



YOUR SALAD. YOUR WAY.

STARTING AT 6.99 :: CHOOSE SALAD OR SALAD WRAP [310 cals FOR SALAD WRAP]

1 :: CHOOSE YOUR GREENS

- ROMAINE [15 cals]
- BABY KALE [30 cals]
- BABY ARUGULA [15 cals]
- ARCADIAN MIX [20 cals]
- BABY SPINACH [25 cals]

- SHREDDED CARROTS [5 cals]
- JALAPEÑOS [5 cals]
- CELERY [5 cals]
- CUCUMBERS [5 cals]
- GRAPE TOMATOES [20 cals]
- BROCCOLI [10 cals]
- MUSHROOMS [10 cals]
- BELL PEPPERS [5 cals]

- SHREDDED CABBAGE [5 cals]
- RADISHES [5 cals]
- EDAMAME [15 cals]
- CILANTRO [0 cals]
- CORN [15 cals]
- RED ONIONS [5 cals]
- SCALLIONS [5 cals]
- SNOW PEAS [10 cals]

2 :: ADD TOPPINGS

- GREEN OLIVES [30 cals]
- BLACK OLIVES [15 cals]
- BANANA PEPPERS [0 cals]
- PEPPERONCINI [10 cals]
- PURPLE BEETS [10 cals]
- APPLES [30 cals]
- PINEAPPLE [35 cals]
- MANDARIN ORANGES [20 cals]

- STRAWBERRIES [15 cals]
- RAISINS [65 cals]
- DRIED CRANBERRIES [65 cals]
- GRAPES [25 cals]
- BLACK BEANS [25 cals]
- KIDNEY BEANS [30 cals]
- JICAMA [15 cals]
- CHICKPEAS [30 cals]

- GARLIC CHICKPEAS [30 cals]
- BEAN SPROUTS [5 cals]
- EGG [35 cals]
- BOWTIE PASTA [55 cals]

3 :: ADD CHEESE

- SHREDDED CHEDDAR [60 cals]
- FETA [55 cals]
- GORGONZOLA [70 cals]
- GOAT CHEESE [60 cals]
- FRESH MOZZARELLA [50 cals]
- SHAVED PARMESAN [40 cals]

4 :: ADD SOME CRUNCH

- CROUTONS [35 cals]
- TORTILLA STRIPS [55 cals]
- CRISPY WONTONS [55 cals]
- SUNFLOWER SEEDS [5 cals]

6 :: ADD PROTEIN [STARTING AT 3.00 EA]

- BUFFALO GRILLED CHICKEN [140 cals]
- BAKED CHICKEN CUTLET [210 cals]
- GRILLED CHICKEN [140 cals]
- CAJUN GRILLED CHICKEN [140 cals]
- MEMPHIS BBQ GRILLED CHICKEN [170 cals]
- QUINOA [110 cals]

- TUNA ALBACORE [65 cals]
- TUNA SALAD [7 oz] [225 cals]
- HERB MARINATED SHRIMP [55 cals]
- SALMON [4.00 - 4 oz] [225 cals]
- TOFU [115 cals]
- FALAFEL [200 cals]

7 :: DRESS IT UP

- EXTRA VIRGIN OLIVE OIL [360 cals]
- RED WINE VINEGAR [5 cals]
- BALSAMIC VINEGAR [30 cals]
- FRESH SQUEEZED LEMON [5 cals]
- FRESH SQUEEZED LIME [5 cals]
- HONEY DIJON [135 cals] [GF]
- CHIPOTLE LIME VINAIGRETTE [209 cals] [GF]
- CAESAR [195 cals] [GF]

- BLEU CHEESE [206 cals] [GF]
- BUTTERMILK RANCH [225 cals] [GF]
- CHAMPAGNE VINAIGRETTE [165 cals] [GF]
- ORANGE SESAME [210 cals] *contains nuts*
- FAT FREE LEMON HERB [26 cals] [GF]
- FAT FREE RASPBERRY VINAIGRETTE [51 cals] [GF]

- LEMON POMEGRANATE VINAIGRETTE [75 cals] [GF]
- BLUEBERRY POMEGRANATE VINAIGRETTE [90 cals] [GF]
- WHITE BALSAMIC SHALLOT VINAIGRETTE [180 cals] [GF]
- BALSAMIC VINAIGRETTE [90 cals] [GF]
- THOUSAND ISLAND [210 cals] [GF]
- AVOCADO POBLANO [120 cals]

5 :: ADD PREMIUM TOPPINGS

- [1.00 EA]
- AVOCADO [1/4] [55 cals]
- ARTICHOKES [15 cals]
- SHAVED ALMONDS [80 cals]
- WALNUTS [160 cals]
- BACON [70 cals]



[GF] GLUTEN-FREE

My Salad

1473 STATE ROUTE 23
WAYNE, NJ 07470

Free Delivery

Order Online

MYSALADNJ.COM

HOURS ::

MON - SAT 10:30A - 8:30P • SUN 11A-7P

FREE DELIVERY ::

MON - SAT 10:30A - 3:00P • SUN 11A-3P

\$20 MINIMUM



*CONSUMER ADVISORY: Consuming raw or undercooked meat, eggs, poultry or seafood increases your risk of foodborne illness, especially if you have certain medical conditions. If you have a particular food allergy please let us know when ordering.

Please note that calories reflect nutrition information for undressed salads. These nutrition values are estimated based on our standard serving portions. A number of factors may affect the actual nutrition values for each product, including the fact that our menu items are handcrafted and may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences. Ingredients may change periodically and without notice. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Prices and menu items subject to change without notice. Tax not included. © Grande Cheese Company 2/18 All Rights Reserved.

MY SIGNATURE SALADS

MY WILD WONTON SALAD [315 cals]

Romaine, shredded cabbage, shredded carrots, shaved almonds, edamame, grilled chicken & crispy wontons. 10.99
Orange sesame dressing

MY MEDITERRANEAN SALAD [365 cals]

Romaine, grape tomatoes, cucumbers, bell peppers, radish, red onions, feta, crispy wontons & falafel. 9.99
Lemon pomegranate vinaigrette

MY PROTEIN SALAD [220 cals]

Baby spinach, black beans, kidney beans, grape tomatoes, red onions, cilantro, fresh squeezed lime, avocado, paprika, salt & black pepper. 8.99
Extra virgin olive oil

MY MEMPHIS BBQ CHICKEN SALAD [290 cals]

Romaine, grape tomatoes, corn, shredded carrots, shredded cheddar, scallions & BBQ grilled chicken. 9.99
Buttermilk ranch dressing

MY BLAZIN' BUFFALO CHICKEN SALAD [270 cals]

Romaine, corn, celery, grape tomatoes, cucumbers, Gorgonzola & buffalo grilled chicken. 9.99
Bleu cheese dressing

MY SOUTHWEST SALAD [248 cals]

Romaine, baby kale, corn, black beans, grape tomatoes, avocado & tortilla strips. 8.99
Chipotle lime vinaigrette

MY GARLIC CHICKPEA

CAESAR SALAD [253 cals]
Romaine, baby kale, garlic chickpeas, corn, shaved Parmesan, croutons & avocado. 8.99
Caesar dressing

SOUPS

[CUP] 4.99 :: [BOWL] 5.99

ORGANIC ANCIENT GRAIN

MINISTRONE [110 - 165 cals] [VN, VG, DF]

MY KIDS' MEAL

Pick 5 toppings, 1 dressing, 1 protein & a juice box. 6.50

TOMATO BISQUE [160 - 240 cals] [VG, GF]

ITALIAN WEDDING [220-310 cals]



[GF] GLUTEN-FREE

[VN] VEGAN

[VG] VEGETARIAN

[DF] DAIRY-FREE

WRAPS

9.99 [WRAP CHOICE :: WHEAT, THAI GINGER, COOL CUCUMBER, SOUTHWEST]

MY ORANGE SESAME WRAP [670 cals]

Romaine, shredded cabbage, shredded carrots, scallions, edamame, chicken cutlet, crispy wontons & orange sesame dressing on a thai ginger wrap.

MY GREEK GODDESS WRAP [690 cals]

Romaine, red onions, cucumbers, grape tomatoes, feta, chickpeas, falafel & lemon pomegranate vinaigrette on a cool cucumber wrap.

MY SANTA FE WRAP [720 cals]

Romaine, baby kale, corn, black beans, shredded cheddar, cilantro, jalapeños, Cajun grilled chicken & chipotle lime vinaigrette on a southwest wrap.

MY SPRING BREAK WRAP [674 cals]

Baby kale, feta, grapes, edamame, dried cranberries, quinoa, apples & fat free raspberry vinaigrette on a whole wheat wrap.

MY FIESTA WRAP [580 cals]

Romaine, grape tomatoes, bell peppers, red onions, cilantro, Cajun grilled chicken, fresh squeezed lime & avocado poblano dressing on a thai ginger wrap.

love less calories? try our lettuce wraps!

LETTUCE WRAPS

MY ORANGE SESAME LETTUCE WRAP [450 cals] 9.99

MY GREEK GODDESS LETTUCE WRAP [380 cals] 9.99

MY SANTA FE LETTUCE WRAP [415 cals] 9.99

MY SPRING BREAK LETTUCE WRAP [364 cals] 9.99

MY FIESTA LETTUCE WRAP [270 cals] 9.99

CREATE YOUR OWN LETTUCE WRAP Starting at 6.99