

ADD A CUP OF
Soup
TO ANY
SALAD OR
WRAP
ONLY 3.00



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DETAILS



CATERING MENU

MY SALAD BAR 8.00 per person :: 10 person minimum
*Can be ordered in multiples of 5
Comes with 12 toppings + My Salad Mix (Arcadian Mix/Romaine)
Served with bread & croutons*

TOPPINGS:

Corn, Edamame, Chickpeas, Bell Peppers, Mushrooms, Grape Tomatoes, Cucumbers, Black Olives, Feta, Shredded Cheddar, Dried Cranberries, Shredded Carrots

DRESS IT UP:

(1 dressing per 5 people)
Honey Dijon, Chipotle Lime Vinaigrette, Fat Free Lemon Herb, Fat Free Raspberry Vinaigrette, Buttermilk Ranch, Italian, Orange Sesame, Bleu Cheese, Caesar, Lemon Pomegranate Vinaigrette, White Balsamic Shallot Vinaigrette, Balsamic Vinaigrette, Thousand Island, Avocado Poblano

Add Protein 2.00 per person

Add Salmon 4.00 per person

PROTEIN CHOICES:

Grilled Chicken, Memphis BBQ Grilled Chicken, Cajun Grilled Chicken, Buffalo Grilled Chicken, Baked Chicken Cutlet, Tuna Salad, Tofu, Quinoa, Falafel, Tuna Albacore, Salmon, Grilled Shrimp

MY SALAD WRAP PLATTER 79.50 :: 10 person minimum
Assortment of wraps + bags of chips

MY SALAD BOWL 90.00 :: Serves 10
Served with bread

*Choose our seasonal salad or any signature salad from our menu
Includes a protein*

PROTEIN CHOICES: Grilled Chicken, Memphis BBQ Grilled Chicken, Cajun Grilled Chicken, Buffalo Grilled Chicken, Baked Chicken Cutlet, Tuna Salad, Tofu, Quinoa, Falafel, Tuna Albacore, Salmon & Grilled Shrimp



KIDS MENU 6.50

SALAD Choice of 5 toppings 1 dressing,
1 protein & a juice box

GRILLED CHEESE

Served with a fruit cup & juice box (640 cals)

PB & J

Served with a fruit cup & juice box (880 cals)

SOUPS

[CUP] 4.99 :: [BOWL] 5.99

VISIT **MYSALAD.LIFE** TO SEE OUR
SELECTION OF SOUPS MADE DAILY



EAT WELL.
LOOK GOOD.
FEEL GREAT!

973.832.7988

1473 STATE ROUTE 23 WAYNE, NJ 07470

Order Online :: **MYSALAD.LIFE**

HOURS :: MON - SAT 10:30A - 8:30P • SUN 11A - 7P
FREE DELIVERY :: MON - SAT 10:30A - 3P • SUN 11A - 3P



*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.
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My Salad

EAT WELL. LOOK GOOD.
FEEL GREAT!



973.832.7988

1473 STATE ROUTE 23 WAYNE, NJ 07470

Order Online :: **MYSALAD.LIFE**

YOUR SALAD. YOUR WAY.

[CHOOSE SALAD OR SALAD WRAP] [310 cals FOR SALAD WRAP]

STARTING AT 7.75

Pick 7 toppings from sections 2-4. Additional Toppings .75

1 :: CHOOSE YOUR GREENS

| | | |
|---------------------|------------------------|------------------------|
| Romaine [15 cals] | Baby Arugula [15 cals] | Baby Spinach [25 cals] |
| Baby Kale [30 cals] | Arcadian Mix [20 cals] | |

2 :: ADD TOPPINGS

| | | |
|---------------------------|----------------------------|-----------------------------|
| Shredded Carrots [5 cals] | Corn [15 cals] | Strawberries [15 cals] |
| Jalapeños [5 cals] | Red Onions [5 cals] | Raisins [65 cals] |
| Celery [5 cals] | Scallions [5 cals] | Dried Cranberries [65 cals] |
| Cucumbers [5 cals] | Snow Peas [10 cals] | Grapes [25 cals] |
| Grape Tomatoes [20 cals] | Green Olives [30 cals] | Black Beans [25 cals] |
| Broccoli [10 cals] | Black Olives [15 cals] | Kidney Beans [30 cals] |
| Mushrooms [10 cals] | Banana Peppers [0 cals] | Chickpeas [30 cals] |
| Bell Peppers [5 cals] | Pepperoncini [10 cals] | Garlic Chickpeas [30 cals] |
| Shredded Cabbage [5 cals] | Purple Beets [10 cals] | Bean Sprouts [5 cals] |
| Radishes [5 cals] | Apples [30 cals] | Egg [35 cals] |
| Edamame [15 cals] | Pineapple [35 cals] | Bowtie Pasta [55 cals] |
| Cilantro [0 cals] | Mandarin Oranges [20 cals] | |

3 :: ADD CHEESE

| | | |
|----------------------------|-----------------------|----------------------------|
| Shredded Cheddar [60 cals] | Gorgonzola [70 cals] | Fresh Mozzarella [50 cals] |
| Feta [55 cals] | Goat Cheese [60 cals] | Shaved Parmesan [40 cals] |

4 :: ADD SOME CRUNCH

| | | | |
|--------------------|---------------------------|--------------------------|--------------------------|
| Croutons [35 cals] | Tortilla Strips [55 cals] | Crispy Wontons [55 cals] | Sunflower Seeds [5 cals] |
|--------------------|---------------------------|--------------------------|--------------------------|

5 :: ADD PREMIUM TOPPINGS

[1.00 EA]

| | |
|---------------------------|--------------------------|
| Avocado [1/4] [55 cals] | Bacon [70 cals] |
| Shaved Almonds [80 cals] | Avocado Spread [60 cals] |
| Glazed Walnuts [160 cals] | Hummus [120 cals] |

6 :: ADD PROTEIN [STARTING AT 3.00 EA]

| | | |
|------------------------------------|--|---------------------------------|
| Buffalo Grilled Chicken [140 cals] | Memphis BBQ Grilled Chicken [170 cals] | Grilled Shrimp [55 cals] |
| Baked Chicken Cutlet [210 cals] | Quinoa [110 cals] | Salmon [4.00 - 4 oz] [225 cals] |
| Grilled Chicken [140 cals] | Tuna Albacore [65 cals] | Tofu [115 cals] |
| Cajun Grilled Chicken [140 cals] | Tuna Salad [7 oz] [225 cals] | Falafel [200 cals] |

7 :: DRESS IT UP

| | |
|---|--|
| Extra Virgin Olive Oil [360 cals] | Buttermilk Ranch [225 cals] [GF] |
| Red Wine Vinegar [5 cals] | Orange Sesame [210 cals] <i>contains nuts</i> |
| Balsamic Vinegar [30 cals] | Fat Free Lemon Herb [26 cals] [GF] |
| Fresh Squeezed Lemon [5 cals] | Fat Free Raspberry Vinaigrette [51 cals] [GF] |
| Fresh Squeezed Lime [5 cals] | Lemon Pomegranate Vinaigrette [75 cals] [GF] |
| Honey Dijon [135 cals] [GF] | White Balsamic Shallot Vinaigrette [180 cals] [GF] |
| Chipotle Lime Vinaigrette [209 cals] [GF] | Balsamic Vinaigrette [90 cals] [GF] |
| Caesar [195 cals] [GF] | Thousand Island [210 cals] [GF] |
| Italian [150 cals] [GF] | Avocado Poblano [120 cals] [GF] |
| Bleu Cheese [206 cals] [GF] | |



MY SIGNATURE SALADS

MY MEDITERRANEAN SALAD [365 cals]
Romaine, grape tomatoes, cucumbers, bell peppers, radishes, red onions, feta, crispy wontons & falafel. 10.75
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. 9.75
Extra virgin olive oil

MY SHRIMP TACO SALAD [230 cals]
Romaine, grilled shrimp, grape tomatoes, shredded cabbage, black beans, tortilla strips, cilantro, avocado & fresh squeezed lime. 12.75
Extra virgin olive oil

MY MEMPHIS BBQ CHICKEN SALAD [290 cals]
Romaine, grape tomatoes, corn, shredded carrots, shredded Cheddar, scallions & BBQ grilled chicken. 10.75
Buttermilk ranch dressing

MY BLAZIN' BUFFALO CHICKEN SALAD [270 cals]
Romaine, corn, celery, grape tomatoes, cucumbers, Gorgonzola & buffalo grilled chicken. 10.75
Bleu cheese dressing

MY WILD WONTON SALAD [315 cals]
Romaine, shredded cabbage, shredded carrots, shaved almonds, edamame, grilled chicken & crispy wontons. 11.75
Orange sesame dressing

MY SOUTHWEST SALAD [248 cals]
Romaine, baby kale, corn, black beans, grape tomatoes, avocado & tortilla strips. 9.75
Chipotle lime vinaigrette

MY GARLIC CHICKPEA CAESAR SALAD [253 cals]
Romaine, baby kale, garlic chickpeas, corn, shaved Parmesan, croutons & avocado. 9.75
Caesar dressing

MY COBB SALAD [465 cals]
Romaine, grilled chicken, bacon, egg, avocado, grape tomatoes, scallions & Gorgonzola. 13.75
Balsamic vinaigrette

MY SALMON SALAD [390 cals]
Arcadian mix, salmon, cucumbers, grape tomatoes, red onions, bell peppers & feta. 11.75
Chipotle lime vinaigrette

MY PINEAPPLE AVOCADO SALAD [255 cals]
Arcadian mix, grape tomatoes, cucumbers, red onions, bell peppers, pineapple, shaved almonds, crispy wontons & avocado. 10.75
Balsamic vinaigrette

HUMMUS TOAST

AVOCADO HUMMUS TOAST
Multigrain toast, hummus, avocado, cracked black pepper, sea salt & vine tomatoes. 8.50 [630 cals]

CILANTRO LIME HUMMUS TOAST
Multigrain toast, hummus, avocado, cilantro, fresh squeezed lime, red pepper flakes & sea salt. 8.50 [590 cals]

EVERYTHING HUMMUS TOAST
Multigrain toast, hummus, everything bagel seasoning. 5.25 [480 cals]

MEDITERRANEAN HUMMUS TOAST
Multigrain toast, hummus, cucumbers, feta, grape tomatoes, red onions, cracked black pepper & extra virgin olive oil. 7.25 [830 cals]

WRAPS 9.99

[WRAP CHOICE :: Wheat, Thai Ginger, Cool Cucumber, Southwest]

MY ORANGE SESAME WRAP [760 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 RODEO WRAP [615 cals]
Romaine, grape tomatoes, chicken cutlet, shredded Cheddar & buttermilk ranch dressing on a southwest 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 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 9.99

MY ORANGE SESAME LETTUCE WRAP [450 cals]

MY GREEK GODDESS LETTUCE WRAP [380 cals]

MY SANTA FE LETTUCE WRAP [415 cals]

MY FIESTA LETTUCE WRAP [270 cals]

MY RODEO LETTUCE WRAP [305 cals]



AVOCADO TOAST

GARLIC CHICKPEA AVOCADO TOAST
Multigrain toast, avocado spread, garlic chickpeas, bean sprouts, arugula & red chili paste. 7.25 [440 cals]

ARUGULA & SHAVED PARM AVOCADO TOAST
Multigrain toast, avocado spread, grape tomatoes, arugula, shaved Parmesan, cracked black pepper, sea salt & extra virgin olive oil. 7.25 [670 cals]

CALIFORNIA AVOCADO TOAST
Multigrain toast, avocado spread, cracked black pepper & sea salt. 5.25 [360 cals]

Add Bacon 1.00 [140 cals]
Add Hard Boiled Egg 1.00 [70 cals]

CRANBERRY AVOCADO TOAST
Multigrain toast, avocado spread, feta & dried cranberries drizzled with honey. 7.25 [670 cals]

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SAVE!

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\$10 OFF
WHEN YOU JOIN
THE MY SALAD
REWARDS
PROGRAM

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for details

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CATERING
ORDER OVER
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see reverse for details

*DINE TO
DONATE!*

Fundraisers are
typically held
on Sundays.

Coordinate
the best date for
your event with
the manager.

Call or email
for details