

NUTRITIONAL OVERVIEW MENU + INGREDIENTS												
SEASONAL OVERVIEW	Serving Size (g)	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)
SEASONAL MENU												
CHIPOTLE CHICKEN BURRITO BOWL	481	665	153	17	2	0	99	744	94	17	3	38
SPRING ASPARAGUS SALAD	353	385	189	21	3	0	68	920	21	5	3	28
ASPARAGUS + ROASTED SALSA BOWL	424	520	162	18	3	0	99	1014	52	11	4	37
SPINACH FLORENTINE BOWL	400	610	306	34	9	0	205	1271	50	10	4	30
BOIA DE BOWL (MIA)	392	465	227	25	5	0	111	1176	26	6	3	33
THE BOWERY BOWL (NYM)	364	460	234	26	4	0	58	945	22	5	9	28
SEASONAL INGREDIENTS												
LIME CILANTRO BLACK BEANS	98	165	45	5	0	0	0	0	25	10	0	10
SEASONAL LEMON ASPARAGUS	35	20	9	1	0	0	0	140	3	0	0	1
ROASTED CHIPOTLE SALSA	30	25	18	2	0	0	0	95	1	0	1	0
PUTTANESCA DRESSING	30	70	63	7	1	0	0	160	2	0	0	1
STRACIATELLA	34	85	38	4	2	0	12	51	0	0	0	3
SIGNATURE SALADS + WARM BOWLS												
BUFFALO CHICKEN BOWL	392	475	243	27	9	0	134	1685	24	8	4	36
CHICKEN PESTO PARM	395	525	189	21	3	0	58	1237	48	9	5	37
CHICKEN TOSTADA	415	625	288	32	9	0	114	956	47	10	5	38
CITRUS SHRIMP + AVOCADO	487	650	252	28	5	0	133	1024	72	19	11	27
CRISPY RICE BOWL	401	600	230	26	4	0	99	979	61	9	7	31
FISH TACO	425	715	387	43	7	0	50	589	52	17	5	32
FISH TACO (SALMON)	425	715	387	43	7	0	50	589	52	17	5	32
BLACKENED CATFISH BOWL	345	535	279	31	6	0	63	841	42	6	2	20
GARDEN COBB	426	675	432	48	13	0	215	936	37	16	14	22
GARLIC CHILI SHRIMP BOWL	356	400	108	12	1	0	133	1326	51	8	10	21
SUPER GREEN GODDESS	398	490	221	25	4	0	10	1141	47	15	16	20
GUACAMOLE GREENS	427	515	279	31	5	0	58	334	27	14	3	27
HARVEST BOWL	362	685	288	32	8	0	73	1090	62	9	15	37
HARVEST BOWL (PECANS)	362	695	315	35	8	0	73	1090	60	8	14	35
KALE CAESAR	319	405	216	24	8	0	93	1244	13	5	3	35
SHROOMAMI	408	595	315	35	4	0	0	1198	49	10	6	21
HUMMUS CRUNCH SALAD	417	380	189	21	2	0	0	1041	38	7	4	13
SIGNATURE PLATES AND SIDES												
HOT HONEY CHICKEN	411	750	319	35	6	0	198	1335	58	11	10	54
CHICKEN + AVOCADO + RANCH	403	705	324	36	6	0	126	998	45	12	1	50
MISO STEELHEAD PLATE	318	555	256	28	3	0	50	782	49	5	5	27
RANCHY CHICKEN + RICE	263	515	243	27	8	0	93	1184	35	2	0	31
LITTLE HARVEST	222	400	184	20	2	0	58	769	29	4	9	25
ROASTED SWEET POTATOES + GREEN GODDESS RANCH	174	315	179	20	3	0	10	739	30	5	5	5
ROASTED SWEET POTATOES + HOT HONEY MUSTARD	174	290	134	15	1	0	0	679	36	5	9	4
ROSEMARY FOCACCIA	94	230	63	7	1	0	0	530	34	0	2	8
HUMMUS + FOCACCIA	131	290	97.5	10.5	0.5	0	0	660	37	0	3	10
BEVERAGES												
PROUD SOURCE STILL WATER	16	0	0	0	0	0	0	0	0	0	0	0
PRODUCE SOURCE SPARKLING WATER	16	0	0	0	0	0	0	0	0	0	0	0
JASMINE GREEN TEA	16	0	0	0	0	0	0	0	0	0	0	0
HIBISCUS BERRY CLOVER TEA	16	0	0	0	0	0	0	0	0	0	0	0
SPINDRIFT GRAPEFRUIT	12	17	0	0	0	0	0	0	4	0	3	0
SPINDRIFT RASPBERRY LIME	12	10	0	0	0	0	0	0	1	0	2	0
OLIPOP VINTAGE COLA	12	35	0	0	0	0	0	25	16	9	2	0
OLIPOP LEMON LIME SODA	12	50	0	0	0	0	0	25	16	9	4	0
HEALTH-ADE KOMBUCHA PINK LADY APPLE	16	70	0	0	0	0	0	0	16	0	12	0
HEALTH-ADE KOMBUCHA POMEGRANATE	16	80	0	0	0	0	0	0	17	0	16	0
ROWDY MERMAID SAVORY PEACH	12	45	0	0	0	0	0	0	9	0	9	0
FOWDY MERMAID STRAWBERRY TONIC	12	45	0	0	0	0	0	0	9	0	9	0
MOTHER KOMBUCHA HOPPED PASSION FRUIT	12	30	0	0	0	0	0	25	7	0	6	0
MOTHER KOMBUCHA THE TROP	12	30	0	0	0	0	0	25	7	0	6	0
DESSERTS												
CRISPY RICE TREAT	40	190	90	10	5	0	15	80	23	0	6	2
HU SALTY DARK CHOCOLATE BAR	60	380	252	28	16	0	0	200	28	6	14	6
HU CASHEWS + VANILLA BEAN HUNKS	28	170	108	12	5	0	0	75	10	2	4	4
BREAD *												
Whole Wheat Bread (ATL)	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (BOS)	34	80	0	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (CHI)	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (DEN)	56	110	5	1	0	0	0	230	22	11	0	4
Whole Wheat Bread (DMV)	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (HOU)	34	80	0	1	0	0	0	150	15	3	0	3
Whole Wheat Bread (LA)	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (MIA)	34	80	0	1	0	0	0	150	15	3	0	3
Whole Wheat Bread (NY)	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (PHL)	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (SF)	34	80	0	0	0	0	0	200	18	3	0	3
BASES												
Arugula	48	15	9	1	0	0	0	15	2	1	1	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
SIGNATURE INGREDIENTS												
Apples	29	15	0	0	0	0	0	4	1	3	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Black Lentils	55	60	0	0	0	0	0	65	7	4	1	8
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2

Cilantro	5	0	0	0	0	0	0	0	0	0	0	0	0
Crispy Rice	26	80	14	2	0	0	0	260	14	0	1	2	
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0	
Fresh Herbs (TX)	5	0	0	0	0	0	0	0	0	0	0	0	
Hummus	47	80	41	5	1	0	0	180	7	0	0	4	
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6	
Chopped Pickles	40	5	0	0	0	0	0	280	1	0	0	0	
Olives	39	40	36	4	0	0	0	250	2	0	0	0	
Raw Pecans	14	90	81	9	1	0	0	0	1	1	0	1	
Raw Beets	40	15	0	0	0	0	0	30	3	1	3	1	
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0	
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0	
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3	
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1	
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0	
Spicy Broccoli	33	25	9	1	0	0	0	120	3	1	1	1	
Sunflower Seeds	13	70	54	6	1	0	0	55	2	1	0	2	
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1	
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1	
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3	
PREMIUM INGREDIENTS	Serving Size (g)	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	160	117	13	3	0	0	0	8	9	0	3	
Blackened Catfish	77	125	72	8	2	0	53	276	0	0	0	13	
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21	
Blue Cheese	30	110	81	9	6	0	25	340	1	0	0	6	
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	7	
Hard Boiled Egg	50	70	45	5	2	0	0	190	70	1	0	7	
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2	
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6	
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21	
Roasted Tofu	75	100	63	7	1	0	0	250	2	1	0	7	
Roasted Shrimp (MIA)	79	65	9	1	0	0	133	271	0	0	0	14	
Roasted Shrimp (TX)	70	65	9	1	0	0	133	271	0	0	0	14	
Roasted Steelhead	86	170	90	10	2	0	50	172	0	0	0	20	
Roasted Salmon	86	170	90	10	2	0	50	172	0	0	0	20	
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3	
Turkey Meatballs	85	90	18	2	1	0	43	300	7	1	1	11	
Warm Portobello Mix	65	110	72	8	1	0	0	498	6	3	0	5	
DRESSINGS, SAUCES, AND FINISHERS	Serving Size (g)	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 Vinegar	15	15	0	0	0	0	0	0	3	0	2	0	
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0	
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1	
Extra Virgin Olive Oil	15	130	126	14	2	0	0	0	0	0	0	0	
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1	
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	0	
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0	
Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	0	0	0	
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0	
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1	
Nuoc Cham Dressing	30	25	0	0	0	0	0	870	5	0	4	1	
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	0	0	0	
Spicy Cashew Dressing	30	100	81	9	1	0	0	200	4	1	2	1	
Ceviche Dressing	30	80	54	6	1	0	0	220	6	0	0	0	
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1	
Crushed Red Pepper	1	0	0	0	0	0	0	0	0	0	0	0	
CORE MENU													
KALE CAESAR	Serving Size (g)	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)	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21	
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1	
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3	
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6	
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2	
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1	
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0	
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1	
GUACAMOLE GREENS	Serving Size (g)	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)	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21	
Avocado	87	160	117	13	3	0	0	0	8	9	0	3	
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1	
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0	
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0	
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1	
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0	
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1	
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0	
Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	0	0	0	
SUPER GREEN GODDESS	Serving Size (g)	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)	
Black Lentils	55	60	0	0	0	0	0	65	7	4	1	8	
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2	
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1	
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0	
Spicy Broccoli	33	25	9	1	0	0	0	120	3	1	1	1	
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0	
Raw Beets	40	15	0	0	0	0	0	30	3	1	3	1	
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3	
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1	
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2	
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1	
HARVEST BOWL	Serving Size (g)	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)	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21	
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1	

Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	0	0	0
GARLIC CHILI SHRIMP BOWL	Serving Size (g)	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)
	356	490	108	12	1	0	133	1326	51	8	10	21
Roasted Shrimp (TX)	70	65	9	1	0	0	133	271	0	0	0	14
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Raw Pecans	14	90	81	9	1	0	0	0	1	1	0	1
Fresh Herbs (TX)	5	0	0	0	0	0	0	0	0	0	0	0
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Nuoc Cham Dressing	30	25	0	0	0	0	0	870	5	0	4	1
HARVEST BOWL (PECANS)	Serving Size (g)	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)
	362	695	315	35	8	0	72	1090	60	8	14	35
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	7
Raw Pecans	14	90	81	9	1	0	0	0	1	1	0	1
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0
CITRUS SHRIMP + AVOCADO	Serving Size (g)	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)
	487	650	252	28	5	0	133	1024	72	19	11	27
Roasted Shrimp (MIA)	79	65	9	1	0	0	133	271	0	0	0	14
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Ceviche Dressing	30	80	54	6	1	0	0	220	6	0	0	0
HOT HONEY CHICKEN	Serving Size (g)	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)
	411	750	319	35	6	0	198	1335	58	11	10	54
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	0
CHICKEN + AVOCADO + RANCH	Serving Size (g)	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)
	403	705	324	36	6	0	126	998	45	12	1	50
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
RANCHY CHICKEN + RICE	Serving Size (g)	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)
	263	515	243	27	8	0	93	1184	35	2	0	31
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
LITTLE HARVEST	Serving Size (g)	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)
	222	400	184	20	2	0	58	769	29	4	9	25
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Sunflower Seeds	13	70	54	6	1	0	0	55	2	1	0	2
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	0
ROASTED SWEET POTATOES + GREEN GODDESS RANCH	Serving Size (g)	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)
	174	315	179	20	3	0	10	739	30	5	5	5
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
ROASTED SWEET POTATOES + HOT HONEY MUSTARD	Serving Size (g)	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)
	174	290	134	15	1	0	0	679	36	5	9	4
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	0
ROSEMARY FOCACCIA	Serving Size (g)	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)
	94	230	63	7	1	0	0	530	34	0	2	8
Rosemary Focaccia	94	230	63	7	1	0	0	530	34	0	2	8
HUMMUS + FOCACCIA	Serving Size (g)	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)
	131	290	98	11	1	0	0	660	37	0	3	10
Hummus	47	80	41	5	1	0	0	180	7	0	0	4
Focaccia Breadsticks	84	210	57	6	0	0	0	480	30	0	3	6
SIGNATURE MENU - ONLINE EXCLUSIVES												
CHICKEN TOSTADA	Serving Size (g)	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)
	415	625	288	32	9	0	114	956	47	10	5	38
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	7
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1

Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	0	0	0	0
Serving Size (g)	426	675	432	48	13	0	215	936	37	16	14	22	
GARDEN COBB	87	160	117	13	3	0	0	0	8	9	0	3	
Avocado	50	70	45	5	2	0	0	190	70	1	0	7	
Hard Boiled Egg	39	65	9	1	0	0	0	301	13	2	7	1	
Roasted Sweet Potatoes	46	10	0	0	0	0	0	10	2	1	1	1	
Tomatoes	7	5	0	0	0	0	0	0	1	0	0	0	
Red Onions	30	110	81	9	6	0	25	340	1	0	0	6	
Blue Cheese	14	80	54	6	1	0	0	0	3	2	1	3	
Roasted Almonds	48	10	0	0	0	0	0	0	0	0	0	0	
Spring Mix	75	15	0	0	0	0	0	5	2	2	1	1	
Chopped Romaine	30	150	126	14	2	0	0	210	6	0	3	0	
Balsamic Vinaigrette	Serving Size (g)	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)	
MISO STEELHEAD PLATE	318	555	256	28	3	0	50	782	49	5	5	27	
Roasted Steelhead	86	170	90	10	2	0	50	172	0	0	0	20	
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2	
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1	
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3	
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1	
SEASONAL MENU													
Serving Size (g)	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)		
CHIPOTLE CHICKEN BURRITO BOWL	481	665	153	17	2	0	99	744	94	17	3	38	
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21	
Lime Cilantro Black Beans	98	165	45	5	0	0	0	0	25	10	0	10	
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1	
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0	
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0	
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0	
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3	
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3	
Roasted Chipotle Salsa	30	25	18	2	0	0	0	95	1	0	1	0	
Serving Size (g)	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)		
THE BOIA DE BOWL (MIA)	392	465	227	25	5	0	111	1176	26	6	3	33	
Arugula	48	15	9	1	0	0	0	15	2	1	1	1	
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2	
Olives	39	40	36	4	0	0	0	250	2	0	0	0	
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21	
Basil	7	0	0	0	0	0	0	0	0	0	0	0	
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1	
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3	
Seasonal Lemony Asparagus	35	20	9	1	0	0	0	140	3	0	0	1	
Stracciatella	34	85	38	4	2	0	12	51	0	0	0	3	
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0	
Puttanesca Dressing	30	70	63	7	1	0	0	160	2	0	0	1	
SEASONAL MENU - ONLINE EXCLUSIVES													
Serving Size (g)	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)		
SPRING ASPARAGUS SALAD	353	385	189	21	3	0	68	920	21	5	3	28	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21	
Seasonal Lemony Asparagus	35	20	9	1	0	0	0	140	3	0	0	1	
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0	
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0	
Basil	7	0	0	0	0	0	0	0	0	0	0	0	
Za'atar breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3	
Arugula	48	15	9	1	0	0	0	15	2	1	1	1	
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1	
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1	
Serving Size (g)	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)		
ASPARAGUS + ROASTED SALSA BOWL	424	520	162	18	3	0	99	1014	52	11	4	37	
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21	
Seasonal Lemony Asparagus	35	20	9	1	0	0	0	140	3	0	0	1	
Spicy Broccoli	33	25	9	1	0	0	0	120	3	1	1	1	
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0	
Black Lentils	55	60	0	0	0	0	0	65	7	4	1	8	
Basil	7	0	0	0	0	0	0	0	0	0	0	0	
Sunflower Seeds	13	70	54	6	1	0	0	55	2	1	0	2	
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3	
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1	
Roasted Chipotle Salsa	30	25	18	2	0	0	0	95	1	0	1	0	
Serving Size (g)	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)		
SPINACH FLORENTINE BOWL	400	610	306	34	9	0	205	1271	50	10	4	30	
Warm Portobello Mix	65	110	72	8	1	0	0	498	6	3	0	5	
Hard Boiled Egg	50	70	45	5	2	0	0	190	70	1	0	7	
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1	
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0	
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	7	
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3	
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6	
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1	
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	0	0	0	
Serving Size (g)	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)		
THE BOWERY BOWL (NYM)	364	460	234	26	4	0	58	945	22	5	9	28	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21	
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0	
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0	
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1	
Spicy Broccoli	33	25	9	1	0	0	0	120	3	1	1	1	
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3	
Sunflower Seeds	13	70	54	6	1	0	0	55	2	1	0	2	
Bowery Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0	
Bowery Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0	
Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	0	0	0	

ALLERGEN DETAIL
Menu + Ingredients

*At sweetgreen we use all major allergens in our kitchens, so we cannot guarantee that our food is completely free of any allergen.
If you have a severe allergy, we recommend not ordering from our restaurant.*

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY	SESAME
BEVERAGES	PROUD SOURCE STILL WATER									
	PRODUCE SOURCE SPARKLING WATER									
	JASMINE GREEN TEA									
	HIBISCUS BERRY CLOVER TEA									
	SPINDRIFT GRAPEFRUIT									
	SPINDRIFT RASPBERRY LIME									
	OLIPOP VINTAGE COLA									
	OLIPOP LEMON LIME SODA									
	HEALTH-ADE KOMBUCHA PINK LADY APPLE									
	HEALTH-ADE KOMBUCHA POMEGRANATE									
	ROWDY MERMAID SAVORY PEACH									
	FOWDY MERMAID STRAWBERRY TONIC									
	MOTHER KOMBUCHA HOPPED PASSION FRUIT									
MOTHER KOMBUCHA THE TROP										
CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY	SESAME
TOPPINGS	ALMONDS					X				
	APPLES									
	AVOCADO									
	BASIL									
	BLACK LENTILS									
	BLACKENED CATFISH (ATL)			X						
	BLACKENED CHICKEN									
	BLUE CHEESE		X							
	BREAD	X								
	ROASTED SHRIMP (TX)					X				
	ROASTED SHRIMP (MIA)					X				
	BLACKENED CATFISH			X						
	CHICKPEAS									
	CILANTRO									
	CUCUMBER									
	CRISPY RICE						X			
	FRESH HERBS (TX)									
	GOAT CHEESE		X							
	HARD BOILED EGGS								X	
	HOT ROASTED SWEET POTATOES									
	HUMMUS									X
	KALE CABBAGE SLAW		X						X	
	OLIVES									
	PARMESAN CRISP		X							
	PECANS (TX)						X			
	PICKLED CARROTS + CELERY									
	RAW BEETS									
	RAW CARROTS									
	RED ONIONS									
	ROASTED CHICKEN									
	ROASTED TOFU									X
	ROASTED SWEET POTATOES									
	SHAVED PARMESAN		X							
	SHREDDED CABBAGE									
	SPICY BROCCOLI									
	SUNFLOWER SEEDS									
STEELHEAD/SALMON				X						
TOMATOES										
TORTILLA CHIPS									X	
WARM PORTOBELLO MIX									X	
ZA'ATAR BREAD CRUMBS		X							X	

CHEESE INFORMATION

*All cheese sold in the United States must be made from either pasteurized milk or aged for 60 days.
Both processes serve to kill harmful bacteria.*

MARKET	Goat Cheese*	Blue Cheese**	Parmesan Cheese	Parm Crisps
CHI	Prairie Fruit Farms Champaign, IL	Carr Valley Cheese Fennimore, WI	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
DET	Zingerman's Creamery Ann Arbor, MI	Organic Valley La Farge, WI		
MSP	Stickney Hill Dairy		Firefly Farms Accident, MD	Cow Aged
IND	LaClare Family Creamery Malone, WI	Point Reyes Farmstead Cheese Co. Point Reyes Station, CA	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
DMV	Firefly Farms Accident, MD			
PHL	Drake Family Farms Ontario, CA	Schuman Cheese USA Cow Aged	Schuman Cheese USA Cow Aged	That's How We Roll USA Cow Aged + Baked
LA	Sierra Nevada Willows, CA			
NCAL	Vermont Creamery Websterville, VT	Organic Valley La Farge, WI	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
BOS				
NYM	LaClare Family Creamery Malone, WI	Organic Valley La Farge, WI	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
ATL				
MIA				
DEN				
TX				

*All Goat Cheese is pasteurized
**All Blue Cheese is pasteurized

S2 2023 FLEET INGREDIENTS

MENU ITEMS MAY BE SUBJECT TO STORE AVAILABILITY.
V = VEGAN

DRESSING AND SAUCE INGREDIENTS

BALSAMIC VINAIGRETTE
SUNFLOWER OIL
BALSAMIC VINEGAR
DIJON MUSTARD
HONEY
SALT
CRACKED BLACK PEPPER

PESTO VINAIGRETTE (V)
SUNFLOWER OIL
EXTRA VIRGIN OLIVE OIL
APPLE CIDER VINEGAR
BASIL
GARLIC
UMAMI SEASONING

SWEETGREEN HOT SAUCE (V)
FRESNO CHILI PEPPER
APPLE CIDER VINEGAR
ONION
BELL PEPPER
CARROT
TOMATO PASTE
NUTRITIONAL YEAST

LIME CILANTRO JALAPEÑO VINAIGRETTE (V)
SUNFLOWER OIL
LIME JUICE
WHITE WINE VINEGAR
CILANTRO
JALAPEÑO
UMAMI SEASONING
GARLIC
CUMIN

HOT HONEY SAUCE
SUNFLOWER OIL
APPLE CIDER VINEGAR
HONEY
DIJON MUSTARD
UMAMI SEASONING
CRUSHED RED PEPPER

CAESAR DRESSING
PLAIN YOGURT
MAYONNAISE
ANCHOVIES
PARMESAN CHEESE
LEMON JUICE
GARLIC
SALT
CRACKED BLACK PEPPER
SUNFLOWER OIL

MISO SESAME GINGER DRESSING (V)
SUNFLOWER OIL
RICE VINEGAR
MISO PASTE
YOUNG GINGER
TAMARI
MAPLE SYRUP
GARLIC
UMAMI SEASONING
CRUSHED RED PEPPER
SESAME OIL

SPICY CASHEW DRESSING (V)
SUNFLOWER OIL
CASHEW BUTTER
MAPLE SYRUP
RICE VINEGAR
YOUNG GINGER
CILANTRO
GARLIC
SESAME OIL
LIME JUICE
UMAMI SEASONING
CRUSHED RED PEPPER

GREEN GODDESS RANCH
MAYONNAISE
PLAIN YOGURT
DILL
RED ONION
BASIL
CILANTRO
SPINACH
LEMON JUICE
WHITE WINE VINEGAR
SWEETGREEN HOT SAUCE
SALT
GARLIC
CRACKED BLACK PEPPER

NUOC CHAM DRESSING (TX ONLY)
FISH SAUCE
LIME JUICE
HONEY
GARLIC
THAI CHILIES

CEVICHE DRESSING (V, MIA ONLY)
SUNFLOWER OIL
PUREED PEPPERS
LIME JUICE
GARLIC
CILANTRO
RED ONION
UMAMI SEASONING
SWEETGREEN HOT SAUCE

UMAMI SEASONING
GRANULATED ONION
GRANULATED GARLIC
PAPRIKA
CUMIN POWDER
CAYENNE POWDER
NUTRITIONAL YEAST
KOSHER SALT

SEASONAL INGREDIENTS

LEMONY ASPARAGUS (V)
Asparagus
Kosher Salt
Black Pepper
Extra Virgin Olive Oil
Sunflower Oil
Dijon Mustard
Lemon Juice

LIME CILANTRO BLACK BEANS (V)
Black Beans
Umami Seasoning
Lime Cilantro Jalapeno Vinaigrette

ROASTED SALSA DRESSING (V)
Grape Tomatoes
Red Onion
Jalapeno
Garlic
Umami Seasoning
Sunflower Oil
Extra Virgin Olive Oil
Balsamic Vinegar
Maple Syrup
Chipotle Powder

PUTTANESCA DRESSING (MIA ONLY)
Grape Tomatoes
Red Onion
Garlic
Umami Seasoning
Sunflower Oil
Roasted Preserved Peppers
White Wine Vinegar
Olives
Capers
Anchovies
Chili Flakes
Extra Virgin Olive Oil

TOPPINGS, PROTEINS, AND BASE INGREDIENTS

BLACKENED CHICKEN
CHICKEN THIGHS
SUNFLOWER OIL
BALSAMIC VINEGAR
CHILI POWDER
SALT
CRACKED BLACK PEPPER
CUMIN
CORIANDER
CRUSHED RED PEPPER

BLACKENED CATFISH (ATL ONLY)
CATFISH FILETS
BALSAMIC VINEGAR
CHILI POWDER
RED PEPPER FLAKES
KOSHER SALT
CRACKED BLACK PEPPER
CUMIN
CORIANDER
SUNFLOWER OIL

ROASTED SHRIMP (TX ONLY)
SHRIMP
SUNFLOWER OIL
UMAMI SEASONING
PAPRIKA
CELERY SEED

CRISPY RICE (V)
CRISP RICE
CRISP SORGHUM
UMAMI SEASONING
GARLIC
LEMONGRASS
KAFFIR LIME LEAVES
SHALLOTS
CHILI POWDER
PALM SUGAR
SUNFLOWER OIL
COCONUT OIL

FRESH HERBS (V, TX ONLY)
CILANTRO
MINT
THAI BASIL

KALE CABBAGE SLAW
KALE
RED CABBAGE
CARROTS
GREEN GODDESS RANCH
LEMON JUICE

PARMESAN CRISPS
PASTEURIZED SKIM COW'S MILK
CHEESE CULTURES
RENNET
SALT
CRACKED BLACK PEPPER

CHOPPED PICKLES
CUCUMBERS
GARLIC
DILL
CIDER VINEGAR
WHITE VINEGAR
SALT
PICKLING SPICE

SUNFLOWER SEEDS (V)
SUNFLOWER SEEDS
SUNFLOWER OIL
UMAMI SEASONING
CRUSHED RED PEPPER
CUMIN
OREGANO
PAPRIKA
MUSHROOMS
TOMATO
SUMAC
CRACKED BLACK PEPPER
CRYSTALLIZED LIME

ROASTED SHRIMP (MIA ONLY)
SHRIMP
SUNFLOWER OIL
CEVICHE DRESSING
UMAMI SEASONING

SPICY BROCCOLI (V)
BROCCOLI
KALE STEMS
SUNFLOWER OIL
UMAMI SEASONING
CRUSHED RED PEPPER

WARM PORTOBELLO MIX (V)
PORTOBELLO MUSHROOMS
BUTTON MUSHROOMS
SUNFLOWER OIL
UMAMI SEASONING

HOT ROASTED SWEET POTATOES (V)
SWEET POTATOES
JAPANESE SWEET POTATOES
SUNFLOWER OIL
UMAMI SEASONING

ZA'ATAR BREADCRUMBS * (V)

WHOLE WHEAT BREAD
EXTRA VIRGIN OLIVE OIL
UMAMI SEASONING
OREGANO
THYME
SESAME SEEDS
SUMAC
HYSSOP
SALT
SUNFLOWER OIL

BLACKENING SPICE (V)

SALT
CHILI POWDER
CORIANDER
CUMIN
CRUSHED RED PEPPER
BLACK PEPPER

HUMMUS (V)

EAST COAST
CHICKPEAS
TAHINI
LEMON JUICE
GARLIC
EXTRA VIRGIN OLIVE OIL
SALT
PEPPER

HUMMUS (V)

WEST COAST
CHICKPEAS
WATER
TAHINI
CANOLA OIL
NATURAL FLAVORS
SEA SALT
DRIED ROASTED GARLIC
CITRIC ACID
SPICES

ROASTED TOFU (V)

TOFU
SUNFLOWER OIL
BLACKENING SPICE

THE FOLLOWING ARE MADE WITH ONLY SUNFLOWER OIL AND UMAMI SEASONING:

ROASTED CHICKEN
ROASTED SWEET POTATOES (V)
ROASTED STEELHEAD/SALMON
CHICKPEAS (V)

TORTILLA CHIP INGREDIENTS (V)**Zack's Mighty****BOS, NYC, DMV, PHL, LA, NCAL**

ORGANIC STONE GROUND YELLOW CORN
ORGANIC EXPELLER PRESSED CANOLA OIL
SEA SALT
LIME

Garden of Eatin'**CHI, IND, DET, MSP, ATL, MIA**

ORGANIC YELLOW CORN
EXPELLER PRESSED CANOLA OIL
SAFFLOWER OIL
SUNFLOWER OIL
SEA SALT

Please note: Tortilla chips in all markets may contain one or more of the following: corn, sunflower, soybean, canola, cottonseed, or rice bran.

BREAD INGREDIENTS (V)**ATL**

UNBLEACHED BREAD FLOUR
WHOLE WHEAT FINE FLOUR
LEVAIN
UNSULFURED MOLASSES
SEA SALT

DEN

WHOLE WHEAT FLOUR
WATER
SEA SALT

MIA

WHOLE WHEAT FLOUR
WHITE FLOUR
WATER
SALT
NATURAL STARTER
WHEAT BRAN

SD

ORGANIC WHEAT FLOUR
FILTERED WATER
ORGANIC WHOLE WHEAT FLOUR
NATURAL LEAVEN
SEA SALT

AUS

WHOLE WHEAT FLOUR
ORGANIC SPELT FLOUR
ORGANIC STEEL CUT GRAINS
ORGANIC WHOLE RYE FLOUR
CANE SYRUP
SALT
YEAST

DET

WHEAT FLOUR
WATER
ORGANIC WHEAT FLOUR
MALTED BARLEY FLOUR
SEA SALT
WHOLE WHEAT FLOUR

MSP

WHOLE WHEAT BREAD FLOUR
WHOLE GRAIN WHEAT FLOUR
RYE FLOUR
FILTERED WATER
SEA SALT
MALTED BARLEY FLOUR

TPA

WHEAT FLOUR
UNBLEACHED UNBROMATED WHEAT FLOUR
RYE FLOUR
SOURDOUGH STARTER
SEA SALT

BOS

ORGANIC WHOLE WHEAT FLOUR
MALTED BARLEY FLOUR
FILTERED WATER
NATURAL WHOLE WHEAT STARTER
SEA SALT

DMV

WHEAT FLOUR
MALTED BARLEY FLOUR
FILTERED WATER
LEVAIN
BUCKWHEAT FLOUR
RYE FLOUR
SALT

NCAL

UNBLEACHED WHEAT FLOUR
MALTED BARLEY FLOUR
FILTERED WATER
WHOLE WHEAT FLOUR
SEA SALT

IND

WHOLE WHEAT FLOUR
ENRICHED FLOUR
WATER
SUNFLOWER SEEDS
HONEY
SOYBEAN OIL
SALT
YEAST
RYE FLOUR
ASCORBIC ACID

CHI

ORGANIC WHOLE WHEAT FLOUR
SEA SALT
LEVAIN
WATER

HOU

WHOLE WHEAT FLOUR
BREAD FLOUR
WATER
SEA SALT

NYC

WHOLE WHEAT FLOUR
WHITE FLOUR
WATER
SALT
NATURAL STARTER
WHEAT BRAN

FOCACCIA (FLEETWIDE)

WHOLE WHEAT FLOUR
WHEAT FLOUR
EXTRA VIRGIN OLIVE OIL
YEAST
SEA SALT
ROSEMARY

DAL

CRACKED WHEAT
WHOLE WHEAT FLOUR
KING ARTHUR FLOUR
SALT

LA

ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

PHL

WATER
WHOLE WHEAT FLOUR
WHITE FLOUR
MALTED BARLEY FLOUR
YEAST

DESSERT INGREDIENTS**CRISPY RICE TREAT**

BROWN RICE
HONEY
BUTTER (CREAM, SALT)
COCONUT SUGAR
ROASTED SUNFLOWER SEEDS
COCONUT OIL
QUINOA
PUFFED MILLET
DATES
VANILLA EXTRACT
SALT
SUNFLOWER OIL
COCONUT OIL
SUNFLOWER LECITHIN

HU SALTY DARK CHOCOLATE BAR

ORGANIC FAIR-TRADE CACAO
UNREFINED ORGANIC COCONUT SUGAR
ORGANIC FAIR-TRADE COCOA BUTTER
SEA SALT

HU CASHEWS + VANILLA BEAN HUNKS

ORGANIC CASHEW
ORGANIC CACAO
UNREFINED ORGANIC COCONUT SUGAR
ORGANIC FAIR-TRADE COCOA BUTTER
SEA SALT
VANILLA BEAN

What has added sugar?

Maple Syrup can be found in:
Miso Sesame Ginger Dressing, Spicy Cashew Dressing

Palm Sugar can be found in:
Crispy Rice

Honey can be found in:
Balsamic Vinaigrette, Nuoc Cham Vinaigrette (TX Only) Hot Honey Mustard Sauce