160	2	0	0	50	360	18	6	8	19
Tokyo Supergreens with Chicken	✓	✓						400	27	3	0	35	390	22	11	7	24
Tokyo Supergreens with Tofu	✓						✓	530	44	5	0	0	740	25	11	6	18
Vital Greens	✓		✓				✓	410	16	11	0	0	720	62	10	11	10

\*Information does not include the suggested dressing.

## CHEF-DESIGNED WRAPS

	Dairy Free	Gluten Free	Nut Free	Contains Seafood	Soy Free	Spicy	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
Buffalo Chicken			✓			✓		620	32	9	0	85	900	59	5	3	26
Caesar Plain			✓					470	18	7	0	35	1080	58	5	2	22
Chicken Caesar			✓					530	18	6	0	75	1260	59	5	3	35
Ceasar Tofu			✓					680	38	9	0	35	1610	61	6	2	28
California Cobb	✓							630	29	2.5	0	50	870	65	11	6	35
Chipotle Cowboy w/ Daring Chicken			✓			✓	✓	580	26	2	0	0	1060	75	11	5	21
Crispy Chicken Poblano			✓			✓		650	24	5	0	45	1460	91	10	12	26
Thai Chicken Crunch	✓							420	8	0	0	50	890	63	6	7	26
Tokyo Supergreens with Chicken	✓							520	19	2	0	50	990	64	9	5	29
Tokyo Supergreens with Tofu	✓						✓	640	36	4.5	0	0	1250	65	8	4	19

\*Information does not include the suggested dressing.

## SIGNATURE WRAPS, BOWLS + AVOCADO TOAST

	Dairy Free	Gluten Free	Nut Free	Contains Seafood	Soy Free	Spicy	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
<b>BOWLS</b>																	
Teriyaki Chicken Bowl	✓		✓					420	26	5	0	75	830	32	3	17	17
Chicken Fajita Bowl	✓	✓	✓					450	29	6	0	80	420	34	7	10	18
Warm Chicken + Goat Cheese		✓	✓					480	34	10	0	105	840	23	5	9	23
<b>WRAPS</b>																	
Buffalo Chicken Wrap			✓			✓		620	32	9	0	85	900	59	5	3	26
Spicy Chicken Caesar Wrap			✓			✓		570	20	7	0	80	1360	62	6	3	38
<b>AVOCADO TOAST</b>																	
Avo Blast Toast					✓	✓		450	27	4.5	0	10	740	51	10	10	8
Egg + Avo Toast	✓				✓			260	18	3.5	0	190	360	18	4	2	9

\*Information does not include the suggested dressing.



## SMOOTHIES + HOUSE-MADE LEMONADES

	Dairy Free	Gluten Free	Nut Free	Soy Free	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams	
<b>SMOOTHIES</b>																
Almond Berry Blast	✓	✓	✓	✓	✓	260	13	1	0	0	30	36	9	18	6	
Detox Cleanse	✓	✓	✓	✓	✓	90	0	0	0	0	10	23	3	17	1	
PB Protein	✓	✓		✓	✓	300	11	1.5	0	0	80	47	5	28	10	
Strawberry Banana	✓	✓		✓	✓	310	5	0.5	0	0	35	65	7	42	4	
<b>HOUSE-MADE TEAS</b>																
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	

\*Information does not include the suggested dressing.

**HEALTH TRIBES**

	Dairy Free	Gluten Free	Nut Free	Contains Seafood	Soy Free	Spicy	Vegan	Cal	Fat Grams	Sat Fat Grams	Trans Fat Grams	Chol MGS	Sodium MGS	Total Carb Grams	Fiber Grams	Sugar Grams	Protein Grams
The Keto		✓						550	38	11	0	225	680	24	10	9	34
Warm Shawarma Bowl		✓	✓					330	21	4.5	0	75	450	20	5	11	19
Spicy Buffalo Bowl		✓	✓			✓		300	15	7	0	70	530	17	6	6	28
Banh Mi Bowl	✓						✓	430	33	4	0	0	560	23	6	5	13
Umami Bowl	✓						✓	370	26	4	0	0	660	26	6	7	14
Feisty Fiesta Bowl	✓						✓	160	2.5	0	0	0	320	32	4	13	6
Mediterranean Bowl	✓	✓	✓				✓	310	21	4.5	0	75	170	14	4	7	18
Cauli-Crunch Bowl	✓	✓						210	9	1.5	0	40	250	13	4	6	21
Beyond Tex Mex Salad	✓						✓	380	14	4.5	0	0	1030	44	12	13	25
Plant Power	✓	✓	✓					430	22	2	0	0	310	41	13	14	24