

# Sentinel

North Brunswick • South Brunswick

## New N.B. business makes it easy to eat your veggies *SaladWorks now open at the Shoppes at North Brunswick*

**BY JENNIFER AMATO Staff Writer**



**JENNIFER AMATO** Laura Coughlin (l-r), Brandon Baldini and Steven Milteer prepare a salad for a customer at the new SaladWorks location in the Shoppes at North Brunswick.

**NORTH BRUNSWICK** — A new franchise in town has become a family affair.

Brother and sister Rob and Lisa Russo have opened SaladWorks in the Shoppes at North Brunswick at the intersection of Routes 1 and 130.

The menu includes 12 signature salads, including The Turkey Club with lettuce, pasta, roasted turkey, bacon and tomatoes; White Fields with spring mix, tofu, white beans, mushrooms, avocado, fire-roasted corn and sunflower seeds; Nutrifuel with lettuce, chicken, asparagus, artichokes, beets, edamame and slivered almonds; and the Fire Roasted Cabo Jack with lettuce, fire-roasted corn, white beans, red peppers, chicken, tomato, spicy Monterey jack cheese and zesty tortilla

strips.

Or, customers can create their own salads, starting with a lettuce or pasta base and adding a variety of vegetables, legumes, meat, nuts and cheeses. Additions include banana peppers, egg whites, mandarin oranges, olives, tofu, Chinese noodles and pine nuts.

All of the ingredients are picked daily and shipped daily from a local farm.

Salad dressings include variations of balsamic, Caesar, Italian, ginger and ranch, among other types.

Focaccia sandwiches are also available with chicken, turkey or bacon.

Chili is available every day in addition to five selections of soup, including Italian wedding, tomato bisque, cream of broccoli or fiesta tortilla.

For those with a sweet tooth, there are brownies and cookies available for dessert.

For children, there are special items such as a chicken cheese quesadilla or a peanut butter marshmallow tortilla wrap. Plus, Lisa Russo said, there is plenty of space for children to move around.

"There are so many choices out there that are unhealthy and easy to get ... like french fries or burgers. That's what [kids] go for," Lisa Russo said, noting that the menu is a different option in light of the rising incidents of childhood diabetes and obesity.

Lisa Russo said that the family worked together with their father, who passed away 3½ years ago, in his stainless steel business. Rob and Lisa decided they wanted to venture into the business world together, and since they had both eaten at a SaladWorks and enjoyed the food, they wanted to open their own location.

"We obviously enjoy working with family," said Lisa, who said her mother, Sandy, and Rob's wife, Marylou "Dee Dee" Russo, help out, in addition to Rob's children, A.J., 19, and Frankee, 17, who work there.

Rob Russo, 45, has a degree in accounting and business management, and Lisa, 30, works as a fitness instructor at Workout World on Route 1; she received her undergraduate degree in business administration and a graduate degree in communication.

"I have a naturally healthy lifestyle and I like working out ... and salads fit in perfectly," Lisa Russo said. "And it's very convenient. I can stay here and eat and not worry about it."

Lisa Russo said she hopes that SaladWorks becomes the No. 1 quick, casual restaurant in North Brunswick.

"I want this to be the kind of place where everybody knows your name," Lisa Russo said.

The restaurant is open 11 a.m. to 9 p.m. Monday to Saturday and noon-6 p.m. Sunday. The menu is the same for both lunch and dinner. Delivery is available in and around the immediate Brunswick area.

For more information, call 732-543-2103 or visit [ownyourownsaladworks.com](http://ownyourownsaladworks.com).