

Nutrition Binder

S5 2022
Fall

Nutrition & gram weight information
Ingredient list
Allergen information
Cheese information
Dietary restriction explanations



sweetgreen

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												
Chicken + Brussels	353	485	243	27	4	0	99	970	30	10	15	28
Curry Cauliflower	373	525	207	23	4	0	99	1171	51	11	15	31
Sweet Balsamic Brussels	352	600	324	36	6	0	0	963	52	11	4	17
Autumn Caesar	291	360	175	19	3	0	10	981	36	9	5	13
Buffalo Cauliflower	153	235	131	14	1	0	10	866	21	2	3	5
Balsamic Protein Bowl	469	810	355	39	11	0	124	1389	69	13	10	45
Chef Ann Kim Bowl	422	625	261	29	4	0	50	888	62	11	16	30
Seasonal Ingredients												
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
Curry Roasted Cauliflower	23	15	9	1	0	0	0	35	1	0	0	0
Raisins	11	40	0	0	0	0	0	0	11	1	8	0
Cranberry Maple Vinaigrette	30	120	108	12	2	0	0	220	3	0	3	0
Peppercorn Tahina Dressing	30	120	99	11	2	0	0	410	3	1	1	1
Signature Salads + Warm Bowls	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)
Buffalo Chicken Bowl	382	475	243	27	9	0	134	1655	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 (MIA)	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
Blackened Catfish Bowl (ATL)	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 (TX)	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
Farmhouse Caesar	353	400	216	24	8	0	35	1441	31	9	14	17
Fish Taco (Salmon) (LA)	425	715	387	43	7	0	50	589	52	17	5	32
Hummus Crunch Salad	417	380	189	21	2	0	0	1041	38	7	4	13
Balsamic Meatball	368	550	252	28	8	0	68	1322	50	8	8	25

SIGNATURE PLATES AND SIDES	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)
Hot Honey Chicken	411	750	319	35	6	0	198	1335	58	11	10	54
Hot Honey Chicken Grain Bowl	470	710	229	25	3	0	99	1268	86	14	13	36
Teriyaki Meatball Plate	402	585	211	23	4	0	86	1640	67	7	8	30
Teriyaki Meatball Grain Bowl	393	585	180	20	3	0	43	1370	80	8	7	20
Miso Salmon Plate	318	555	256	28	3	0	50	782	49	5	5	27
Miso Salmon Grain Bowl	433	705	256	28	3	0	50	912	81	8	6	29
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
Crispy Rice Treat	40	190	90	10	5	0	15	80	23	0	6	2
BREAD *	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)
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	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)
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	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)
Apples	29	15	0	0	0	0	0	0	4	1	3	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
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
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	190	70	1	0	1	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
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

DRRESSINGS, 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
Sesame Teriyaki Dressing	30	140	117	13	2	0	0	630	4	0	3	2
Crushed Red Pepper	1	0	0	0	0	0	0	0	0	0	0	0

SIGNATURE 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)
	319	405	216	24	8	0	93	1244	13	5	3	35
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)
	427	515	279	31	5	0	58	334	27	14	3	27
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)
	398	490	221	25	4	0	10	1141	47	15	16	20
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)
	362	685	288	32	8	0	73	1090	62	9	15	37
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
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
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
BUFFALO CHICKEN 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)
	382	475	243	27	9	0	134	1655	24	8	4	36
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Blue Cheese	30	110	81	9	6	0	25	340	1	0	0	6
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3
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
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1
CHICKEN PESTO PARM	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)
	395	525	189	21	3	0	58	1237	48	9	5	37
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Spicy Broccoli	33	25	9	1	0	0	0	120	3	1	1	1
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
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
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	0	0	0
SHROOMAMI	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)
	408	595	315	35	4	0	0	1198	49	10	6	21
Roasted Tofu	75	100	63	7	1	0	0	250	2	1	0	7
Warm Portobello Mix	65	110	72	8	1	0	0	498	6	3	0	5
Raw Beets	40	15	0	0	0	0	0	30	3	1	3	1
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
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
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1

FISH TACO	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)
	425	715	387	43	7	0	50	589	52	17	5	32
Roasted Steelhead	86	170	90	10	2	0	50	172	0	0	0	20
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
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
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Arugula	48	15	9	1	0	0	0	15	2	1	1	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
FISH TACO (SALMON)	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)
	425	715	387	43	7	0	50	589	52	17	5	32
Salmon	86	170	90	10	2	0	50	172	0	0	0	20
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
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
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Arugula	48	15	9	1	0	0	0	15	2	1	1	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
BLACKENED CATFISH 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)
	345	535	279	31	6	0	63	841	42	6	2	20
Blackened Catfish	77	125	72	8	2	0	53	276	0	0	0	13
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
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
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
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
CRISPY RICE 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)
	401	600	230	26	4	0	99	979	61	9	7	31
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Crispy Rice	26	80	14	2	0	0	0	260	14	0	1	2
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Arugula	48	15	9	1	0	0	0	15	2	1	1	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	100	81	9	1	0	0	200	4	1	2	1
GARDEN COBB	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)
	426	675	432	48	13	0	215	936	37	16	14	22
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Hard Boiled Egg	50	70	45	5	2	0	190	70	1	0	1	7
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
Blue Cheese	30	110	81	9	6	0	25	340	1	0	0	6
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
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
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0

HUMMUS CRUNCH SALAD	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)
	417	380	189	21	2	0	0	1041	38	7	4	13
Hummus	47	80	41	5	1	0	0	180	7	0	0	4
Olives	39	40	36	4	0	0	0	250	2	0	0	0
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	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
Red Onions	7	5	0	0	0	0	0	0	1	0	0	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
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	400	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	73	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
HOT HONEY CHICKEN GRAIN 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)
	470	710	229	25	3	0	99	1268	86	14	13	36
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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
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
Basil	7	0	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 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
TERIYAKI MEATBALL PLATE	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)
	402	585	211	23	4	0	86	1640	67	7	8	30
Turkey Meatballs	85	90	18	2	1	0	43	300	7	1	1	11
Turkey Meatballs	85	90	18	2	1	0	43	300	7	1	1	11
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
Sesame Teriyaki Dressing	30	140	117	13	2	0	0	630	4	0	3	2
TERIYAKI MEATBALL GRAIN 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)
	393	585	180	20	3	0	43	1370	80	8	7	20
Turkey Meatballs	85	90	18	2	1	0	43	300	7	1	1	11
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 Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Basil	7	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
Sesame Teriyaki Dressing	30	140	117	13	2	0	0	630	4	0	3	2
MISO SALMON PLATE	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)
	318	555	256	28	3	0	50	782	49	5	5	27
Salmon	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
MISO SALMON GRAIN 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)
	433	705	256	28	3	0	50	912	81	8	6	29
Salmon	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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Basil	7	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
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1

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

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
FARMHOUSE 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)
	353	400	216	24	8	0	35	1441	31	9	14	17
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
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Raw Beets	40	15	0	0	0	0	0	30	3	1	3	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
BALSAMIC MEATBALL	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)
	368	550	252	28	8	0	68	1322	50	8	8	25
Turkey Meatballs	85	90	18	2	1	0	43	300	7	1	1	11
Basil	7	0	0	0	0	0	0	0	0	0	0	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
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6
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
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0
MISO STEELHEAD PLATE	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)
	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												
CHICKEN + BRUSSELS	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)
	353	485	243	27	4	0	99	970	30	10	15	28
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
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
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
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
Cranberry Maple Vinaigrette	30	120	108	12	2	0	0	220	3	0	3	0
CURRY CAULIFLOWER	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)
	373	525	207	23	4	0	99	1171	51	11	15	31
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Curry Roasted Cauliflower	23	15	9	1	0	0	0	35	1	0	0	0
Curry Roasted Cauliflower	23	15	9	1	0	0	0	35	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
Raisins	11	40	0	0	0	0	0	0	11	1	8	0
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Arugula	48	15	9	1	0	0	0	15	2	1	1	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Peppercorn Tahina Dressing	30	120	99	11	2	0	0	410	3	1	1	1
BUFFALO CAULIFLOWER	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)
	153	235	131	14	1	0	10	866	21	2	3	5
Curry Roasted Cauliflower	23	15	9	1	0	0	0	35	1	0	0	0
Curry Roasted Cauliflower	23	15	9	1	0	0	0	35	1	0	0	0
Curry Roasted Cauliflower	23	15	9	1	0	0	0	35	1	0	0	0
Crispy Rice	26	80	14	2	0	0	0	260	14	0	1	2
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
SEASONAL MENU - ONLINE EXCLUSIVES												
SWEET BALSAMIC BRUSSELS	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)
	352	600	324	36	6	0	0	963	52	11	4	17
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
Warm Portobello Mix	65	110	72	8	1	0	0	498	6	3	0	5
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Extra Virgin Olive Oil	15	130	126	14	2	0	0	0	0	0	0	0
Balsamic Vinegar	15	15	0	0	0	0	0	0	3	0	2	0

AUTUMN 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)
	291	360	175	19	3	0	10	981	36	9	5	13
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3
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
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1
BALSAMIC PROTEIN 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)
	469	810	355	39	11	0	124	1389	69	13	10	45
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
Raw Beets	40	15	0	0	0	0	0	30	3	1	3	1
Black Lentils	55	60	0	0	0	0	0	65	7	4	1	8
Blue Cheese	30	110	81	9	6	0	25	340	1	0	0	6
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
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0
CHEF ANN KIM 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)
	422	625	261	29	4	0	50	888	62	11	16	30
Roasted Steelhead	86	170	90	10	2	0	50	172	0	0	0	20
Raw Beets	40	15	0	0	0	0	0	30	3	1	3	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
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 Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Arugula	48	15	9	1	0	0	0	15	2	1	1	1
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	100	81	9	1	0	0	200	4	1	2	1

S5 2022 FLEET INGREDIENTS

MENU ITEMS MAY BE SUBJECT TO STORE AVAILABILITY. UMAMI SEASONING CONTAINS SALT, ONION POWDER, GARLIC POWDER, CHILI POWDER, AND NUTRITIONAL YEAST
(umami seasoning is gluten-free and 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

SESAME TERIYAKI DRESSING (LA)
TAHINI
TAMARI
RICE WINE VINEGAR
MAPLE SYRUP
SESAME OIL
GARLIC
SALT
PEPPER
SUNFLOWER OIL

SEASONAL INGREDIENTS

ROASTED BRUSSELS SPROUTS (V)
BRUSSELS SPROUTS
UMAMI SEASONING
SUNFLOWER OIL

CURRY ROASTED CAULIFLOWER (V)
CAULIFLOWER
UMAMI SEASONING
CURRY POWDER
SUNFLOWER OIL

CRANBERRY MAPLE VINAIGRETTE (V)
CRANBERRIES
MAPLE SYRUP
BALSAMIC VINEGAR
DIJON MUSTARD
SUNFLOWER OIL
SALT
CRACKED BLACK PEPPER

PEPPERCORN TAHINA DRESSING (V)
EXTRA VIRGIN OLIVE OIL
TAHINI
LEMON JUICE
APPLE CIDER VINEGAR
DIJON MUSTARD
MAPLE SYRUP
GARLIC
CUMIN
SALT
CRACKED BLACK PEPPER

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

PICKLED CARROTS + CELERY (V)

CARROTS
CELERY
KOSHER SALT
WHITE WINE VINEGAR

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

ROASTED TOFU (V)

TOFU
SUNFLOWER OIL
BLACKENING SPICE

BLACKENING SPICE (V)

SALT
CHILI POWDER
CORIANDER
CUMIN
CRUSHED RED PEPPER
BLACK PEPPER

HUMMUS (V)

CHICKPEAS
TAHINI
LEMON JUICE
GARLIC
EXTRA VIRGIN OLIVE OIL
SALT
PEPPER

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

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

TURKEY MEATBALLS

GROUND TURKEY
WHITE BUTTON MUSHROOMS
CARROTS
YELLOW ONION
GARLIC
FLAT LEAF PARSLEY
SALT
PEPPER
DARK CHILI POWDER
SMOKED PAPRIKA
NUTRITIONAL YEAST
BROWN RICE
PANKO BREADCRUMBS
EGG

TORTILLA CHIP INGREDIENTS (V)

BOS
WHOLE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

NYC
STONEGROUND CORN FLOUR
SOYBEAN OIL
SALT
TRACE OF LIME

PHL
STONE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

CHI
WHOLE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

DMV
STONE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

LA
WHITE CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

SF
STONE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF CALCIUM HYDROXIDE - FOOD GRADE

MIA
STONE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

ATL
WHOLE GRAIN CORN
WATER
VEGETABLE OIL
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)

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

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

CHI
ORGANIC WHOLE WHEAT FLOUR
SEA SALT
LEVAIN
WATER

DEN
WHOLE WHEAT FLOUR
WATER
SEA SALT

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

HOU
WHOLE WHEAT FLOUR
BREAD FLOUR
WATER
SEA SALT

LA
ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

MIA
WHOLE WHEAT FLOUR
WHITE FLOUR
WATER
SALT
NATURAL STARTER
WHEAT BRAN

NYC
WHOLE WHEAT FLOUR
WHITE FLOUR
WATER
SALT
NATURAL STARTER
WHEAT BRAN

PHL
WATER
WHOLE WHEAT FLOUR
WHITE FLOUR
MALTED BARLEY FLOUR
YEAST

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

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

FOCACCIA (FLEETWIDE)
WHOLE WHEAT FLOUR
WHEAT FLOUR
EXTRA VIRGIN OLIVE OIL
YEAST
SEA SALT
ROSEMARY

INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, SWEETGREEN DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.

What has added sugar?

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

Palm Sugar can be found in:
Crispy Rice

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

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
SEASONAL MENU	CHICKEN + BRUSSELS					X			
	CURRY CAULIFLOWER								
	SWEET BALSAMIC BRUSSELS		X			X			
	AUTUMN CAESAR	X	X	X				X	X
	BUFFALO CAULIFLOWER		X	X		X		X	
	BALSAMIC PROTEIN BOWL		X			X			
	CHEF ANN KIM BOWL			X		X			
SEASONAL INGREDIENTS	ROASTED BRUSSELS SPROUTS								
	CURRY ROASTED CAULIFLOWER								
	RAISINS								
	PEPPERCORN TAHINA DRESSING								
	CRANBERRY MAPLE VINAIGRETTE								
SIGNATURE SALADS + WARM BOWLS	BUFFALO CHICKEN BOWL	X	X	X				X	X
	CHICKEN PESTO PARM	X	X						X
	CHICKEN TOSTADA		X						X
	CITRUS SHRIMP + AVOCADO (MIA)				X				
	CRISPY RICE BOWL					X			
	FISH TACO			X					X
	BLACKENED CATFISH BOWL		X	X				X	
	GARDEN COBB		X			X		X	
	GARLIC CHILI SHRIMP BOWL (TX)				X	X			
	SUPER GREEN GODDESS		X			X		X	
	GUACAMOLE GREENS								X
	HARVEST BOWL		X			X			
	KALE CAESAR		X	X				X	
	FARMHOUSE CAESAR		X	X				X	
	SHROOMAMI								X
	HUMMUS CRUNCH SALAD (LA)	X							X
	BALSAMIC MEATBALL	X	X					X	

ALLERGEN DETAIL

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CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
SIGNATURE PLATES + SIDES	HOT HONEY CHICKEN		X			X		X	
	HOT HONEY CHICKEN GRAIN BOWL								
	TERIYAKI MEATBALL PLATE	X	X					X	X
	TERIYAKI MEATBALL GRAIN BOWL	X						X	X
	MISO SALMON PLATE		X	X				X	X
	MISO SALMON GRAIN BOWL			X					X
	CHICKEN + AVOCADO + RANCH		X					X	
	MISO STEELHEAD PLATE		X	X				X	X
	RANCHY CHICKEN + RICE		X					X	
	LITTLE HARVEST								
	ROSEMARY FOCACCIA	X							
	ROASTED SWEET POTATOES + HOT HONEY MUSTARD								
	ROASTED SWEET POTATOES + GREEN GODDESS RANCH		X					X	
	CRISPY RICE TREAT		X			X			
BASES	ARUGULA								
	BABY SPINACH								
	CHOPPED ROMAINE								
	SHREDDED KALE								
	SPRING MIX								
	WARM QUINOA								
	WARM WILD RICE								

ALLERGEN DETAIL

Menu + Ingredients

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CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
DRESSINGS, SAUCES, + FINISHES	BALSAMIC VINAIGRETTE								
	BALSAMIC VINEGAR								
	CAESAR DRESSING		X	X				X	
	CEVICHE DRESSING (MIA)								
	CRUSHED RED PEPPER								
	EXTRA VIRGIN OLIVE OIL								
	GREEN GODDESS RANCH		X					X	
	HOT HONEY MUSTARD SAUCE								
	LEMON SQUEEZE								
	LIME CILANTRO JALAPENO VINAIGRETTE								
	LIME SQUEEZE								
	MISO SESAME GINGER DRESSING								X
	NUOC CHAM DRESSING (TX)			X	X				
	PESTO VINAIGRETTE								
	SPICY CASHEW DRESSING					X			
	SWEETGREEN HOT SAUCE								
	SESAME TERIYAKI DRESSING								X
CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
	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								

ALLERGEN DETAIL

Menu + Ingredients

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CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
TOPPINGS	CILANTRO								
	CUCUMBER								
	CRISPY RICE					X			
	FRESH HERBS (TX)								
	GOAT CHEESE		X						
	HARD BOILED EGGS							X	
	HOT ROASTED SWEET POTATOES								
	HUMMUS (LA)								
	KALE CABBAGE SLAW		X					X	
	OLIVES (LA)								
	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
	TURKEY MEATBALLS	X						X	
	WARM PORTOBELLO MIX								
	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	Belgioioso USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
DMV	Firefly Farms Accident, MD	Firefly Farms Accident, MD		
PHL	Kirchenburg Dairy Fleetwood, PA			
LA	Drake Family Farms Ontario, CA	Central Coast Creamery San Luis Obispo, CA		
NCAL		Point Reyes Farmstead Cheese Co.		
BOS	Westfield Farm Hubbarston, MA	Organic Valley La Farge, WI		
NYM				
ATL	Firefly Farms Accident, MD			
CO	Haystack Mountain Longmont, CO			
MIA	Calyroad Creamery Newbord, GA			
AUS, DAL, HOU				

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