

TRY OUR NEW  
*boxed*  
**LUNCHES**

**SAVE!**

**SIGNATURE  
HALF SALAD  
+ CUP OF SOUP  
+ BREAD ROLL  
OR CHIPS  
12<sup>99</sup>**

**My Salad**  
Order Online  
**ORDERMYSALAD.COM**  
415 VALLEY BROOK AVE  
LYNDHURST, NJ 07071

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

**My Salad**

GO TO  
**ORDERMYSALAD.COM**  
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.
- MY SMOOTHIE** [371 cals]  
Pineapple juice, mandarins, mangoes, pineapples, strawberries, bananas & blueberry drizzle.
- SUNSHINE** [351 cals]  
Coconut water, oranges, bananas & mangoes.
- 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  
**ORDERMYSALAD.COM**



**OPEN DAILY 9:30 AM - 8:00 PM**  
**FREE DELIVERY 10:30 AM - 5:00 PM**

## 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]  
Orange, carrots, pineapples, turmeric & honey.
- FRESH OJ** [270 cals]  
Oranges.
- 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.

## WELLNESS SHOTS

3.75

[ 100% ALL NATURAL INGREDIENTS! ]

- IMMUNE SHOT** [120 cals]  
Oranges, lemons, limes, ginger, turmeric & honey.
- POWER SHOT** [100 cals]  
Beets, oranges, lemons, limes & ginger.

\*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.  
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**My Salad**

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

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



**201.514.6000**

415 VALLEY BROOK AVE LYNDHURST, NJ 07071

Order Online :: **ORDERMYSALAD.COM**



# 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]	Bowtie Pasta [400 cals]
Baby Arugula [15 cals]	White Rice [170 cals]	

## 2 :: ADD TOPPINGS

Shredded Carrots [5 cals]	Apples [30 cals]	<b>Cheese</b>
Jalapeños [5 cals]	Pineapple [35 cals]	Shredded Cheddar [60 cals]
Cucumbers [5 cals]	Mandarin Oranges [20 cals]	Feta [55 cals]
Grape Tomatoes [20 cals]	Strawberries [15 cals]	Gorgonzola [70 cals]
Broccoli [10 cals]	Dried Cranberries [65 cals]	Fresh Mozzarella [50 cals]
Mushrooms [10 cals]	Grapes [25 cals]	Shaved Parmesan [40 cals]
Shredded Cabbage [5 cals]	Mangoes [34 cals]	Fig Goat Cheese [85 cals]
Edamame [15 cals]	Blackberries [34 cals]	
Cilantro [0 cals]	Grilled Peaches [85 cals]	<b>Crunch</b>
Corn [15 cals]	Pears [80 cals]	Croutons [35 cals]
Red Onions [5 cals]	Basil [0 cals]	Tortilla Strips [55 cals]
Scallions [5 cals]	Black Beans [25 cals]	Crispy Wontons [55 cals]
Green Olives [30 cals]	Chickpeas [30 cals]	Crispy Onions [120 cals]
Bowtie Pasta [400 cals]	Garlic Chickpeas [30 cals]	
Black Olives [15 cals]	Egg [35 cals]	
Banana Peppers [0 cals]	Celery [5 cals]	
Purple Beets [10 cals]		

## 3 :: ADD PREMIUMS [ 1.00 – 5.00 ]

Avocado [1/4] [55 cals]	Artichokes [100 cals]	Quinoa [110 cals]
Shaved Almonds [80 cals]	Fire Roasted Tomatoes [45 cals]	Tuna Salad [7 oz] [225 cals]
Glazed Walnuts [160 cals]	Buffalo Grilled Chicken [140 cals]	Grilled Shrimp [55 cals]
Bacon [70 cals]	Baked Chicken Cutlet [210 cals]	Seasonal Warm Protein
Avocado Spread [60 cals]	Grilled Chicken [140 cals]	Eggplant [120 cals]
Hummus [120 cals]	Cajun Grilled Chicken [140 cals]	Falafel [200 cals]
Toasted Pumpkin Seeds [43 cals]	Memphis BBQ	Salmon [250 cals]
Roasted Red Peppers [25 cals]	Grilled Chicken [170 cals]	Roasted Veggies [25 cals]

## 6 :: DRESS IT UP

Raspberry Walnut Vinaigrette [260 cals]	Chipotle Ranch [190 cals]
Extra Virgin Olive Oil [360 cals]	Orange Sesame [210 cals] <i>contains nuts &amp; gluten</i>
Red Wine Vinegar [5 cals]	Lemon Pomegranate Vinaigrette [75 cals]
Balsamic Vinegar [30 cals]	White Balsamic Shallot Vinaigrette [180 cals]
Fresh Squeezed Lemon [5 cals]	Balsamic Vinaigrette [90 cals]
Fresh Squeezed Lime [5 cals]	Thousand Island [210 cals]
Honey Dijon [135 cals]	Avocado Poblano [120 cals]
Chipotle Lime Vinaigrette [209 cals]	Tzatziki Sauce [75 cals]
Caesar [195 cals]	Green Goddess [210 cals]
Fat-Free Italian [30 cals]	Honey Balsamic [160 cals]
Bleu Cheese [206 cals]	Apple Cider Vinaigrette [160 cals]
Buttermilk Ranch [225 cals]	

# MY SIGNATURE SALADS

## MY GRILLED PEACH SALAD [410 cals]

Mixed greens, grilled peaches, honey roasted pecans, dried cranberries, red onions & gorgonzola. 12.99

**Recommended with Salmon**

*Apple cider vinaigrette dressing*

## MY MEDITERRANEAN SALAD [365 cals]

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

*Lemon pomegranate vinaigrette dressing*

*& pomegranate drizzle*

## 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 MIAMI BEACH SALAD [405 cals]

Mixed greens, gorgonzola, honey roasted pecans, Asian pears & dried cranberries. 12.99

*Honey balsamic dressing*

## MY CARIBBEAN

### STRAWBERRY SALAD [368 cals]

Mixed greens, strawberries, grapes, mandarin oranges, honey roasted walnuts & fig goat cheese. 12.99

**Recommended with Salmon**

*Raspberry walnut 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*

### MY BLACKBERRY SALAD [398 cals]

Mixed greens, blackberries, honey roasted pecans, fig goat cheese, apples & mandarin oranges. 12.99

**Recommended with Salmon**

*Raspberry walnut vinaigrette dressing*

### MY LYNDBURST SALAD [430 cals]

Romaine, arugula, grilled chicken, red onions, roasted red peppers, fire roasted tomatoes, grilled artichokes, grape tomatoes, cucumbers, fresh mozzarella & oregano. 14.99

*Olive oil & red wine vinegar 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 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, Mac & Cheese Wedges 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.

# 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 & basil drizzled with balsamic glaze. 9.99

### GARLIC CHICKPEA

#### AVOCADO TOAST [440 cals]

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

# PANINIS 11.49

## MY PESTO PANINI [736 cals]

Grilled chicken, pesto, mayo, tomatoes, red onions & mixed greens.

## MY ITALIAN CAPRESE PANINI [765 cals]

Baked chicken cutlet, fresh mozzarella, roasted peppers & balsamic vinegar.

## MY MEADOWLANDS PANINI [805 cals]

Eggplant cutlet, spinach, fresh mozzarella, roasted peppers & balsamic vinegar.

## MY TOMATO BASIL PANINI [610 cals]

Fresh mozzarella, basil, tomatoes, pesto & olive oil.

# 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 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 lettuce, grape tomatoes, red onion, cilantro, fresh lime, Cajun Grilled Chicken & Avocado Ranch dressing on a Thai ginger wrap.

# TRY OUR NEW boxed LUNCHES

STARTING AT 12.99

YOU PICK 2 ::  
HALF SALAD  
HALF PANINI  
HALF TOASTIES  
HALF WARM BOWL  
FRESH JUICE  
SMOOTHIE  
CUP OF SOUP

PICK 1 SIDE ::  
APPLE  
BANANA  
BAG OF CHIPS  
BREAD  
FRUIT CUP

