

TRY OUR NEW
boxed
LUNCHES



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PROTEIN SMOOTHIES

[16 OZ] [14G PROTEIN] 7.99

AVOLADA [307 cals]

Coconut water, mango, pineapple juice, chia seeds, spinach, avocado, pineapple.

BLUE PIE [540 cals]

Greek yogurt, coconut water, chia seeds, blueberries, banana, lemon, agave, whey protein.

COCOA [620 cals]

Almond milk, banana, cocoa, whey protein, almond butter, agave.

CREAMSICLE [266 cals]

Almond milk, orange, whey protein, mandarins, orange zest, agave.

GREEN POWER [442 cals]

Coconut water, kale, spinach, mango, banana, ginger, chia seeds, almonds, agave.

STRAWNANA [516 cals]

Almond milk, whey protein, strawberries, banana, almond butter, agave.

FRUIT SMOOTHIES

[16 OZ] 7.99

BERRY [260 cals]

Almond milk, strawberries, blueberries & agave with whipped cream & blueberry drizzle.

PEACHES [285 cals]

Peach, coconut water, pineapple & agave with whipped cream.

PINK TROPICS [330 cals]

Almond milk, peach, banana, strawberries, mango & agave with whipped cream & strawberry drizzle.

MANGO [236 cals]

Coconut water, pineapple juice, mango & agave with whipped cream.

PIÑA COLADA [629 cals]

Coconut water, piña colada mix, pineapple, banana & agave with whipped cream.

MY SMOOTHIE [371 cals]

Pineapple juice, mandarin, mango, pineapple, strawberries, banana & agave with whipped cream & blueberry drizzle.

Boxed Lunches

**SIGNATURE HALF SALAD + CUP OF SOUP
+ BREAD ROLL OR CHIPS 12.99 per person**

My Salad

EAT WELL. LOOK GOOD.
FEEL GREAT!

973.832.7988

1473 STATE ROUTE 23
WAYNE, NJ 07470

Order Online
MYSALAD.LIFE

HOURS :: MON - SAT 7:30A - 8:00P • SUN 8:00A - 7:00P
DELIVERY :: BEGINS DAILY AT 10:30A

FRESH JUICES 7.49

[16 OZ OF 100% ALL NATURAL INGREDIENTS!]

PINEAPPLE PARADISE [150 cals]

Coconut water, mango, pineapple juice, chia seeds, spinach, avocado & pineapple.

GREEN MACHINE [215 cals]

Kale, apple, pineapple, mint, lemon & cucumber.

IMMUNE BOOSTER [265 cals]

Orange, carrot, lemon & ginger.

RISE & SHINE [370 cals]

Orange, carrot, pineapple, turmeric & honey.

FRESH OJ [270 cals]

Oranges.

HEARTBEAT [155 cals]

Beet, cucumber, carrot, apple & spinach.

REVIVE [240 cals]

Carrot, orange, apple & ginger.

SWEET GREEN [225 cals]

Spinach, kale, apple & cucumber.

TIANA'S FAVORITE [175 cals]

Pineapple, orange, carrot, ginger & lemon.

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 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!

Delivery
STARTS AT
10:30AM



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 9.49

Pick 7 toppings from sections 2. Additional Toppings .75 EA

1 :: CHOOSE YOUR BASE

Romaine [15 cals]	Baby Arugula [15 cals]	Baby Spinach [25 cals]
Baby Kale [30 cals]	Arcadian Mix [20 cals]	Bowtie Pasta [400 cals]

2 :: ADD TOPPINGS

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

3 :: ADD PREMIUM TOPPINGS [STARTING AT 1.00 EA]

Avocado [1/4] [55 cals]	Bacon [70 cals]	Toasted Pumpkin Seeds [43 cals]
Shaved Almonds [80 cals]	Avocado Spread [60 cals]	
Glazed Walnuts [160 cals]	Hummus [120 cals]	

4 :: ADD PROTEIN [STARTING AT 3.50 EA]

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

5 :: DRESS IT UP

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



MY SIGNATURE SALADS

MY MEDITERRANEAN SALAD [365 cals]

Romaine, grape tomatoes, cucumbers, black olives, red onions, feta, crispy wontons & falafel. 11.99
Lemon pomegranate vinaigrette

MY PROTEIN SALAD [220 cals]

Baby spinach, grilled chicken, black beans, chick peas, grape tomatoes, red onions, cilantro, fresh squeezed lime, avocado, paprika, salt & black pepper. 12.99
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. 14.99
Extra virgin olive oil

MY MEMPHIS BBQ

CHICKEN SALAD [290 cals]
Romaine, BBQ grilled chicken, grape tomatoes, corn, shredded carrots, shredded cheddar & scallions. 12.99
Buttermilk ranch dressing

MY BLAZIN' BUFFALO

CHICKEN SALAD [270 cals]
Romaine, buffalo grilled chicken, corn, celery, grape tomatoes, cucumbers & Gorgonzola. 12.99
Bleu cheese dressing

MY COBB SALAD [465 cals]

Romaine, grilled chicken, bacon, egg, avocado, grape tomatoes, scallions & Gorgonzola. 13.99
Balsamic vinaigrette

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, Cajun grilled chicken, baby kale, corn, black beans, grape tomatoes, red onions, shredded cheddar, cilantro, avocado & tortilla strips. 12.99
Chipotle lime vinaigrette

MY GARLIC CHICKPEA

CAESAR SALAD [253 cals]
Romaine, baby kale, garlic chickpeas, corn, shaved parmesan, croutons & avocado. 10.99
Caesar dressing

MY SALMON SALAD [390 cals]

Arcadian mix, salmon, cucumbers, grape tomatoes, red onions, scallions & feta. 13.99
Chipotle lime vinaigrette

MY PINEAPPLE AVOCADO SALAD [255 cals]

Arcadian mix, grape tomatoes, cucumbers, red onions, edamame, pineapple, shaved almonds, crispy wontons & avocado. 11.99
Balsamic vinaigrette

MY FARMHOUSE SALAD [340 cals]

Spinach, grape tomatoes, red onions, mushrooms, egg, croutons, bacon & grilled chicken. 12.99
Honey dijon

WARM BOWLS 12.49

MY BIG FAT GREEK BOWL [590 cals]

Grilled chicken, romaine, grape tomatoes, cucumbers, red onions, lemon wedges, feta, organic brown rice, quinoa & tzatziki sauce.

CILANTRO LIME CHICKEN BOWL [530 cals]

Grilled chicken, cucumbers, apples, celery, baby arugula, cilantro, dried cranberries, organic brown rice, quinoa & fresh squeezed lime.

MY KALE CAESAR BOWL [795 cals]

Baked chicken cutlet, baby kale, corn, croutons, shaved parmesan, organic brown rice, quinoa & caesar dressing.

MY SPICY CHICKEN BOWL [779 cals]

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

MY CHIPOTLE RANCH

BURRITO BOWL [735 cals]
Romaine, organic brown rice, quinoa, grape tomatoes, shredded cheddar, corn, black beans, Cajun grilled chicken & chipotle ranch dressing.

WRAPS 10.99

[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 RODEO WRAP [615 cals]

Romaine, grape tomatoes, chicken cutlet, shredded Cheddar & buttermilk ranch dressing on a southwest wrap.

GRILLED CHICKEN BLT WRAP [770 cals]

Romaine, tomatoes, scallions, bacon, grilled chicken, lime & buttermilk ranch dressing on a whole wheat 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 TUNA WRAP [570 cals]

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

MY VEGGIE HUMMUS WRAP [725 cals]

Hummus, falafel, cucumbers, grape tomatoes, bell peppers, avocado, arcadian mix, chili paste, sea salt & cracked black pepper on a cool cucumber wrap.

MY CHIPOTLE RANCH BURRITO [850 cals]

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

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

TOASTS

GARLIC CHICKPEA AVOCADO TOAST [440 cals]

Multigrain toast, avocado spread, garlic chickpeas, arugula & red chili paste. 9.99

ARUGULA & SHAVED PARM

AVOCADO TOAST [670 cals]
Multigrain toast, avocado spread, grape tomatoes, arugula, shaved parmesan, cracked black pepper, sea salt & extra virgin olive oil. 9.99

NUTELLA PROTEIN TOAST

Multigrain toast, Nutella, chia seeds, banana, strawberries & honey. 9.99

CALIFORNIA AVOCADO TOAST [360 cals]

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

Add Bacon 1.00 [140 cals]

Add Hard Boiled Egg 1.00 [70 cals]

CRANBERRY AVOCADO TOAST [670 cals]

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

ALMOND PROTEIN TOAST

Multigrain toast, almond butter, chia seeds, banana, strawberries & honey. 9.99



KIDS MENU 7.99

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

GRILLED CHEESE

Served with a fruit cup & juice box. [640 cals]

TRY OUR NEW

boxed
LUNCHES

SAVE!

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

12⁹⁹

Visit MySalad.Life
for details

SAVE!

SIGNATURE
HALF SALAD
+ SMOOTHIE

12⁹⁹

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SAVE!

SIGNATURE
HALF SALAD
+ FRESH JUICE

12⁹⁹

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