

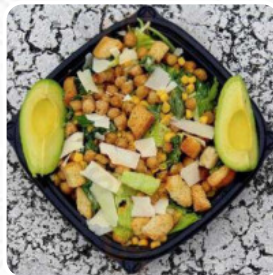


## My Salad Menu

<https://menuweb.menu>

1473 New Jersey 23, Wayne, US, United States

+19738327988 - <http://mysalad.life/>



The **menu of My Salad** from Wayne includes 176 dishes. On average the **dishes or drinks on [the menu](#)** cost approximately \$11.1. You can view the categories on the menu below. **\*\*A Fresh Take on Healthy Dining: A New**

**Favorite for Locals\*\*** Nestled in the neighborhood, this restaurant has quickly garnered a loyal following, celebrated for its diverse menu of fresh, delicious options. Diners rave about the quality of dishes like avocado toast, although some have noted inconsistencies in portion sizes and flavors, particularly regarding toppings. The lively ambiance is complemented by friendly staff, though some patrons have expressed concerns over hurried service near closing time. Overall, the restaurant successfully caters to health-conscious diners and offers unique choices, making it a standout alternative to larger chains. Its growing popularity ensures many will return for more satisfying meals.

# My Salad Menu



## Entrées

VEGETARIAN THREE BEAN CHILI

## Pasta

GREEK CHICKEN ORZO

## Snacks

MISS VICKIES CHIPS \$2.5

## Toast

CAPRESE TOAST \$13.0

## Sandwiches

BUFFALO CHICKEN TOASTIE \$10.0

## A La Carte

VANILLA GREEK YOGURT \$7.0

## Dessert

FRESH FRUIT SALAD

## Starters

ITALIAN WEDDING SOUP

## Noodles

CHICKEN NOODLE

## Chips

POPCORNERS \$1.9

## Toppings

TOPPINGS

## Shakes

SHAKE

## Combo

COMBO 3

## Joghurt Smoothies

VITALITY \$9.1

## Mocktails & More

WATERMELON LEMONADE \$7.0

## Sweets & Desserts

FRUIT CUP \$4.5

## Kids Meals

KIDS GRILLED CHEESE (640 CALORIES) \$9.5

## Hot Soup

SPICED PUMPKIN BISQUE

## Savory Soup

BROCCOLI CHEDDAR SOUP

## Fruit Dishes

VEGGIE CUP \$6.5

## Modifiers

VEGETARIAN LENTIL

## Bottled Beverages

POLAND SPRING WATER \$2.4

# My Salad Menu



## Soups, Salads & Sides

BROCCOLI CHEDDAR

## Other Beverages

FROZEN LEMONADE

## Sides And Combo Options

SUN CHIPS \$1.9

## Softails

BERRY SMOOTHIE \$10.4

## Chips and Dips

STACYS PITA CHIPS SIMPLY NAKED

## Create Your Own Salad

YOUR SALAD YOUR WAY \$12.3

## Tims's Brand Potato Chips

SEA SALT AND VINEGAR CHIPS \$2.9

## Lunch Kids Menu

KIDS PB AND J \$9.1

## Sides

LAYS SEA SALT VINEGAR CHIPS \$1.9

## Protein Smoothies!

BLUE PIE SMOOTHIE \$10.4

## Soup And Salad Station

ANCIENT GRAIN MINESTRONE

## Combo's

TOASTIE COMBO \$16.9

## Baked Combo Specials

COMBO 1

## Soups \$5.50

BUTTERNUT SQUASH

## Create Your Own Salad And Wraps

CREATE YOUR OWN WRAP \$11.7

## Restaurant Category

VEGETARIAN

## Snacks, Soups & Salads

LOADED POTATO SOUP

## Salads

SALMON SALAD

CAPRESE

## Side Dishes

CHICKEN TORTILLA SOUP

SEA SALT CHIPS \$2.5

## Wellness Shots

IMMUNE SHOT (120 CALORIES) \$6.0

POWER SHOT (100 CALORIES) \$6.0

# My Salad Menu



## Frozen Lemonade

- FROZEN BERRY LEMONADE
- FROZEN MINTED LEMONADE

## Protein Toast

- ALMOND PROTEIN TOAST (725 CALORIES) \$13.0
- NUTELLA HEAVEN TOAST (789 CALORIES) \$13.0

## These Types Of Dishes Are Being Served

- SALAD
- TOSTADAS


## Drinks

- KID APPLE JUICE \$1.7
- FRESH LEMONADE
- SPARKLING ICE \$2.9

## Kids Menu

- KIDS BLUE BANANA SMOOTHIE! \$7.8
- KIDS STRAWBERRY PINEAPPLE SMOOTHIE \$7.8
- KIDS SALAD \$9.5

## Hummus Toast

-  AVOCADO HUMMUS TOAST \$13.0
- CILANTRO LIME HUMMUS TOAST \$13.0
- EVERYTHING HUMMUS TOAST \$7.8

## Popular Items

- MY SPICY CHICKEN BOWL \$16.2

- MEDITERRANEAN HUMMUS TOAST \$10.4
- JUICE TOAST COMBO \$12.0
- SMOOTHIE TOAST COMBO \$13.0

## Toasties

- FLORENTINE GRILLED CHICKEN TOASTIE (780 CALORIES) \$13.0
- CAPRESE TOASTIE \$13.0
- BBQ CHICKEN TOASTIE \$13.0
- CHIPOTLE CHICKEN TOASTIE \$13.0
- BEEF BARBACOA TOASTIE \$13.0

## Beverages

-  12 OUNCE ORGANIC TRACTOR LEMONADE \$4.0
- 12 OUNCE ORGANIC TRACTOR STRAWBERRY DRAGONFRUIT \$4.0
- BUBLY \$2.0
- CAN SODA \$2.0
- JUICES

## Avocado Toast

- CALIFORNIA AVOCADO TOAST (360 CALORIES) \$10.4
- EGG AND BACON AVOCADO TOAST \$13.0
- GARLIC CHICKPEA AVOCADO TOAST \$11.0
- PARMESAN AVOCADO TOAST (670 CALORIES) \$13.0
- CRANBERRY AVOCADO TOAST (670 CALORIES) \$11.7

# My Salad Menu



## Fruit Smoothies

MANGO SMOOTHIE (236 CALORIES)	\$10.4
PINE COLADA SMOOTHIE (629 CALORIES)	\$10.4
PINK TROPIC SMOOTHIE (330 CALORIES)	\$10.4
MY SMOOTHIE (371 CALORIES)	\$10.0
SUNSHINE SMOOTHIE (383 CALORIES)	\$10.4
STRAWBERRY LIMEADE SMOOTHIE (351 CALORIES)	\$10.4

## My Signature Salads

MY WATERMELON SALAD	\$14.0
MY STRAWBERRY FIELDS SALAD	\$16.9
MY MANGO SHRIMP SALAD	\$16.9
MY SALMON SALAD	\$19.5
MY PINEAPPLE AVOCADO SALAD	\$15.6
MY SALMON COBB SALAD	\$19.5

## Protein Smoothies

MY PUMPKIN SPICE SMOOTHIE	\$10.4
AVOLADA SMOOTHIE (307 CALORIES)	\$10.4
COCOA SMOOTHIE (620 CALORIES)	\$10.4
GREEN POWER SMOOTHIE (442 CALORIES)	\$10.4
STRAWNANA SMOOTHIE (516 CALORIES)	\$10.4
CREAMSICLE SMOOTHIE (266 CALORIES)	\$10.4
NUTELLA HEAVEN SMOOTHIE (496 CALORIES)	\$10.4

## Warm Bowls

MY FIESTA LIME SHRIMP BOWL (520 CALORIES)	\$16.9
MY SOUTHERN BURRITO BOWL	\$17.5
MY BIG FAT GREEK BOWL (590 CALORIES)	\$16.2
CILANTRO LIME CHICKEN BOWL (530 CALORIES)	\$16.2
MY KALE CAESAR BOWL (795 CALORIES)	\$16.2
MY THAI SHRIMP BOWL	\$16.2
MY FALL HARVEST BOWL	\$17.7

## Uncategorized

HICKORY BBQ CHIPS	\$2.9
JALAPENO CHEDDAR CHIPS	\$2.9
TOMATO FLORENTINE	
SOUR CREAM CHIVE CHIPS	\$2.5
GARDEN SALSA SUN CHIPS	\$2.9
BOTTLED PELLEGRINO SPARKLING	\$2.7
FOUNTAIN ARIZONA	\$2.9
FOUNTAIN SEA BREEZE	\$2.9

## Ingredients Used



AVOCADO

TOFU

SHRIMP

CHEESE

BUTTER

FRUIT

NUTELLA

FETA

FETA CHEESE



# My Salad Menu



## All Natural Juices

MY PINEAPPLE PARADISE (150 CALORIES)	\$9.7
IMMUNE BOOSTER (265 CALORIES)	\$9.7
REVIVE JUICE (240 CALORIES)	\$9.7
TIANA'S FAVORITE JUICE (175 CALORIES)	\$9.7
HEARTBEET JUICE (155 CALORIES)	\$9.7
GREEN MACHINE (215 CALORIES)	\$9.7
SWEET GREEN JUICE (225 CALORIES)	\$9.7
RISE AND SHINE (370 CALORIES)	\$9.7
MY ORANGE BLAST	\$10.0
FRESH OJ JUICE (270 CALORIES)	\$9.7

## Soups



QUINOA SWEET POTATO CHILI

QUINOA AND SWEET POTATO CHILI

LENTIL SOUP
BEEF CHILI WITH BEANS
SHRIMP ROASTED CORN SOUP
TOMATO BISQUE SOUP
LOBSTER BISQUE SOUP
TOMATO BASIL SOUP
SAVORY BEEF CHILI
TUSCAN BEAN W/ CHICKEN
GARDEN VEGETABLE SOUP
MINESTRONE

## Wraps

MY CAESAR WRAP	\$14.0
MY SOUTHERN BURRITO WRAP	\$15.6



MY ORANGE SESAME WRAP (760 CALORIES)	\$14.0
MY GREEK GODDESS WRAP	\$14.0
MY RODEO WRAP (615 CALORIES)	\$14.0
MY SANTA FE WRAP (720 CALORIES)	\$14.0
MY FIESTA WRAP	\$14.0
MY BUFFALO CHICKEN WRAP	\$14.0
MY BBQ CHICKEN WRAP	\$14.0
GRILLED CHICKEN BLT WRAP (770 CALORIES)	\$14.0
MY VEGGIE HUMMUS WRAP (725 CALORIES)	\$14.0
MY TUNA WRAP (570 CALORIES)	\$14.0
MY FALL HARVEST WRAP	\$15.0

## My Signature Salad

MY SOUTHERN BURRITO SALAD	\$17.6
MY FARMHOUSE SALAD (340 CALORIES)	\$16.9
MY WALDROF SALAD	\$16.9
MY MEDITERRANEAN SALAD (365 CALORIES)	\$15.6
MY PROTEIN SALAD (220 CALORIES)	\$16.9
MY SHRIMP TACO SALAD (230 CALORIES)	\$19.5
MY MEMPHIS BBQ CHICKEN SALAD (290 CALORIES)	\$16.9
MY BLAZIN' BUFFALO CHICKEN SALAD (270 CALORIES)	\$16.9
MY WILD WONTON SALAD (315 CALORIES)	\$16.9
MY SOUTHWEST SALAD (398 CALORIES)	\$16.9
MY GARLIC CHICKPEA CAESAR SALAD (253 CALORIES)	\$14.9

# My Salad Menu



MY COBB SALAD (465 CALORIES)	\$18.2	MY FIESTA SALAD	\$16.0
MY ORANGE SESAME SALAD	\$16.9		
MY SUPERFRUIT SALAD	\$15.0		
MY FALL HARVEST SALAD	\$17.3		

## My Salad

1473 New Jersey 23, Wayne, US,  
United States

**Opening Hours:**  
Monday 07:30-19:10  
Tuesday 07:30-19:10  
Wednesday 07:30-19:10  
Thursday 07:30-19:10  
Friday 07:30-19:10  
Saturday 07:30-19:10  
Sunday 08:00-17:40

Made with [Menu](#)

