



just salad

**2020 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	126	14	2	0	0	75	2	0	2	0
Chipotle Vinaigrette	✓	✓				✓	✓	150	135	15	2.5	0	0	110	2	0	1	0
Creamy Caesar		✓	✓	✓				140	135	15	2	0	15	160	2	0	0	1
Miso Ginger Vinaigrette	✓						✓	120	99	11	1.5	0	0	640	5	0	4	1
Maple Cider Vinaigrette	✓	✓					✓	170		16	2.5	0	0	50	5	0	5	0
Kale-Pesto Vinaigrette		✓	✓					130	126	14	2	0	0	105	1	0	0	1
Lemon Basil Vinaigrette	✓	✓	✓				✓	130	126	14	2	0	0	95	1	0	1	0
Spicy Turmeric Tahini	✓	✓				✓	✓	110	108	12	1.5	0	0	180	2	1	0	1
House-Made Buttermilk Ranch		✓	✓					100	90	10	2	0	15	130	2	0	1	1
Spicy Thai Peanut	✓			✓		✓		135	117	13	2	0	0	170	4	<1	3	2
Smoky Poblano Ranch		✓	✓			✓		100	90	10	2	0	10	130	2	0	1	1
Yogurt Cucumber		✓	✓					35	22.5	2.5	1	0	5	55	2	0	1	1
Spicy Avocado	✓	✓	✓		✓	✓	✓	15	9	1	0	0	0	150	2	1	1	0
Buffalo Ranch		✓	✓			✓		70	63	7	1.5	0	10	420	1	0	0	0
Olive Oil	✓	✓	✓		✓		✓	240	252	28	4	0	0	0	0	0	0	0
Balsamic Vinegar	✓	✓	✓		✓		✓	25	0	0	0	0	0	4	0	0	4	0
Fresh Half Lemon	✓	✓	✓		✓		✓	10	0	0	0	0	0	0	3	1	1	0
Red Wine Vinegar	✓	✓	✓		✓		✓	0	0	0	0	0	0	0	0	0	0	0

# TOPPINGS

	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	
<b>VEGETABLES</b>																			
Banana Peppers	✓	✓	✓		✓		✓	100	0	0	0	0	0	460	0	0	0	0	
Beets	✓	✓	✓		✓		✓	10	0	0	0	0	0	20	3	1	2	0	
Black Beans	✓	✓	✓		✓		✓	80	0	0	0	0	0	430	14	5	0	5	
Broccoli	✓	✓	✓		✓		✓	15	0	0	0	0	0	55	2	1	1	1	
Brown Rice	✓	✓	✓		✓		✓	45	9	1	0	0	0	270	8	1	0	1	
Carrot Edamame Slaw	✓		✓				✓	40	22.5	2.5	0	0	0	115	3	1	1	2	
Carrots	✓	✓	✓		✓		✓	15	0	0	0	0	0	30	3	1	2	<1	
Celery	✓	✓	✓		✓		✓	5	0	0	0	0	0	35	1	1	1	0	
Chickpeas	✓	✓	✓		✓		✓	100	13.5	1.5	0	0	0	0	17	5	3	6	
Cilantro	✓	✓	✓		✓		✓	<1	0	0	0	0	0	0	0	0	0	0	
Corn	✓	✓	✓				✓	50	9	1	0	0	0	10	11	1	4	2	
Cucumbers	✓	✓	✓		✓		✓	10	0	0	0	0	0	0	2	0	1	0	
Edamame	✓	✓	✓				✓	35	13.5	1.5	0	0	0	0	2	1	0	3	
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	✓	✓	✓		✓	✓	✓	10	0	0	0	0	0	0	2	1	1	0	
Kale + Broccoli Parmesan Slaw		✓	✓					110	90	10	2.5	0	10	270	3	1	1	4	
Pickled Red Onions	✓	✓	✓		✓		✓	35	0	0	0	0	0	260	9	0	6	0	
Roasted Sweet Potatoes	✓	✓	✓		✓		✓	100	36	4	0.5	0	0	530	16	3	5	2	
Supergreens Blend	✓	✓	✓		✓		✓	50	4.5	0.5	0	0	0	65	9	4	3	4	

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<b>FRUITS</b>																		
Apples	✓	✓	✓		✓		✓	20	0	0	0	0	0	0	5	1	4	0
Dried Cranberries	✓	✓	✓		✓		✓	50	0	0	0	0	0	0	12	1	10	0
<b>GRAINS + NUTS</b>																		
Brown Rice	✓	✓	✓		✓		✓	45	9	1	0	0	0	270	8	1	0	1
Roasted Pumpkin Seeds	✓	✓					✓	70	54	6	1	0	0	0	1	1	0	4
<b>CRUNCH</b>																		
Croutons			✓					40	13.5	1.5	0	0	0	65	4	0	0	1
Crunchy Onions								20	13.5	1.5	0	0	0	15	1	0	0	0
Pita Chips	✓		✓		✓		✓	90	31.5	3.5	0	0	0	190	13	1	0	2
Tortilla Chips	✓	✓	✓		✓		✓	35	13.5	1.5	0	0	0	25	5	0	0	0
Wontons	✓						✓	10	0	0	0	0	0	20	2	0	0	0
<b>PREMIUMS</b>																		
Avocado	✓	✓	✓		✓		✓	80	63	7	1	0	0	0	4	3	0	1
Black Rice + Bulgur Wheat	✓		✓				✓	220	9	1	0	0	0	10	53	8	0	9
Cauliflower + Broccoli Rice	✓	✓	✓		✓		✓	25	0					25	4	1	1	3
Kalamata Olives	✓	✓	✓		✓		✓	150	126	14	0	0	0	820	7	0	0	0
Roasted Almonds	✓	✓			✓		✓	140	117	13	1	0	0	0	5	2	2	5
Roasted Balsamic Mushrooms	✓	✓	✓		✓		✓	60	40.5	4.5	0.5	0	0	210	3	1	2	2
Spicy Avocado Mash	✓	✓	✓		✓	✓	✓	90	72	8	1	0	0	100	5	4	0	1
Zoodles (Zucchini Noodles)	✓	✓	✓		✓		✓	60	40.5	4.5	0.5			360	3	2	3	2

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<b>PROTEINS</b>																		
Beyond Beef® Meatballs	✓	✓	✓		✓		✓	170	117	13	4	0	0	280	2	1	0	16
Breaded Chicken	✓		✓		✓			120	27	3	0.5	0	30	380	11	1	0	10
Egg Whites	✓	✓	✓		✓			15	0	0	0	0	0	55	0	0	0	4
Grilled Chicken	✓	✓	✓					100	13.5	1.5	0	0	50	250	3	0	0	16
Hard-Boiled Egg	✓	✓	✓		✓			70	45	5	1.5	0	180	60	1	0	1	6
Organic Sesame Tofu	✓						✓	190	153	17	2.5	0	0	460	3	1	0	6
Seared Ahi Tuna	✓	✓	✓	✓				80	27	3	0.5	0	25	230	0	0	1	12
Warm Chicken Barbacoa	✓	✓	✓		✓	✓		120	36	4	0.5	0	30	640	10	1	5	12
Warm Chicken Shawarma	✓	✓	✓					110	45	5	1	0	45	580	4	1	1	14
<b>CHEESE</b>																		
Cotija Cheese		✓	✓		✓			70	45	5	3.5	0	15	250	0	0	0	3
Crumbled Blue		✓	✓		✓			50	45	5	2.5	0	15	210	2	0	0	3
Crumbled Feta		✓	✓		✓			100	72	8	5	0	20	490	1	0	0	5
Goat Cheese		✓	✓		✓			100	63	7	5	0	30	110	1	0	6	4
Pepper Jack		✓	✓		✓			140	108	12	8	0	40	220	1	0	0	9
Sharp White Cheddar		✓	✓		✓			130	99	11	6	0	30	240	1	0	0	8
Shaved Parmesan		✓	✓		✓			120	81	9	6	0	30	400	1	1	0	10

## 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		✓	✓			✓		310	135	15	8	0	85	550	16	5	3	28
Caesar			✓		✓			190	90	10	6	0	30	470	12	5	2	13
Chicken Caesar			✓					280	108	12	6	0	75	730	14	5	3	29
Ceasar Tofu			✓					400	270	30	8	0	30	990	15	6	2	19
Modern Greek Crunch			✓		✓			370	117	13	5	0	20	930	52	11	14	16
Chicken Shawarma			✓					380	135	15	17	0	70	1220	30	9	6	30
The California	✓	✓						380	207	23	2.5	0	50	330	20	11	6	28
Chipotle Cowboy			✓			✓		440	207	23	9	0	85	940	30	13	3	33
Crispy Chicken Poblano			✓					420	171	19	5	0	45	960	50	11	14	22
Seared Tuna	✓		✓	✓				170	72	8	1	0	25	460	11	4	3	18
Sweet Valley		✓						450	261	29	9	0	210	710	30	11	8	21
Thai Chicken Crunch	✓							160	18	2	0	0	50	360	18	6	8	19
Tokyo Supergreens with Chicken	✓	✓						420	234	26	3	0	50	480	25	11	7	28
Tokyo Supergreens with Tofu	✓						✓	530	396	44	5	0	0	740	25	11	6	18

\*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
<b>BOWLS</b>																		
Chicken Barbacoa Market Bowl		✓	✓			✓		400	207	23	4.5	0	40	1470	33	7	6	19
Forager's Warm Bowl								630	261	29	8	0	30	760	79	12	0	25
Keto Zoodle Bowl		✓	✓		✓			440	288	32	12	0	35	1300	14	6	0	34
<b>WRAPS</b>																		
Buffalo Chicken Wrap			✓			✓		560	189	21	8	0	85	1080	61	5	3	34
Spicy Chicken Caesar Wrap			✓			✓		570	180	20	7	0	80	1360	62	6	3	38
<b>TOAST BOXES</b>																		
Avo Blast Toast					✓	✓		450	243	27	4.5	0	10	740	51	10	10	8
Crunchy Avocado Toast						✓		400	225	25	6	0	10	740	39	9	3	11

\*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
<b>SMOOTHIES</b>																		
Avocado Dreamsicle	✓	✓			✓		✓	390	189	21	16	0	0	30	51	3	37	2
Berry Wild		✓	✓		✓			230	22.5	2.5	1	0	5	20	54	4	39	2
Detox Cleanse	✓	✓	✓		✓		✓	80	0	0	0	0	0	0	15	18	3	2
Peanut Butter Warrior	✓	✓					✓	300	63	7	1	0	0	125	55	4	37	8
Strawberry Banana		✓			✓			270	22.5	2.5	0.5	0	5	90	61	4	43	3
<b>HOUSE-MADE TEAS</b>																		
Strawberry Lemonade	✓	✓	✓				✓	150	0	0	0	0	0	20	37	2	29	0
Cucumber Mint Lemonade	✓	✓	✓				✓	90	0	0	0	0	0	20	23	1	18	1