

Nutritional Overview Menu + Ingredients														
Signature Salads	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken Salad	512	<input type="checkbox"/>	<input type="checkbox"/>	520	242	28	4	0	70	1,260	38	10	20	22
Guacamole Greens	552	<input type="checkbox"/>	<input type="checkbox"/>	575	291	33	6	0	58	604	36	14	7	27
Hummus Crunch	514	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	405	149	19	2	0	0	1,096	42	8	9	14
Kale Caesar	425	<input type="checkbox"/>	<input type="checkbox"/>	510	294	32	11	0	118	1,283	15	6	5	39
Kale Caesar (Steak)	447	<input type="checkbox"/>	<input type="checkbox"/>	720	486	54	16	0	110	2,229	21	7	6	39
Signature Bowls	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Avocado Ranch	523	<input type="checkbox"/>	<input type="checkbox"/>	705	362	41	7	0	70	1,125	59	15	8	23
Chicken Pesto Parm	409	<input type="checkbox"/>	<input checked="" type="checkbox"/>	540	180	21	4	0	73	1,451	40	8	4	39
Crispy Rice Bowl	442	<input type="checkbox"/>	<input type="checkbox"/>	640	266	30	3	0	60	1,160	59	8	8	26
Harvest Bowl	403	<input type="checkbox"/>	<input type="checkbox"/>	765	368	41	9	0	73	1,180	63	10	17	38
Shroomami	431	<input checked="" type="checkbox"/>	<input type="checkbox"/>	685	393	44	6	0	0	1,318	53	12	6	22
Steakhouse Chopped	482	<input type="checkbox"/>	<input checked="" type="checkbox"/>	815	501	57	14	0	85	2,293	40	8	5	35
Signature Plates	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Caramelized Garlic Steak	480	<input type="checkbox"/>	<input type="checkbox"/>	860	347	40	6	0	50	2,010	89	9	5	31
Miso Glazed Salmon	544	<input type="checkbox"/>	<input checked="" type="checkbox"/>	930	433	48	10	0	60	1,632	88	12	19	35
Miso Glazed Salmon (Steelhead)	544	<input type="checkbox"/>	<input checked="" type="checkbox"/>	840	370	41	7	0	65	1,422	84	12	15	35
Hot Honey Chicken	525	<input type="checkbox"/>	<input checked="" type="checkbox"/>	835	350	39	5	0	120	2,190	75	11	15	43
Online Exclusives	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fish Taco (steelhead)	500	<input type="checkbox"/>	<input type="checkbox"/>	745	372	42	7	0	65	1,055	56	15	10	34
Fish Taco (salmon)	500	<input type="checkbox"/>	<input type="checkbox"/>	835	435	49	10	0	60	1,265	60	15	14	34
Super Green Goddess	335	<input type="checkbox"/>	<input type="checkbox"/>	455	252	29	3	0	10	1,116	39	11	13	12
Garden Cobb	517	<input type="checkbox"/>	<input type="checkbox"/>	745	506	56	15	0	215	1,019	36	16	15	22
Buffalo Chicken	514	<input type="checkbox"/>	<input checked="" type="checkbox"/>	555	305	34	10	0	105	1,736	32	10	11	31
Signature Sides	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hummus + Focaccia	131	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	290	98	11	1	0	0	660	37	0	3	10
Roasted Sweet Potatoes + Green Goddess Ranch	179	<input type="checkbox"/>	<input type="checkbox"/>	340	204	22	2	0	10	800	31	4	4	5
Roasted Sweet Potatoes + Hot Honey Mustard	113	<input type="checkbox"/>	<input type="checkbox"/>	340	152	16	1	0	0	570	24	2	11	2
Rosemary Focaccia	94	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	230	63	7	1	0	0	530	34	0	2	8
SG x Siete: Green Goddess Ranch Potato Chips	42	<input checked="" type="checkbox"/>	<input type="checkbox"/>	220	117	13	2	0	0	220	23	3	0	3
Siete Sea Salt Potato Chips	42	<input checked="" type="checkbox"/>	<input type="checkbox"/>	210	90	10	2	0	0	180	27	2	0	3
Kids Meals	Serving Size g	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Little Harvest	223	<input type="checkbox"/>	<input type="checkbox"/>	425	240	26	3	0	58	764	25	3	9	23
Mini Mezze	185	<input type="checkbox"/>	<input type="checkbox"/>	275	95	11	2	0	58	444	19	1	0	26
Ranchy Chicken + Rice	272	<input type="checkbox"/>	<input type="checkbox"/>	540	268	30	7	0	93	1,244	35	2	0	31
Beverages	Serving Size (oz)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Harney & Sons Organic Lemonade	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	0	0	0	0	0	0	20	0	20	0
Tree Top Apple Juice	8	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	0	0	0	0	0	10	28	0	27	0
Honest Kids Apple Juice	6	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	0	0	0	0	0	15	9	0	8	0
Mother Kombucha Hopped Passion Fruit	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	0	0	0	0	0	25	7	0	6	0
Mother Kombucha The Trop	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	0	0	0	0	0	25	7	0	6	0
OLIPOP Lemon Lime Soda	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	0	0	0	0	25	16	9	4	0
OLIPOP Vintage Cola	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	0	0	0	0	0	25	16	9	2	0
Spindrift Grapefruit	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	17	0	0	0	0	0	0	4	0	3	0
Spindrift Raspberry Lime	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	0	1	0	2	0
Ghia Le Spritz - Ginger	8	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	0	0	0	0	10	12	0	8	0
Organic Hibiscus Berry Tea	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Organic Jasmine Green Tea	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Open Water Sparkling Water	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Open Water Still Water	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Proud Source Sparkling Water	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Proud Source Still Water	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Retail	Serving Size g	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crispy Rice Treat	40	<input type="checkbox"/>	<input type="checkbox"/>	190	90	10	5	0	15	80	23	0	6	2
Hu Cashews + Vanilla Bean Hunks	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	108	12	5	0	0	75	10	2	4	4
Hu Salty Dark Chocolate Bar	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	380	252	28	16	0	0	200	28	6	14	6
Hot Stuff	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	160	2	0	1	0

CORE INGREDIENTS														
BASES	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Herbed Quinoa	100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	27	3	0	0	0	340	21	3	1	5
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Spring Mix	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	0	0	0	0	0
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	9	1	0	0	0	130	27	1	0	2
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
PLUS 1 TOPPINGS	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	0	4	1	3	0
Basil	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Chickpeas	43	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	14	2	0	0	0	250	7	0	0	2
Cilantro	5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	23	3	2	0	0	30	3	0	0	0
Crispy Rice	26	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	14	2	0	0	0	260	14	0	1	2
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Nori Sesame Seasoning	2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	35	0	0	0	1
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	257	5	0	4	0
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	15	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	65	9	1	0	0	0	301	13	2	7	1
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	5	2	1	1	0
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	9	1	0	0	0	120	3	1	1	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	36	4	1	0	0	10	10	1	0	1
Za'atar Breadcrumbs	15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	65	18	2	0	0	0	201	9	1	0	3
PREMIUM INGREDIENTS	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blue Cheese	30	<input type="checkbox"/>	<input type="checkbox"/>	110	81	9	6	0	25	340	1	0	0	6
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	63	7	5	0	15	160	0	0	0	7
Hard Boiled Egg	50	<input type="checkbox"/>	<input type="checkbox"/>	70	45	5	2	0	190	70	1	0	1	7
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	41	5	1	0	0	180	7	0	0	4
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	72	8	5	0	25	480	1	0	0	6
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	38	4	3	0	15	156	0	0	0	6
Veg Slaw	46	<input type="checkbox"/>	<input type="checkbox"/>	60	41	5	1	0	0	190	4	1	2	1
SUPER PREMIUM INGREDIENTS	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	117	13	3	0	0	8	9	0	0	3
Blackened Chicken	80	<input type="checkbox"/>	<input type="checkbox"/>	110	40	5	1	0	60	360	1	1	0	15
Caramelized Garlic Steak	100	<input type="checkbox"/>	<input type="checkbox"/>	320	210	24	5	0	50	1,200	7	1	1	21
Miso Glazed Salmon	132	<input type="checkbox"/>	<input type="checkbox"/>	290	135	15	4	0	60	680	13	0	11	24
Miso Glazed Steelhead	132	<input type="checkbox"/>	<input type="checkbox"/>	200	72	8	2	0	65	470	9	0	7	24
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	110	18	2	0	0	58	254	1	0	0	21
Roasted Tofu	75	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100	63	7	1	0	0	250	2	1	0	7
Warm Portobello Mix	65	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	72	8	1	0	0	498	6	3	0	5
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	85	22	2	0	0	0	220	15	2	2	2
DRESSINGS	Serving Size (g)	Vegan?	Contains Gluten	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	200	22	3	0	0	290	5	0	4	0
Balsamic Vinegar	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	0	3	0	2	0
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	160	17	3	0	20	350	1	0	1	1
Crushed Red Pepper	1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	126	14	2	0	0	0	0	0	0	0
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	170	160	18	2	0	10	360	1	0	0	1
Honey BBQ Sauce	30	<input type="checkbox"/>	<input type="checkbox"/>	40	0	0	0	0	0	225	4	0	8	0
Hot Honey Mustard	41	<input type="checkbox"/>	<input type="checkbox"/>	170	130	14	1	0	0	350	9	0	9	0
Lemon Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Vinaigrette	37	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	120	14	2	0	0	60	4	0	0	0
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger	36	<input checked="" type="checkbox"/>	<input type="checkbox"/>	190	180	20	3	0	0	390	2	0	2	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	70	9	1	0	0	160	0	0	0	0
Red Wine Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	180	170	19	2	0	0	430	2	0	2	0
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	140	15	1	0	0	370	4	1	4	3
Sweetgreen Hot Sauce	56	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	340	4	2	2	2
Umami Seasoning	0	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	65	0	0	0	0

	ROASTED TOFU								X	
	SHAVED PARMESAN		X							
	SHREDDED CABBAGE									
	SPICY BROCCOLI									
	TOMATOES									
	TORTILLA CHIPS**								X	
	UMAMI SEASONING									
	VEG SLAW							X		
	WARM PORTOBELLO MIX									
	WARM ROASTED SWEET POTATOES									
	ZA'ATAR BREAD CRUMBS		X						X	X
DRESSINGS, SAUCES, + FINISHES	BALSAMIC VINAIGRETTE									
	BALSAMIC VINEGAR									
	CAESAR		X	X				X		
	CRUSHED RED PEPPER									
	EXTRA VIRGIN OLIVE OIL									
	GREEN GODDESS RANCH		X					X		
	HONEY BBQ SAUCE									
	HOT HONEY SAUCE									
	LEMON SQUEEZE									
	LIME CILANTRO JALAPENO VINAIGRETTE									
	LIME SQUEEZE									
	MISO SESAME GINGER								X	X
	PESTO VINAIGRETTE									
	RED WINE VINAIGRETTE									
SPICY CASHEW						X				X
SWEETGREEN HOT SAUCE										

* Hu Products contain coconut. May contain traces of almond, cashew, & hazelnut. Product is certified Gluten-Free. Allergen cleans made prior to production, but beware that product is produced using equipment that also processes tree nuts, soy, peanuts, milk & wheat.

** Tortilla chips (depending on store location) may contain one or more of the following: corn, sunflower, soybean, canola, cottonseed, or rice bran.