

Nutrition Binder

S1 2023
Winter

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												
Miso Bowl (Rutabaga Mix)	364	585	270	29	4	0	99	874	49	10	9	30
Miso Bowl (Sunchoke Mix)	364	585	270	29	4	0	99	874	49	10	9	30
BBQ Chicken + Squash Plate	400	569	162	18	4	0	198	1199	51	6	12	48
Crispy Chicken Salad	401	500	216	24	5	0	109	1494	39	6	5	29
Winter Power Bowl	448	690	342	38	6	0	0	448	63	21	9	22
Melissa Wood Health Bowl	420	485	302	34	5	0	0	1043	37	18	5	14
Roasted BBQ Squash	160	140	36	4	0	0	0	232	22	2	6	4
Seasonal Ingredients												
Miso Root Vegetables	35	30	18	2	0	0	0	85	4	1	2	0
BBQ Squash + Caramelized Onions	80	70	18	2	0	0	0	116	11	1	3	2
Honey BBQ Sauce	30	39	0	0	0	0	0	225	4	0	8	0
Signature Salads + Warm Bowls												
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
Farmhouse Caesar	353	400	216	24	8	0	35	1441	31	9	14	17
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
Hummus Crunch Salad	417	380	189	21	2	0	0	1041	38	7	4	13
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
Fish Taco (Salmon) (LA)	425	715	387	43	7	0	50	589	52	17	5	32
Signature Plates and Sides												
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
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 *												
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												
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												
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
Chopped Pickles	40	5	0	0	0	0	0	280	1	0	0	0
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
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
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
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)
Roasted Chicken	305	525	189	21	5	0	58	1237	48	9	5	27
Spicy Broccoli	78	110	18	2	0	0	58	254	1	0	0	21
Tomatoes	33	25	9	1	0	0	0	120	3	1	1	1
Shaved Parmesan	46	10	0	0	0	0	0	10	2	1	1	1
Za'atar Breadcrumbs	12	45	36	4	2	0	0	150	0	0	0	3
Warm Quinoa	15	65	18	2	0	0	0	201	9	1	0	3
Baby Spinach	100	160	27	3	0	0	0	167	28	4	2	6
Sweetgreen Hot Sauce	53	15	0	0	0	0	0	40	2	1	0	1
Pesto Vinaigrette	28	10	0	0	0	0	0	170	2	1	1	1
	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)
Roasted Tofu	408	595	315	35	4	0	0	1198	49	10	6	21
Warm Portobello Mix	75	100	63	7	1	0	0	250	2	1	0	7
Raw Beets	65	110	72	8	1	0	0	498	6	3	0	5
Cucumbers	40	15	0	0	0	0	0	30	3	1	3	1
Basil	40	5	0	0	0	0	0	0	1	0	0	0
Sunflower Seeds	7	0	0	0	0	0	0	0	0	0	0	0
Warm Wild Rice	13	70	54	6	1	0	0	55	2	1	0	2
Shredded Kale	95	155	18	2	0	0	0	150	31	2	0	3
Miso Sesame Ginger Dressing	43	20	0	0	0	0	0	15	4	2	1	2
	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)
Roasted Steelhead	425	715	387	43	7	0	50	589	52	17	5	32
Avocado	86	170	90	10	2	0	50	172	0	0	0	20
Shredded Cabbage	87	160	117	13	3	0	0	0	8	9	0	3
Cilantro	25	10	0	0	0	0	0	5	2	1	1	0
Tortilla Chips	5	0	0	0	0	0	0	0	0	0	0	0
Warm Quinoa	16	80	36	4	1	0	0	10	10	1	0	1
Arugula	100	160	27	3	0	0	0	167	28	4	2	6
Sweetgreen Hot Sauce	48	15	9	1	0	0	0	15	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	28	10	0	0	0	0	0	170	2	1	1	1
	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)
Roasted Salmon	425	715	387	43	7	0	50	589	52	17	5	32
Avocado	86	170	90	10	2	0	50	172	0	0	0	20
Shredded Cabbage	87	160	117	13	3	0	0	0	8	9	0	3
Cilantro	25	10	0	0	0	0	0	5	2	1	1	0
Tortilla Chips	5	0	0	0	0	0	0	0	0	0	0	0
Warm Quinoa	16	80	36	4	1	0	0	10	10	1	0	1
Arugula	100	160	27	3	0	0	0	167	28	4	2	6
Sweetgreen Hot Sauce	48	15	9	1	0	0	0	15	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	28	10	0	0	0	0	0	170	2	1	1	1
	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)
Blackened Catfish	345	535	279	31	6	0	63	843	42	6	2	20
Shredded Cabbage	77	125	72	8	2	0	53	276	0	0	0	13
Raw Carrots	25	10	0	0	0	0	0	5	2	1	1	0
Red Onions	23	10	0	0	0	0	0	15	2	1	1	0
Basil	7	5	0	0	0	0	0	0	1	0	0	0
Sunflower Seeds	7	0	0	0	0	0	0	0	0	0	0	0
Warm Wild Rice	13	70	54	6	1	0	0	55	2	1	0	2
Baby Spinach	95	155	18	2	0	0	0	150	31	2	0	3
Lemon Squeeze	53	15	0	0	0	0	0	40	2	1	0	1
Green Goddess Ranch	15	0	0	0	0	0	0	0	1	0	0	0
	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)
Blackened Chicken	401	600	230	26	4	0	90	979	61	9	7	21
Raw Carrots	80	140	54	6	2	0	99	334	1	1	0	21
Shredded Cabbage	23	10	0	0	0	0	0	15	2	1	1	0
Cucumbers	25	10	0	0	0	0	0	5	2	1	1	0
Cilantro	40	5	0	0	0	0	0	0	1	0	0	0
Roasted Almonds	5	0	0	0	0	0	0	0	0	0	0	0
Crispy Rice	14	80	54	6	1	0	0	0	3	2	1	3
Warm Wild Rice	26	80	14	2	0	0	0	260	14	0	1	2
Arugula	95	155	18	2	0	0	0	150	31	2	0	3
Lime Squeeze	48	15	9	1	0	0	0	15	2	1	1	1
Spicy Cashew Dressing	15	5	0	0	0	0	0	0	1	0	0	0
	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)
Avocado	426	676	432	48	13	0	215	956	37	16	14	22
Hard Boiled Egg	87	160	117	13	3	0	0	0	8	9	0	3
Roasted Sweet Potatoes	50	70	45	5	2	0	190	70	1	0	1	7
Tomatoes	39	65	9	1	0	0	0	301	13	2	7	1
Red Onions	46	10	0	0	0	0	0	10	2	1	1	1
Blue Cheese	7	5	0	0	0	0	0	0	1	0	0	0
Roasted Almonds	30	110	81	9	6	0	25	340	1	0	0	6
Spring Mix	14	80	54	6	1	0	0	0	3	2	1	3
Chopped Romaine	48	10	0	0	0	0	0	0	0	0	0	0
Balsamic Vinaigrette	75	15	0	0	0	0	0	5	2	2	1	1
	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)
Hummus	417	380	189	21	2	0	0	1041	38	7	4	13
Olives	47	80	41	5	1	0	0	180	7	0	0	4
Chickpeas	39	40	36	4	0	0	0	250	2	0	0	0
Tomatoes	43	45	14	2	0	0	0	250	7	0	0	2
Cucumbers	46	10	0	0	0	0	0	10	2	1	1	1
Shredded Cabbage	40	5	0	0	0	0	0	0	1	0	0	0
Red Onions	25	10	0	0	0	0	0	5	2	1	1	0
Basil	7	5	0	0	0	0	0	0	1	0	0	0
Za'atar Breadcrumbs	7	0	0	0	0	0	0	0	0	0	0	0
Chopped Romaine	15	65	18	2	0	0	0	201	9	1	0	3
Shredded Kale	75	15	0	0	0	0	0	5	2	2	1	1
Pesto Vinaigrette	43	20	0	0	0	0	0	15	4	2	1	2
	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)
Roasted Shrimp (TX)	366	400	108	12	1	0	133	1326	51	8	10	21
Shredded Cabbage	70	65	9	1	0	0	0	271	0	0	0	14
Red Onions	25	10	0	0	0	0	0	5	2	1	1	0
Raw Carrots	7	5	0	0	0	0	0	0	1	0	0	0
Apples	23	10	0	0	0	0	0	15	2	1	1	0
Raw Pecans	29	15	0	0	0	0	0	0	4	1	3	0
Fresh Herbs (TX)	14	90	81	9	1	0	0	0	1	1	0	1
Warm Wild Rice	5	0	0	0	0	0	0	0	0	0	0	0
Shredded Kale	95	155	18	2	0	0	0	150	31	2	0	3
Lime Squeeze	43	20	0	0	0	0	0	15	4	2	1	2
Nuoc Cham Dressing	15	5	0	0	0	0	0	0	1	0	0	0
	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)
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)
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)
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)
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)
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)
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)
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)
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)
Rosemary Focaccia	94	230	63	7	1	0	0	530	34	0	2	8
	94	230	63	7	1	0	0	530	34	0	2	8
SIGNATURE MENU - ONLINE EXCLUSIVES												
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)
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
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)
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
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)
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												
MISO BOWL (rutabaga mix)	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)
	364	585	270	29	4	0	99	874	49	10	9	30
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Miso Root Vegetables (rutabagas)	35	30	18	2	0	0	0	85	4	1	2	0
Miso Root Vegetables (rutabagas)	35	30	18	2	0	0	0	85	4	1	2	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
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1
MISO BOWL (sunchoke mix)	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)
	364	585	270	29	4	0	99	874	49	10	9	30
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Miso Root Vegetables (sunchoke)	35	30	18	2	0	0	0	85	4	1	2	0
Miso Root Vegetables (sunchoke)	35	30	18	2	0	0	0	85	4	1	2	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
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1
BBQ CHICKEN + SQUASH 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)
	400	569	162	18	4	0	198	1199	51	6	12	48
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
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
BBQ Squash + Caramelized Onions	80	70	18	2	0	0	0	116	11	1	3	2
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Honey BBQ Sauce	30	39	0	0	0	0	0	225	4	0	8	0
ROASTED BBQ SQUASH	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)
	160	140	36	4	0	0	0	232	22	2	6	4
BBQ Squash + Caramelized Onions	80	70	18	2	0	0	0	116	11	1	3	2
BBQ Squash + Caramelized Onions	80	70	18	2	0	0	0	116	11	1	3	2
SEASONAL MENU - ONLINE EXCLUSIVES												
CRISPY CHICKEN 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)
	401	500	216	24	5	0	109	1494	39	6	5	29
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Chopped Pickles	40	5	0	0	0	0	0	280	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Crispy Rice	26	80	14	2	0	0	0	260	14	0	1	2
Crispy Rice	26	80	14	2	0	0	0	260	14	0	1	2
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
WINTER POWER 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)
	448	690	342	38	6	0	0	448	63	21	9	22
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
BBQ Squash + Caramelized Onions	80	70	18	2	0	0	0	116	11	1	3	2
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
Black Lentils	55	60	0	0	0	0	0	65	7	4	1	8
Cilantro	5	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
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
MELISSA WOOD HEALTH 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)
	420	485	302	34	5	0	0	1043	37	18	5	14
Warm Portobello Mix	65	110	72	8	1	0	0	498	6	3	0	5
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Spicy Broccoli	33	25	9	1	0	0	0	120	3	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
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Arugula	48	15	9	1	0	0	0	15	2	1	1	1
Crushed Red Pepper	1	0	0	0	0	0	0	0	0	0	0	0
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	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
SEASONAL MENU	MISO BOWL (RUTABAGA MIX)					X			X	X
	MISO BOWL (SUNCHOKE MIX)					X			X	X
	BBQ CHICKEN + SQUASH PLATE		X					X		
	CRISPY CHICKEN SALAD		X			X		X		
	WINTER POWER BOWL									
	ROASTED BBQ SQUASH									
	MELISSA WOOD HEALTH BOWL									
SEASONAL INGREDIENTS	MISO ROOT VEGETABLES (RUTABAGA)								X	X
	MISO ROOT VEGETABLES (SUNCHOKES)								X	X
	BBQ SQUASH + CARAMELIZED ONIONS									
	HONEY BBQ SAUCE									
SIGNATURE SALADS + WARM BOWLS	BUFFALO CHICKEN BOWL	X	X	X				X	X	X
	CHICKEN PESTO PARM	X	X						X	X
	CHICKEN TOSTADA		X						X	
	CITRUS SHRIMP + AVOCADO (MIA)				X					
	CRISPY RICE BOWL					X				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	X
	HUMMUS CRUNCH SALAD (LA AND NCAL)	X							X	X
SIGNATURE PLATES + SIDES	HOT HONEY CHICKEN		X			X		X		
	CHICKEN + AVOCADO + RANCH		X					X		
	MISO STEELHEAD PLATE		X	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									
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	X
	NUOC CHAM DRESSING (TX)			X	X					
	PESTO VINAIGRETTE									
	SPICY CASHEW DRESSING					X				X
	SWEETGREEN HOT SAUCE									
CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY	SESAME

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
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									
	CHOPPED PICKLES									
	CILANTRO									
	CUCUMBER									
	CRISPY RICE					X				
	FRESH HERBS (TX)									
	GOAT CHEESE		X							
	HARD BOILED EGGS							X		
	HOT ROASTED SWEET POTATOES									
	HUMMUS (LA AND NCAL)									X
	KALE CABBAGE SLAW		X					X		
	OLIVES (LA AND NCAL)									
	PARMESAN CRISP		X							
	PECANS (TX)					X				
	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									
	ZA'ATAR BREAD CRUMBS	X							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 LaClare Family Creamery Malone, WI	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			
IND	LaClare Family Creamery Malone, WI			
DMV	Firefly Farms Accident, MD	Firefly Farms Accident, MD	Belgioioso USA Cow Aged	That's How We Roll USA Cow Aged + Baked
PHL				
LA	Drake Family Farms Ontario, CA	Point Reyes Farmstead Cheese Co. Point Reyes Station, CA	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
NCAL	Sierra Nevada Willows, CA			Organic Valley La Farge, WI
BOS	Vermont Creamery Websterville, VT			
NYM				
ATL				
MIA				
DEN	LaClare Family Creamery Malone, WI	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked	
TX				

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

S1 2023 FLEET INGREDIENTS				
MENU ITEMS MAY BE SUBJECT TO STORE AVAILABILITY.				
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				
MISO ROOT VEGETABLES (RUTABAGA) CARROTS RUTABAGAS BEETS UMAMI SEASONING MISO SESAME GINGER DRESSING	MISO ROOT VEGETABLES (SUNCHOKES) CARROTS SUNCHOKES BEETS UMAMI SEASONING MISO SESAME GINGER DRESSING	BBQ SQUASH + CARAMELIZED ONIONS RED ONIONS BUTTERNUT SQUASH KOSHER SALT SUNFLOWER OIL HONEY BBQ SAUCE	HONEY BBQ SAUCE TOMATO CONCENTRATE DATE SYRUP WATER HONEY YELLOW MUSTARD DISTILLED VINEGAR NATURAL HICKORY SMOKE SALT CARAMEL COLOR APPLE JUICE CONCENTRATE ONION POWDER GARLIC POWDER ALLSPICE PAPRIKA BLACK PEPPER LIME JUICE CONCENTRATE TAMARIND CONCENTRATE ORGANIC KETCHUP BLEND CAYENNE PEPPER	
				1
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	SUNFLOWER SEEDS (V) SUNFLOWER SEEDS SUNFLOWER OIL SEA SALT	CHOPPED PICKLES CUCUMBERS GARLIC DILL CIDER VINEGAR WHITE VINEGAR SALT PICKLING SPICE	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)

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

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

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

DEN
WHOLE WHEAT FLOUR
WATER
SEA SALT

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

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

HOU
WHOLE WHEAT FLOUR
BREAD FLOUR
WATER
SEA SALT

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

LA
ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

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

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

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

PHL
WATER
WHOLE WHEAT FLOUR
WHITE FLOUR
MALTED BARLEY FLOUR
YEAST

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

TPA
WATER
WHOLE WHEAT FLOUR
UNBLEACHED UNBROMATED WHEAT FLOUR
RYE FLOUR
SOURDOUGH STARTER
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

Palm Sugar can be found in:

Crispy Rice

Honey can be found in:

Balsamic Vinaigrette, Nuoc Charn Vinaigrette (TX Only) Hot Honey Mustard Sauce