

TRY OUR NEW
boxed
LUNCHES

SAVE!

**SIGNATURE
HALF SALAD
+ CUP OF SOUP
+ BREAD ROLL
OR CHIPS**
12⁹⁹

**My
Salad**

Order Online
MYSALAD.LIFE
1473 STATE RT 23
WAYNE, NJ 07470

MUST MENTION WHEN
ORDERING & PRESENT AT
PURCHASE. OFFERS CANNOT
BE COMBINED.
LIMITED TIME OFFER.

**My
Salad**

GO TO
MYSALAD.LIFE
TO JOIN THE

**MY SALAD
Rewards
Program**

& EARN
\$10 OFF



PROTEIN SMOOTHIES

[16 OZ] [14G PROTEIN] 8.49

All smoothies lightly sweetened with agave

AVOLADA [315 cals]

Pineapple juice, coconut water, mangoes, pineapples, avocados, spinach & chia seeds.

COCOA [620 cals]

Almond milk, bananas, chocolate sauce, almond butter & whey protein.

CREAMSICLE [305 cals]

Almond milk, orange juice, mandarin oranges, bananas, orange zest & whey protein.

GREEN POWER [442 cals]

Coconut water, kale, spinach, mangoes, bananas, ginger, chia seeds, almonds & whey protein.

STRAWNANA [516 cals]

Almond milk, strawberries, bananas, almond butter & whey protein.

NUTELLA HEAVEN [496 cals]

Almond milk, strawberries, Nutella & whey protein.

FRUIT SMOOTHIES

[16 OZ] 7.99

All smoothies lightly sweetened with agave & topped with whipped cream

PINK TROPICS [330 cals]

Almond milk, peaches, bananas, strawberries & mangoes.

MANGO [236 cals]

Coconut water, pineapple juice, mangoes & mango puree.

PIÑA COLADA [629 cals]

Coconut water, piña colada mix, pineapples & bananas.

SUNSHINE [351 cals]

Coconut water, oranges, bananas & mangoes.

MY SMOOTHIE [371 cals]

Pineapple juice, mandarins, mangoes, pineapples, strawberries, bananas & blueberry drizzle.

FROZEN MINT'D LEMONADE [280 cals]

Organic lemonade blended with cucumber & fresh mint.

FROZEN BERRY LEMONADE [290 cals]

Organic lemonade blended with strawberries & ice.

Add Boba, collagen or chia seeds to any beverage 1.49

Soups Available Daily

VISIT ORDERMYSALAD.COM FOR A LIST OF TODAY'S FRESH SOUPS

**My
Salad**

Register Online
**FOR MY SALAD REWARDS
TODAY & EARN POINTS WITH
EVERY PURCHASE!**



Order Online
MYSALAD.LIFE



HOURS :: MON - SAT 9:30 AM - 8:00 PM • SUN 9:30 AM - 7:00 PM
DELIVERY :: BEGINS DAILY AT 10:30 AM

FRESH JUICES 7.99

[16 OZ OF 100% ALL NATURAL INGREDIENTS!]

PINEAPPLE PARADISE [150 cals]

Coconut water, oranges & pineapples.

GREEN MACHINE [215 cals]

Kale, apples, pineapples, mint, lemons & cucumbers.

IMMUNE BOOSTER [265 cals]

Oranges, carrots, lemons & ginger.

RISE & SHINE [370 cals]

Oranges, carrots, pineapples, turmeric & honey.

FRESH OJ [270 cals]

Oranges.

WELLNESS SHOTS 3.75

[100% ALL NATURAL INGREDIENTS!]

IMMUNE SHOT [120 cals]

Oranges, lemons, limes, ginger, turmeric & honey.

HEARTBEAT [155 cals]

Beet, cucumbers, carrots, apples & spinach.

REVIVE [240 cals]

Carrots, oranges, apples & ginger.

SWEET GREEN [225 cals]

Spinach, kale, apples & cucumbers.

TIANA'S FAVORITE [175 cals]

Pineapples, oranges, carrots, ginger & lemons.

POWER SHOT [100 cals]

Beets, oranges, lemons, limes & ginger.

**My
Salad**

**EAT WELL. LOOK GOOD.
FEEL GREAT!**

*Free
Delivery*
10:30 AM - 5:00 PM



973.832.7988

1473 STATE ROUTE 23 WAYNE, NJ 07470

Order Online :: **MYSALAD.LIFE**

*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 & may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing & sources of supply, as well as regional & seasonal differences. Ingredients may change periodically & without notice. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Prices & menu items subject to change without notice. Tax not included.
© Grande Cheese Company 2/2024 All Rights Reserved.



YOUR SALAD. YOUR WAY.

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

STARTING AT 9.99

Pick 5 toppings. Additional toppings .75 EA

1 :: CHOOSE YOUR BASE

Romaine [15 cals]	Arcadian Mix [20 cals]	Brown Rice & Quinoa Blend [200 cals]
Baby Kale [30 cals]	Baby Spinach [25 cals]	
Baby Arugula [15 cals]	Bowtie Pasta [400 cals]	

2 :: ADD TOPPINGS

Shredded Carrots [5 cals]	Banana Peppers [0 cals]	Cheese
Jalapeños [5 cals]	Purple Beets [10 cals]	Shredded Cheddar [60 cals]
Cucumbers [5 cals]	Apples [30 cals]	Feta [55 cals]
Grape Tomatoes [20 cals]	Pineapple [35 cals]	Gorgonzola [70 cals]
Broccoli [10 cals]	Mandarin Oranges [20 cals]	Fresh Mozzarella [50 cals]
Mushrooms [10 cals]	Strawberries [15 cals]	Shaved Parmesan [40 cals]
Shredded Cabbage [5 cals]	Dried Cranberries [65 cals]	
Edamame [15 cals]	Grapes [25 cals]	Crunch
Cilantro [0 cals]	Mangoes [34 cals]	Croutons [35 cals]
Corn [15 cals]	Black Beans [25 cals]	Tortilla Strips [55 cals]
Red Onions [5 cals]	Chickpeas [30 cals]	Crispy Wontons [55 cals]
Scallions [5 cals]	Garlic Chickpeas [30 cals]	Crispy Onions [120 cals]
Green Olives [30 cals]	Egg [35 cals]	
Bowtie Pasta [400 cals]	Celery [5 cals]	
Black Olives [15 cals]		

3 :: ADD PREMIUMS [1.00 – 5.00]

Avocado [1/4] [55 cals]	Baked Chicken Cutlet [210 cals]	Seasonal Warm Protein
Shaved Almonds [80 cals]	Grilled Chicken [140 cals]	Falafel [200 cals]
Glazed Walnuts [160 cals]	Cajun Grilled Chicken [140 cals]	Salmon [250 cals]
Bacon [70 cals]	Memphis BBQ	
Avocado Spread [60 cals]	Grilled Chicken [170 cals]	
Hummus [120 cals]	Quinoa [110 cals]	
Toasted Pumpkin Seeds [43 cals]	Tuna Salad [7 oz] [225 cals]	
Buffalo Grilled Chicken [140 cals]	Grilled Shrimp [55 cals]	

6 :: DRESS IT UP

Extra Virgin Olive Oil [360 cals]	Chipotle Ranch [190 cals]
Red Wine Vinegar [5 cals]	Orange Sesame [210 cals] <i>contains nuts & gluten</i>
Balsamic Vinegar [30 cals]	Lemon Pomegranate Vinaigrette [75 cals]
Fresh Squeezed Lemon [5 cals]	White Balsamic Shallot Vinaigrette [180 cals]
Fresh Squeezed Lime [5 cals]	Balsamic Vinaigrette [90 cals]
Honey Dijon [135 cals]	Thousand Island [210 cals]
Chipotle Lime Vinaigrette [209 cals]	Avocado Poblano [120 cals]
Caesar [195 cals]	Tzatziki Sauce [75 cals]
Fat-Free Italian [30 cals]	Green Goddess [210 cals]
Bleu Cheese [206 cals]	Apple Cider Vinaigrette [160 cals]
Buttermilk Ranch [225 cals]	



MY SIGNATURE SALADS

MY MEDITERRANEAN SALAD [365 cals]

Romaine, falafel, grape tomatoes, cucumbers, black olives, red onions, feta & crispy wontons. 12.99

Lemon pomegranate vinaigrette dressing

MY PROTEIN SALAD [220 cals]

Baby spinach, grilled chicken, avocado, black beans, chickpeas, grape tomatoes, red onions, cilantro, sea salt, black pepper & paprika. 12.99

Fresh lime & extra virgin olive oil dressing

MY SHRIMP TACO SALAD [230 cals]

Romaine, grilled shrimp, avocado, grape tomatoes, shredded cabbage, black beans, tortilla strips & cilantro. 14.99

Fresh lime & extra virgin olive oil dressing

MY BBQ CHICKEN SALAD [290 cals]

Romaine, BBQ grilled chicken, grape tomatoes, corn, shredded carrots, shredded cheddar, crispy onions & scallions. 12.99

Buttermilk ranch dressing

MY BUFFALO CHICKEN SALAD [270 cals]

Romaine, buffalo grilled chicken, red onions, shredded cheddar, grape tomatoes & cucumbers. 12.99

Bleu cheese dressing

MY COBB SALAD [465 cals]

Romaine, grilled chicken, bacon, avocado, eggs, grape tomatoes, scallions & gorgonzola. 13.99

Balsamic vinaigrette dressing

MY WILD WONTON SALAD [315 cals]

Romaine, grilled chicken, shredded cabbage, shredded carrots, shaved almonds, edamame & crispy wontons. 12.99

Orange sesame dressing

MY SOUTHWEST SALAD [398 cals]

Romaine, baby, kale, Cajun chicken, avocado, tomatoes, red onion, black beans, shredded cheddar, tortilla strips & cilantro. 12.99

Lime chipotle dressing

MY FARMHOUSE SALAD [340 cals]

Spinach, grilled chicken, bacon, grape tomatoes, red onions, mushrooms, eggs & croutons. 12.99

Honey dijon dressing

MY CAESAR SALAD WITH GARLIC CHICKPEAS [253 cals]

Romaine, baby kale, avocado, garlic chickpeas, corn, shaved parmesan & croutons. 11.99

Recommended with Salmon
Caesar dressing

WARM BOWLS 13.99

MY BIG FAT GREEK BOWL [590 cals]

Organic brown rice & quinoa, grilled chicken, grape tomatoes, cucumbers, red onions, feta, a lemon wedge & tzatziki sauce.

CILANTRO LIME CHICKEN BOWL [530 cals]

Organic brown rice & quinoa, grilled chicken, cucumbers, apples, celery, cilantro, dried cranberries & fresh lime.

MY SPICY CHICKEN BOWL [779 cals]

Cajun grilled chicken, corn, tortilla strips, baby kale, shredded cheddar, organic brown rice, quinoa & chipotle lime vinaigrette.

MY KALE CAESAR BOWL [795 cals]

Organic brown rice & quinoa, baby kale, baked chicken cutlet, corn, croutons, shaved parmesan & Caesar dressing.

MY FIESTA LIME BOWL [520 cals]

Organic brown rice & quinoa, grilled shrimp, avocado, grape tomatoes, jalapeños, corn, cilantro, red onions & fresh lime.

MY CAJUN RANCH BURRITO BOWL [735 cals]

Organic brown rice & quinoa, Cajun grilled chicken, grape tomatoes, shredded cheddar, corn, black beans & chipotle ranch.

KIDS MENU 8.99

[PICK ONE :: Bento Box, Grilled Cheese or Kid's Salad]

Served with juice box & choice of either apple, banana, bag of chips, bread or fruit cup

WRAPS 11.99 *love less calories? make it a lettuce wrap!*

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

MY ORANGE SESAME WRAP [760 cals]

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

MY TUNA WRAP [570 cals]

Romaine, tuna salad, grape tomatoes, banana peppers, shredded carrots & red wine vinegar on a whole wheat wrap.

MY GRILLED CHICKEN BLT WRAP [770 cals]

Romaine, grilled chicken, bacon, grape tomatoes, scallions, fresh lime & buttermilk ranch on a whole wheat wrap.

MY VEGGIE HUMMUS WRAP [725 cals]

Mixed greens, falafel, hummus, avocado, cucumbers, grape tomatoes, sea salt, cracked black pepper & white balsamic shallot dressing on a cool cucumber wrap.

MY RODEO WRAP [615 cals]

Romaine, baked chicken cutlet, grape tomatoes, shredded cheddar & buttermilk ranch on a southwest wrap.

MY CAJUN RANCH BURRITO [798 cals]

Romaine, organic brown rice quinoa blend, Cajun grilled chicken, grape tomatoes, shredded cheddar, corn, black beans & chipotle ranch on a southwest wrap.

MY SANTA FE WRAP [720 cals]

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

MY FIESTA WRAP [690 cals]

Romaine, grape tomatoes, red onion, cilantro, fresh lime, Cajun grilled chicken & avocado ranch dressing on a Thai ginger wrap.

TOASTS

ARUGULA & SHAVED PARM

AVOCADO TOAST [670 cals]

Multigrain toast, avocado spread, grape tomatoes, arugula, shaved parmesan, cracked black pepper & sea salt drizzled with extra virgin olive oil. 9.99

CAPRESE AVOCADO TOAST [640 cals]

Multigrain toast, avocado spread, fresh mozzarella & grape tomatoes drizzled with balsamic glaze. 9.99

GARLIC CHICKPEA

AVOCADO TOAST [440 cals]

Multigrain toast, avocado spread, garlic chickpeas & arugula. 9.99

CALIFORNIA AVOCADO TOAST [360 cals]

Multigrain toast, avocado spread, cracked black pepper & sea salt. 7.99

Add bacon 1.00 Add hard boiled egg 1.00

CRANBERRY AVOCADO TOAST [670 cals]

Multigrain toast, avocado spread, feta & dried cranberries drizzled with honey. 8.99

ALMOND PROTEIN TOAST [725 cals]

Multigrain toast, almond butter, bananas, strawberries & chia seeds drizzled with honey. 10.99

NUTELLA PROTEIN TOAST [789 cals]

Multigrain toast, Nutella, bananas, strawberries & chia seeds drizzled with honey. 10.99



TOASTIES 11.49

MY CLASSIC TOASTIE [380 cals]

Cheddar cheese & tomatoes.

MY CHICKEN BACON RANCH TOASTIE [705 cals]

Baked chicken cutlet, bacon, lettuce, tomatoes & chipotle ranch.

MY FLORENTINE GRILLED CHICKEN TOASTIE [780 cals]

Grilled chicken, tomato, spinach, fresh mozzarella & pesto.

BUFFALO CHICKEN TOASTIE [650 cals]

Grilled buffalo chicken, cheddar cheese, gorgonzola & celery on sourdough bread. Toasted & melted to perfection!

TRY OUR NEW boxed LUNCHES

STARTING AT 12.99

YOU PICK 2 ::

HALF SALAD

HALF TOASTIES

HALF WARM BOWL

FRESH JUICE

SMOOTHIE

CUP OF SOUP

PICK 1 SIDE ::

APPLE

BANANA

BAG OF CHIPS

BREAD

FRUIT CUP

