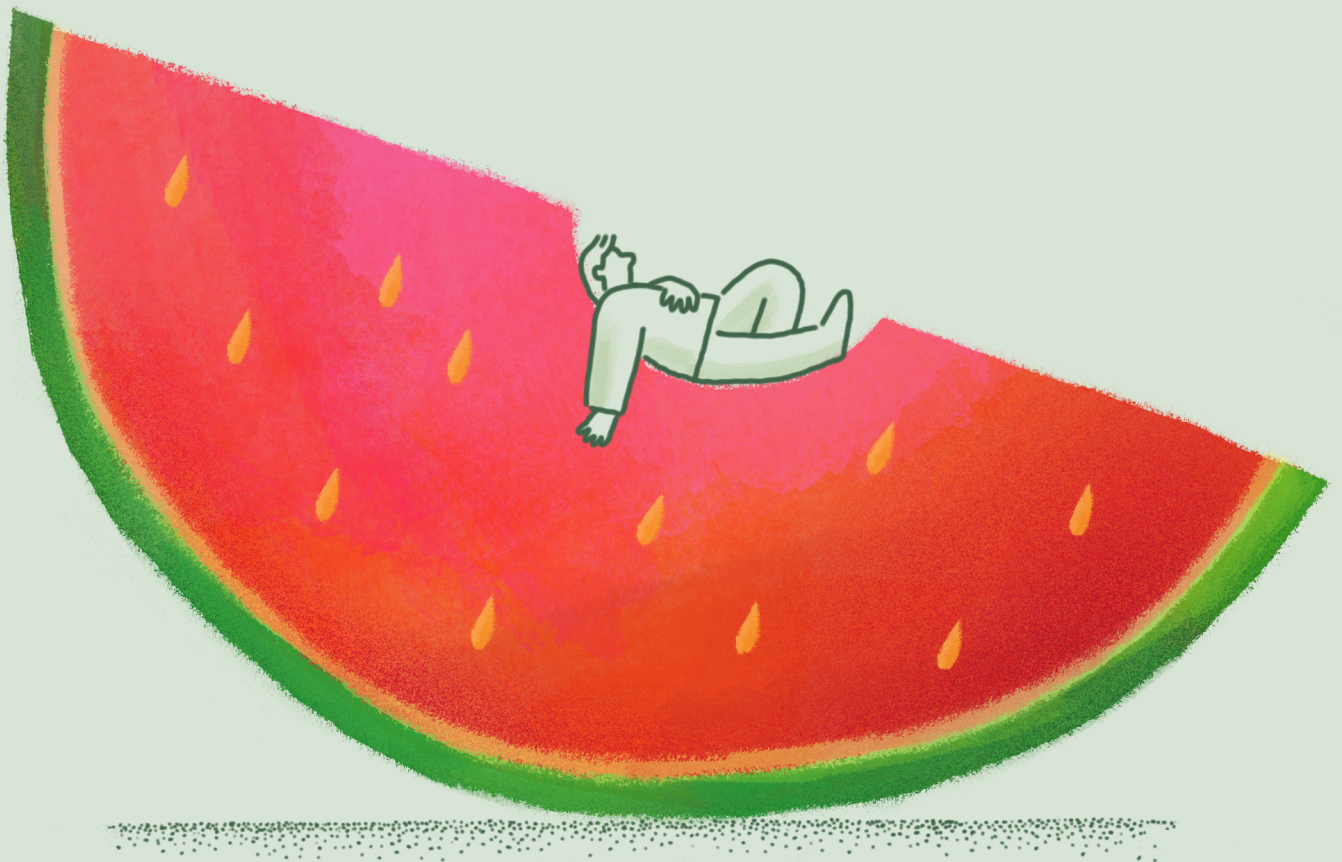


Nutrition Binder

S4 2022
Late Summer

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												
Elote Bowl	384	615	320	36	8	0	15	662	60	10	8	19
Summer BBQ	417	405	216	24	5	0	109	674	27	8	12	27
Spicy Cashew Watermelon	418	290	95	11	1	0	58	479	21	5	11	24
Miso Roasted Corn Bowl	385	605	270	30	4	0	99	909	52	10	9	32
Roasted Corn + Peppers	171	250	171	19	1	0	0	430	20	2	6	4
Summer Balsamic Chicken	329	405	207	23	7	0	83	994	14	2	4	33
Seasonal Ingredients												
Watermelon	50	15	0	0	0	0	0	0	4	0	3	0
Raw Corn	36	35	9	1	0	0	0	0	7	1	2	2
Roasted Corn + Peppers	68	70	36	4	0	0	0	190	10	1	3	2
Heirloom Cherry Tomatoes	45	10	0	0	0	0	0	10	4	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	252	28	9	0	134	1655	26	8	4	35
Chicken Pesto Parm	395	525	153	17	3	0	58	1237	49	9	5	37
Chicken Tostada	415	625	288	32	9	0	114	956	50	10	5	37
Citrus Shrimp + Avocado (MIA)	487	650	270	30	5	0	133	1024	76	19	11	26
Crispy Rice Bowl	401	600	239	27	4	0	99	979	62	9	7	31
Fish Taco	425	715	401	45	7	0	50	589	54	17	5	32
Blackened Catfish Bowl (ATL)	345	535	288	32	6	0	63	841	42	6	2	23
Garden Cobb	426	675	459	51	13	0	215	936	39	16	14	22
Garlic Chili Shrimp Bowl (TX)	356	400	99	11	1	0	133	1326	51	8	10	21
Super Green Goddess	398	490	243	27	4	0	10	1141	52	15	16	20
Guacamole Greens	427	515	279	31	5	0	58	334	29	14	3	27
Harvest Bowl	362	685	279	31	8	0	73	1090	59	9	15	36
Harvest Bowl (Pecans)	362	695	297	33	8	0	73	1090	58	8	14	34
Kale Caesar	319	405	207	23	8	0	93	1244	14	5	3	40
Shroomami	408	595	297	33	4	0	0	1198	50	10	6	20
Farmhouse Caesar	353	400	216	24	8	0	35	1441	34	9	14	22
Hummus Crunch Salad (LA)	417	380	167	18	2	0	0	1041	40	7	4	12
Fish Taco (Salmon) (LA)	425	715	401	45	7	0	50	589	54	17	5	32
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	342	38	6	0	198	1335	58	11	10	53
Chicken + Avocado + Ranch	403	705	324	36	6	0	126	998	43	12	1	50
Miso Steelhead Plate	318	555	243	27	3	0	50	782	48	5	5	26
Ranchy Chicken + Rice	263	515	234	26	8	0	93	1184	33	2	0	35
Little Harvest	222	400	171	19	2	0	58	769	28	4	9	24
Roasted Sweet Potatoes + Green Goddess Ranch	174	315	181	21	3	0	10	739	30	5	5	3
Roasted Sweet Potatoes + Hot Honey Mustard	174	290	127	15	1	0	0	679	35	5	9	2
Rosemary Focaccia	94	230	63	7	1	0	0	530	34	0	2	8

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	5	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	29	4	2	6
Warm Wild Rice	95	155	9	1	0	0	0	150	30	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	11	4	1	8
Chickpeas	43	45	18	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	18	2	0	0	0	260	15	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
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
Raw Pecans	14	90	81	9	1	0	0	0	2	1	0	1
Raw Beets	40	15	0	0	0	0	0	30	4	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	63	7	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	3	1	0	2
Tomatoes	46	10	0	0	0	0	0	10	4	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	2

[illegible]

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	207	23	8	0	93	1244	14	5	3	40
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	4
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
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
QUACAMOLE 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	29	14	3	27
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	10	4	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	99	11	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	243	27	4	0	10	1141	52	15	16	20
Black Lentils	55	60	0	0	0	0	0	65	11	4	1	8
Chickpeas	43	45	18	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	4	1	3	1
Roasted Almonds	14	80	63	7	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	144	16	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	279	31	8	0	73	1090	59	9	15	36
Roasted Chicken	78	110	9	1	0	0	58	254	0	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	6
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	1	3
Warm Wild Rice	95	155	9	1	0	0	0	150	30	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	5	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	252	28	9	0	134	1655	26	8	4	35
Blackened Chicken	80	140	63	7	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	4	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	2
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	153	17	3	0	58	1237	49	9	5	37
Roasted Chicken	78	110	9	1	0	0	58	254	0	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	4	1	1	1
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	4
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	2
Warm Quinoa	100	160	27	3	0	0	0	167	29	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	54	6	1	0	0	125	0	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	297	33	4	0	0	1198	50	10	6	20
Roasted Tofu	75	100	63	7	1	0	0	250	2	1	0	6
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	4	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	3	1	0	2
Warm Wild Rice	95	155	9	1	0	0	0	150	30	2	0	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Miso Sesame Ginger Dressing	30	120	99	11	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	401	45	7	0	50	589	54	17	5	32
Roasted Steelhead	86	170	99	11	2	0	50	172	0	0	0	20
Avocado	87	160	135	15	3	0	0	0	9	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	29	4	2	6
Arugula	48	15	5	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	99	11	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	401	45	7	0	50	589	54	17	5	32
Salmon	86	170	99	11	2	0	50	172	0	0	0	20
Avocado	87	160	135	15	3	0	0	0	9	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	29	4	2	6
Arugula	48	15	5	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	99	11	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	288	32	6	0	63	841	42	6	2	23
Blackened Catfish	77	125	81	9	2	0	53	276	0	0	0	16
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	3	1	0	2
Warm Wild Rice	95	155	9	1	0	0	0	150	30	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	144	16	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	239	27	4	0	99	979	62	9	7	31
Blackened Chicken	80	140	63	7	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	63	7	1	0	0	0	3	2	1	3
Crispy Rice	26	80	18	2	0	0	0	260	15	0	1	2
Warm Wild Rice	95	155	9	1	0	0	0	150	30	2	0	3
Arugula	48	15	5	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	5	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	459	51	13	0	215	936	39	16	14	22
Avocado	87	160	135	15	3	0	0	0	9	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	4	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	63	7	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	5	0	3	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	99	11	1	0	133	1326	51	8	10	21
Roasted Shrimp (TX)	70	65	9	1	0	0	133	271	0	0	0	13
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	2	1	0	1
Fresh Herbs (TX)	5	0	0	0	0	0	0	0	0	0	0	0
Warm Wild Rice	95	155	9	1	0	0	0	150	30	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	2
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	297	33	8	0	73	1090	58	8	14	34
Roasted Chicken	78	110	9	1	0	0	58	254	0	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	6
Raw Pecans	14	90	81	9	1	0	0	0	2	1	0	1
Warm Wild Rice	95	155	9	1	0	0	0	150	30	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	5	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	270	30	5	0	133	1024	76	19	11	26
Roasted Shrimp (MIA)	79	65	9	1	0	0	133	271	0	0	0	13
Avocado	87	160	135	15	3	0	0	0	9	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	4	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	29	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	342	38	6	0	198	1335	58	11	10	53
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	1	3
Warm Quinoa	100	160	27	3	0	0	0	167	29	4	2	6
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	6	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	43	12	1	50
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Warm Wild Rice	95	155	9	1	0	0	0	150	30	2	0	3
Green Goddess Ranch	30	145	144	16	3	0	10	300	1	0	0	1
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	243	27	3	0	50	782	48	5	5	26
Roasted Steelhead	86	170	99	11	2	0	50	172	0	0	0	20
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Warm Wild Rice	95	155	9	1	0	0	0	150	30	2	0	3
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	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	234	26	8	0	93	1184	33	2	0	35
Roasted Chicken	78	110	9	1	0	0	58	254	0	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	10
Warm Wild Rice	95	155	9	1	0	0	0	150	30	2	0	3
Green Goddess Ranch	30	145	144	16	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	171	19	2	0	58	769	28	4	9	24
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	6	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	181	21	3	0	10	739	30	5	5	3
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Green Goddess Ranch	30	145	144	16	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	127	15	1	0	0	679	35	5	9	2
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	6	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	50	10	5	37
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Tomatoes	46	10	0	0	0	0	0	10	4	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	6
Warm Quinoa	100	160	27	3	0	0	0	167	29	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	99	11	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	34	9	14	22
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	4	1	1	1
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	4
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
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
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	167	18	2	0	0	1041	40	7	4	12
Hummus	47	80	41	5	1	0	0	180	7	0	0	4
Olives	39	40	36	4	0	0	0	250	3	0	0	0
Chickpeas	43	45	18	2	0	0	0	250	7	0	0	2
Tomatoes	46	10	0	0	0	0	0	10	4	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	2
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	54	6	1	0	0	125	0	0	0	0

SEASONAL MENU												
ELOTE 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)
	384	615	320	36	8	0	15	662	60	10	8	19
Roasted Corn + Peppers	68	70	36	4	0	0	0	190	10	1	3	2
Heirloom Cherry Tomatoes	45	10	0	0	0	0	0	10	4	1	1	1
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
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Warm Quinoa	100	160	27	3	0	0	0	167	29	4	2	6
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	30	110	99	11	1	0	0	50	0	0	0	0
SUMMER BBQ	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	405	216	24	5	0	109	674	27	8	12	27
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Watermelon	50	15	0	0	0	0	0	0	4	0	3	0
Watermelon	50	15	0	0	0	0	0	0	4	0	3	0
Raw Corn	36	35	9	1	0	0	0	0	7	1	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
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
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
Green Goddess Ranch	30	145	144	16	3	0	10	300	1	0	0	1
ROASTED CORN + PEPPERS	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)
	171	250	171	19	1	0	0	430	20	2	6	4
Roasted Corn + Peppers	68	70	36	4	0	0	0	190	10	1	3	2
Roasted Corn + Peppers	68	70	36	4	0	0	0	190	10	1	3	2
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Lime Cilantro Jalapeño Vinaigrette	30	110	99	11	1	0	0	50	0	0	0	0

SEASONAL MENU - ONLINE EXCLUSIVES												
MISO ROASTED CORN 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)
	385	605	270	30	4	0	99	909	52	10	9	32
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Roasted Corn + Peppers	68	70	36	4	0	0	0	190	10	1	3	2
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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	1	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Warm Wild Rice	95	155	9	1	0	0	0	150	30	2	0	3
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1
SPICY CASHEW WATERMELON	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)
	418	290	95	11	1	0	58	479	21	5	11	24
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Watermelon	50	15	0	0	0	0	0	0	4	0	3	0
Watermelon	50	15	0	0	0	0	0	0	4	0	3	0
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
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
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
Spicy Cashew Dressing	30	100	81	9	1	0	0	200	5	1	2	1
SUMMER BALSAMIC 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)
	329	405	207	23	7	0	83	994	14	2	4	33
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
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	10
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	5	0	3	0

S4 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

SEASONAL INGREDIENTS

ROASTED CORN + PEPPERS
CORN
BELL PEPPERS
UMAMI SEASONING
SUNFLOWER 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

KALE CABBAGE SLAW

KALE
RED CABBAGE
CARROTS
GREEN GODDESS RANCH
LEMON JUICE

SPICY BROCCOLI (V)

BROCCOLI
KALE STEMS
SUNFLOWER OIL
UMAMI SEASONING
CRUSHED RED PEPPER

ZA'ATAR BREADCRUMBS * (V)

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

BLACKENED CATFISH (ATL ONLY)

CATFISH FILETS
BALSAMIC VINEGAR
CHILI POWDER
RED PEPPER FLAKES
KOSHER SALT
CRACKED BLACK PEPPER
CUMIN
CORIANDER
SUNFLOWER OIL

PARMESAN CRISPS

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

WARM PORTOBELLO MIX (V)

PORTOBELLO MUSHROOMS
BUTTON MUSHROOMS
SUNFLOWER OIL
UMAMI SEASONING

HUMMUS

Chickpeas
Tahini
Lemon Juice
Garlic
Extra Virgin Olive Oil
Salt
Black Pepper

ROASTED SHRIMP (TX ONLY)

SHRIMP
SUNFLOWER OIL
UMAMI SEASONING
PAPRIKA
CELERY SEED

PICKLED CARROTS + CELERY (V)

CARROTS
CELERY
KOSHER SALT
WHITE WINE VINEGAR

HOT ROASTED SWEET POTATOES (V)

SWEET POTATOES
JAPANESE SWEET POTATOES
SUNFLOWER OIL
UMAMI SEASONING

ROASTED TOFU (V)

TOFU
SUNFLOWER OIL
BLACKENING SPICE

CRISPY RICE (V)

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

SUNFLOWER SEEDS (V)

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

BLACKENING SPICE (V)

SALT
CHILI POWDER
CORIANDER
CUMIN
CRUSHED RED PEPPER
BLACK PEPPER

FRESH HERBS (V, TX ONLY)

CILANTRO
MINT
THAI BASIL

ROASTED SHRIMP (MIA ONLY)

SHRIMP
SUNFLOWER OIL
CEVICHE DRESSING
UMAMI SEASONING

ROASTED CORN + PEPPERS

RAW CORN
MIXED BELL PEPPERS
SUNFLOWER OIL
UMAMI SEASONING

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)

BOS

WHOLE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

LA

WHITE CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

NYC

STONEGROUND CORN FLOUR
SOYBEAN OIL
SALT
TRACE OF LIME

SF

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

PHL

STONE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

MIA

STONE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

CHI

WHOLE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

ATL

WHOLE GRAIN CORN
WATER
VEGETABLE OIL
SALT

DMV

STONE GROUND CORN
WATER
SOYBEAN OIL
SALT
TRACE OF LIME

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

HOU

WHOLE WHEAT FLOUR
BREAD FLOUR
WATER
SEA SALT

SF

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

BOS

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

LA

ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

ATL

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

CHI

ORGANIC WHOLE WHEAT FLOUR
SEA SALT
LEVAIN
WATER

MIA

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

DEN

WHOLE WHEAT FLOUR
WATER
SEA SALT

NYC

WHOLE WHEAT FLOUR
WHITE FLOUR
WATER
SALT
NATURAL STARTER
WHEAT BRAN

DMV

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

PHL

WATER
WHOLE WHEAT FLOUR
WHITE FLOUR
MALTED BARLEY FLOUR
YEAST

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	ELOTE BOWL		X						X
	SUMMER BBQ		X					X	
	SPICY CASHEW WATERMELON					X			
	MISO ROASTED CORN BOWL					X			X
	SUMMER BALSAMIC CHICKEN		X						
SEASONAL INGREDIENTS	WATERMELON								
	RAW CORN								
	ROASTED CORN + PEPPERS								
	HEIRLOOM CHERRY TOMATOES								
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			X	
	FARMHOUSE CAESAR		X	X				X	
	SHROOMAMI								X
	HUMMUS CRUNCH SALAD (LA)	X							X

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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	
	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	
BASES	ARUGULA								
	BABY SPINACH								
	CHOPPED ROMAINE								
	SHREDDED KALE								
	SPRING MIX								
	WARM QUINOA								
	WARM WILD RICE								
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								

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CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
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								
	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								
	SALMON			X					
	SHAVED PARMESAN		X						
	SHREDDED CABBAGE								
	SPICY BROCCOLI								
	SUNFLOWER SEEDS								
	STEELHEAD			X					
	TOMATOES								
	TORTILLA CHIPS								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