Zaxby's Salads Menu with Prices & Calories 2026

Zaxby's · Updated November 2026 · zoerestaurantbarnyc.com

Asian Zensation Salads

Item	Price	Calories
Asian Zensation Zalad (Regular)	$10.99	530-640
Asian Zensation Zalad (Platter)	$9.99	530-820

House Salads

Item	Price	Calories
House Zalad (Regular)	$9.69	410-700
House Zalad (Platter)	$9.99	510-680

Salad Dressings

Item	Price	Calories
Zax Sauce (per serving)	$0.50	110
Ranch Dressing (per serving)	$0.50	140
Blue Cheese Dressing (per serving)	$0.50	150
Italian Dressing (per serving)	$0.50	60
Honey Mustard Dressing (per serving)	$0.50	120

Chicken Toppings for Salads

Item	Price	Calories
Grilled Chicken	$3.29	130
Crispy Chicken	$3.29	300
Naked Tenders	$3.99	260
Buffalo Chicken	$3.59	270
Blackened Chicken	$3.39	180

Side Salads & Small Plates

Item	Price	Calories
Side Salad	$3.29	190
Garden Salad	$4.49	240
Celery Sticks (with ranch)	$2.99	100
Fresh Fruit Cup	$3.49	110
Coleslaw	$2.79	150

Kids Salads

Item	Price	Calories
Kids House Zalad	$5.99	320
Kids Cobb Zalad	$6.29	350
Kids Blue Zalad	$6.29	340
Kids Grilled Chicken Salad	$6.59	280
Kids Crispy Chicken Salad	$6.59	360

Limited-Time & Seasonal Salads

Item	Price	Calories
Summer Berry Zalad	$11.49	450
Southwest Zalad	$11.29	520
Harvest Chicken Zalad	$11.99	580
Caesar Chicken Zalad	$10.99	610
Spicy Thai Zalad	$11.59	540

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.