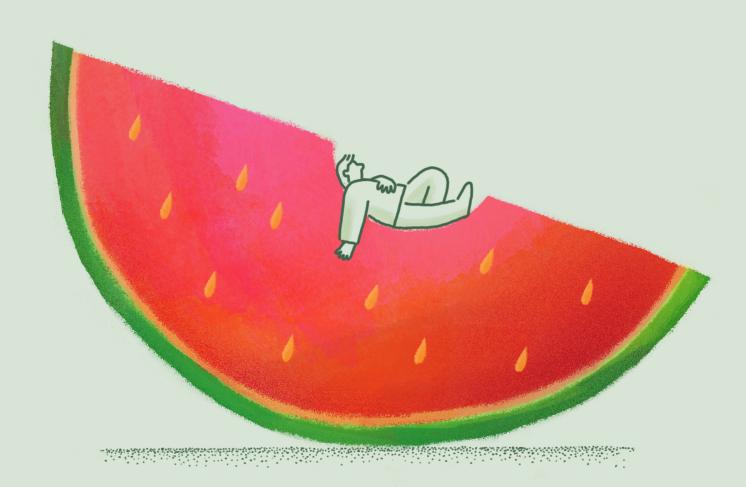
# Nutrition Binder

S4 2021 Late Summer Nutrition & gram weight information Ingredient list Allergen information Cheese information Dietary restriction explanations



sweetgreen

					TRITIONAL OV IENU + INGRED							
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 ME	NU						
Elote Bowl	384	615	320	36	8	0	15	662	60	10	8	19
Tropical Starfruit Bowl (MIA)	424	440	144	16	6	0	73	834	31	8	7	34
Miso Roasted Corn Bowl	385	605	234	30	4	0	99	909	52	10	9	32
The Naomi Osaka Bowl	502	785	423	47	12	0	114	956	59	19	5	40
					SEASONAL INGREE	DIENTS						
Roasted Corn + Peppers	68	70	36	4	0	0	0	190	10	1	3	2
Heirloom Tomatoes	45	10	0	0	0	0	0	10	4	1	1	1
Starfruit	60	20	0	0	0	0	0	0	4	2	2	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

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	345	530	279	31	5	0	63	851	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	485	234	26	3	0	10	1151	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	645	324	36	5	0	0	1061	49	10	6	26
Veggie Caesar	353	400	216	24	8	0	35	1441	34	9	14	22
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
Cashew Pesto Sweet Potatoes	174	270	109	13	1	0	0	599	31	5	6	3
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
Spicy 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

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	135	15	3	0	0	0	9	9	0	3
Blackened Chicken	80	140	63	7	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	6
Hard Boiled Egg	50	70	45	5	2	0	190	70	1	0	1	7
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Roasted Sesame Tofu	75	150	90	10	2	0	0	113	1	1	0	12
Roasted Shrimp (MIA)	79	65	9	1	0	0	133	271	0	0	0	13
Roasted Shrimp (TX)	70	65	9	1	0	0	133	271	0	0	0	13
Roasted Steelhead	86	170	99	11	2	0	50	172	0	0	0	20
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	4
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	5	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	140	135	15	2	0	10	310	1	0	0	1
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	6	0	4	0
Lemon Squeeze	15	0	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
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1
Nuoc Cham Dressing	30	25	0	0	0	0	0	870	5	0	4	2
Pesto Vinaigrette	30	85	54	6	1	0	0	125	0	0	0	0
Spicy Cashew Dressing	30	100	81	9	1	0	0	200	5	1	2	1
Spicy Cashew Pesto	30	100	72	8	1	0	0	160	2	0	1	1
Ceviche Dressing	30	80	54	6	1	0	0	220	6	0	0	0
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Crushed Red Pepper	1	0	0	0	0	0	0	0	0	0	0	0

KALE CAESAR         319         405         207         23         8         0         93         1244         14         5           Roasted Chicken         78         110         9         1         0         0         58         254         0         0           Tomatoes         46         10         0         0         0         0         0         10         4         1	
Roasted Chicken         78         110         9         1         0         0         58         254         0         0           Tomatoes         46         10         0         0         0         0         0         10         4         1	ars (g) Protein (g)
Tomatoes 46 10 0 0 0 0 0 10 4 1	<b>3 40</b> 0 21
	1 1
	0 4
	0 10
· · · · · · · · · · · · · · · · · · ·	1 2
	1 1
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	ars (g) Protein (g)
427 515 279 31 5 0 58 334 29 14	3 27
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	0 3
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Solving Size (g) Coloring Coloring from Est. Total Est (g). Saturated Est (g). Trans Est (g). Chalacterol (mg). Sodium (mg). Total Carbs (g). Distance Estance (g). Sugar	0 0 ars (g) Protein (g)
	16 20
	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         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         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         40         2         1	0 1
2 2 2 2 2	1 2
	0 1
Shredded Kale         43         20         0         0         0         0         15         4         2           Green Goddess Ranch         30         140         135         15         2         0         10         310         1         0	
Shredded Kale         43         20         0         0         0         0         15         4         2           Green Goddess Ranch         30         140         135         15         2         0         10         310         1         0           HADVEST ROWL         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)         Sugar	ars (g) Protein (g) 15 36
Shredded Kale         43         20         0         0         0         0         15         4         2           Green Goddess Ranch         30         140         135         15         2         0         10         310         1         0           HARVEST BOWL         Serving Size (g) 362         Calories 685         Calories 799         Saturated Fat (g) 311         Saturated Fat (g) 311         Trans Fat (g) 310         Cholesterol (mg) 300 (mg) 310         Total Carbs (g) 310         Dietary Fiber (g) 310         Sugarated Fat (g) 310         Trans Fat (g) 310         Cholesterol (mg) 310         Total Carbs (g) 310         Dietary Fiber (g) 310         Sugarated Fat (g) 310         Total Fat (g) 310         Total Carbs (g) 310         Dietary Fiber (g) 310         Sugarated Fat (g) 310         Total Fat (g) 310 <t< th=""><th></th></t<>	
Shredded Kale         43         20         0         0         0         0         0         15         4         2           Green Goddess Ranch         30         140         135         15         2         0         10         310         1         0           HARVEST BOWL         Serving Size (g) 362         Calories G85         Calories From Fat 279         Total Fat (g) 311         Saturated Fat (g) 73         Trans Fat (g) 73         Cholesterol (mg) 73         Sodium (mg) 1090         Total Carbs (g) 59         Dietary Fiber (g) 50         Sugar 1090         59         9           Roasted Chicken         78         110         9         1         0         0         58         254         0         0	15 36
Shredded Kale	15 36 0 21
Shredded Kale	15 36 0 21 7 1
Shredded Kale	15 36 0 21 7 1 3 0
Shredded Kale	15 36 0 21 7 1 3 0 0 6
Shredded Kale         43         20         0         0         0         0         0         15         4         2           Green Goddess Ranch         30         140         135         15         2         0         10         310         1         0           HARVEST BOWL         Serving Size (g) 362         Calories 665         279         31         8         O         Cholesterol (mg) 73         Sodium (mg) 1090         Total Carbs (g) 59         Dietary Fiber (g) 509         Sugrange (g) 59         Sugrange (g) 59         Poly 1090         59         9         9         1         0         0         58         254         0 </th <th>15 36 0 21 7 1 3 0 0 6 1 3</th>	15 36 0 21 7 1 3 0 0 6 1 3

BUFFALO CHICKEN BOWL	Serving Size (g)	Calories			Saturated Fat (g)					Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken	<b>382</b> 80	<b>475</b> 140	<b>252</b> 63	<b>28</b> 7	<b>9</b> 2	<b>0</b> 0	<b>134</b> 99	<b>1655</b> 334	26	8	<b>4</b> 0	<b>35</b> 21
	30	5	0	0	0	0	0	250	1	0	0	0
Pickled Carrots + Celery						0			4			
Tomatoes	46	10	0	0	0		0	10		1	1	1
Cilantro	5	0	0	9	0	0	0	0	0	0	0	0
Blue Cheese	30	110	81		6		25	340	1		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 Serving Size (g)	100 Calories	90	10	Saturated Fat (g)	0 Trans Fat (g)	10 Cholesterol (mg)	330	2 Total Carbs (a)	0 Dietary Fiber (g)	0 Sugars (g)	Protein (g)
CHICKEN PESTO PARM	395	525	153	17 17	3	0	58	1237	49	9	5 5 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
Docto Vinnigratta	7.0											
Pesto Vinaigrette	30	85	54	6	1	0	0	125	0	0	0	0
SHROOMAMI	Serving Size (g) 408	85 Calories 645			Saturated Fat (g)		Cholesterol (mg)			0 Dietary Fiber (g) 10	0 Sugars (g) 6	0 Protein (g) 26
_	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)
SHROOMAMI	Serving Size (g) 408	Calories 645	Calories from Fat 324	Total Fat (g) 36	Saturated Fat (g) 5	Trans Fat (g) 0	Cholesterol (mg) 0	Sodium (mg) 1061	Total Carbs (g) 49	Dietary Fiber (g) 10	Sugars (g) 6	Protein (g) 26
SHROOMAMI Roasted Sesame Tofu	Serving Size (g) 408 75	<b>Calories</b> <b>645</b> 150	Calories from Fat 324 90	<b>Total Fat (g) 36</b> 10	Saturated Fat (g) 5 2	Trans Fat (g) 0	Cholesterol (mg) 0	Sodium (mg) 1061 113	Total Carbs (g) 49	Dietary Fiber (g) 10	Sugars (g) 6 0	Protein (g) 26 12
SHROOMAMI Roasted Sesame Tofu Warm Portobello Mix	Serving Size (g) 408 75 65	Calories 645 150	Calories from Fat 324 90 72	Total Fat (g) 36 10 8	Saturated Fat (g) 5 2	Trans Fat (g) 0 0	Cholesterol (mg) 0 0 0	Sodium (mg) 1061 113 498	Total Carbs (g) 49 1 6	Dietary Fiber (g) 10 1	Sugars (g) 6 0	Protein (g) 26 12 5
SHROOMAMI Roasted Sesame Tofu Warm Portobello Mix Raw Beets	Serving Size (g) 408 75 65 40	Calories 645 150 110	Calories from Fat 324 90 72 0	Total Fat (g) 36 10 8	Saturated Fat (g) 5 2 1 0	Trans Fat (g) 0 0 0 0 0	Cholesterol (mg) 0 0 0 0	Sodium (mg) 1061 113 498 30	Total Carbs (g) 49 1 6 4	Dietary Fiber (g) 10 1 3	Sugars (g) 6 0 0	Protein (g) 26 12 5
SHROOMAMI Roasted Sesame Tofu Warm Portobello Mix Raw Beets Cucumbers	Serving Size (g) 408 75 65 40 40	Calories 645 150 110 15	Calories from Fat 324 90 72 0 0	Total Fat (g) 36 10 8 0	Saturated Fat (g) 5 2 1 0 0	Trans Fat (g) 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0	Sodium (mg) 1061 113 498 30 0	Total Carbs (g) 49 1 6 4	Dietary Fiber (g) 10 1 3 1	Sugars (g) 6 0 0 3	Protein (g) 26 12 5 1 0
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil	Serving Size (g) 408 75 65 40 40 7	Calories 645 150 110 15 5	Calories from Fat 324 90 72 0 0 0	Total Fat (g) 36 10 8 0 0 0	Saturated Fat (g) 5 2 1 0 0 0 0 0	Trans Fat (g) 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0	Sodium (mg) 1061 113 498 30 0	Total Carbs (g) 49 1 6 4 1 0	Dietary Fiber (g) 10 1 3 1 0 0 0	Sugars (g) 6 0 0 3 0	Protein (g) 26 12 5 1 0 0 0
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds	Serving Size (g) 408 75 65 40 40 7 13	Calories 645 150 110 15 5 0 70	Calories from Fat 324 90 72 0 0 0 54	Total Fat (g) 36 10 8 0 0 0 0 6	Saturated Fat (g) 5 2 2 1 0 0 0 0 1	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1061 113 498 30 0 0 55	Total Carbs (g) 49 1 6 4 1 0 3	Dietary Fiber (g) 10 1 3 1 0 0 1	Sugars (g) 6 0 0 3 0 0	Protein (g) 26 12 5 1 0 0 2
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice	Serving Size (g) 408 75 65 40 40 7 13	Calories 645 150 110 15 5 0 70 155	Calories from Fat 324 90 72 0 0 0 54	Total Fat (g) 36 10 8 0 0 0 6	Saturated Fat (g) 5 2 2 1 0 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1061 113 498 30 0 0 55	Total Carbs (g) 49 1 6 4 1 0 3 30	Dietary Fiber (g) 10 1 3 1 0 0 0 1	Sugars (g) 6 0 0 3 0 0 0	Protein (g) 26 12 5 1 0 2 2 3
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g)	Calories 645 150 110 15 5 0 70 155 20 120 Calories	Calories from Fat 324 90 72 0 0 0 54 9 0 99 Calories from Fat	Total Fat (g) 36 10 8 0 0 0 6 1 0 11 Total Fat (g)	Saturated Fat (g) 5 2 2 1 1 0 0 0 0 1 1 0 0 0 0 0 0 0 0 0 0	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg)  0  0  0  0  0  0  0  0  0  0  Cholesterol (mg)	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg)	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g)	Dietary Fiber (g) 10 1 3 1 0 0 0 1 2 2 0 Dietary Fiber (g)	Sugars (g) 6 0 0 3 0 0 0 0	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g)
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale  Miso Sesame Ginger Dressing	Serving Size (g) 408 75 65 40 40 7 13 95 43	Calories 645 150 110 15 5 0 70 155 20	Calories from Fat 324 90 72 0 0 0 54 9 0 99	Total Fat (g) 36 10 8 0 0 0 6 1 1 0 11	Saturated Fat (g) 5 2 2 1 0 0 0 0 1 0 0 0 0 1 Saturated Fat (g) 5	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g)	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1061 113 498 30 0 0 55 150 15	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0	Dietary Fiber (g) 10 1 3 1 0 0 0 1 2 2 0	Sugars (g) 6 0 0 3 0 0 0 0 0 1 2 Sugars (g)	Protein (g) 26 12 5 1 0 2 3 2 1
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale  Miso Sesame Ginger Dressing  FISH TACO	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715	Calories from Fat 324 90 72 0 0 54 9 0 99 Calories from Fat 401	Total Fat (g) 36 10 8 0 0 0 6 1 1 Total Fat (g)	Saturated Fat (g) 5 2 2 1 0 0 0 0 1 0 0 0 1 Saturated Fat (g) 7	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0	Cholesterol (mg)  0  0  0  0  0  0  0  0  0  0  Cholesterol (mg)	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg) 589	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g)	Dietary Fiber (g) 10 1 3 1 0 0 0 1 2 2 0 Dietary Fiber (g) 17	Sugars (g) 6 0 0 3 0 0 0 0 0 1 2 Sugars (g) 5	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale  Miso Sesame Ginger Dressing  FISH TACO  Roasted Steelhead	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425 86	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715	Calories from Fat 324 90 72 0 0 54 9 0 99 Calories from Fat 401 99	Total Fat (g) 36 10 8 0 0 0 6 1 0 11 Total Fat (g) 45	Saturated Fat (g) 5 2 2 1 1 0 0 0 1 1 0 0 0 1 Saturated Fat (g) 7 2	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0	Cholesterol (mg)  0  0  0  0  0  0  0  0  0  0  Cholesterol (mg)  50	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg) 589 172	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g) 54 0	Dietary Fiber (g) 10 1 3 1 0 0 1 2 2 0 Dietary Fiber (g) 17 0	Sugars (g) 6 0 0 3 0 0 0 1 2 Sugars (g) 5	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32 20
SHROOMAMI Roasted Sesame Tofu Warm Portobello Mix Raw Beets Cucumbers Basil Spicy Sunflower Seeds Warm Wild Rice Shredded Kale Miso Sesame Ginger Dressing FISH TACO Roasted Steelhead Avocado	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425 86 87	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715 170	Calories from Fat 324 90 72 0 0 0 54 9 0 99 Calories from Fat 401 99 135	Total Fat (g) 36 10 8 0 0 0 6 1 0 11 Total Fat (g) 45 11	Saturated Fat (g) 5 2 1 0 0 0 1 0 1 Saturated Fat (g) 7 2 3	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 50 0	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg) 589 172 0	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g) 54 0 9	Dietary Fiber (g)  10  1 3  1 0 0 1 2 2 0 Dietary Fiber (g) 17 0 9	Sugars (g) 6 0 0 3 0 0 0 0 1 2 Sugars (g) 5 0 0	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32 20 3
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale  Miso Sesame Ginger Dressing  FISH TACO  Roasted Steelhead  Avocado  Shredded Cabbage	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425 86 87	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715 170 160	Calories from Fat 324 90 72 0 0 54 9 0 99 Calories from Fat 401 99 135 0	Total Fat (g) 36 10 8 0 0 0 6 1 1 Total Fat (g) 45 11 15 0	Saturated Fat (g) 5 2 2 1 0 0 0 0 0 1 0 0 0 0 1 1 Saturated Fat (g) 7 2 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 50 0	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg) 589 172 0 5	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g) 54 0 9	Dietary Fiber (g)  10  1  3  1  0  0  1  2  2  0  Dietary Fiber (g)  17  0  9  1	Sugars (g) 6 0 0 3 0 0 0 0 1 2 Sugars (g) 5 0 0	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32 20 3 0
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale  Miso Sesame Ginger Dressing  FISH TACO  Roasted Steelhead  Avocado  Shredded Cabbage  Cilantro	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425 86 87 25 5	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715 170 160 10 0	Calories from Fat 324 90 72 0 0 0 54 9 0 99 Calories from Fat 401 99 135 0 0	Total Fat (g) 36 10 8 0 0 0 6 1 1 Total Fat (g) 45 11 15 0 0	Saturated Fat (g) 5 2 2 1 1 0 0 0 0 1 1 0 0 0 1 1 Saturated Fat (g) 7 2 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 50 0 0 0	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg) 589 172 0 5	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g) 54 0 9 2	Dietary Fiber (g)  10  1 3  1 0 0 1 2 2 0 Dietary Fiber (g) 17 0 9 1	Sugars (g) 6 0 0 3 0 0 0 0 1 2 Sugars (g) 5 0 0 1	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32 20 3 0 0
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale  Miso Sesame Ginger Dressing  FISH TACO  Roasted Steelhead  Avocado  Shredded Cabbage  Cilantro  Tortilla Chips	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425 86 87 25 5	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715 170 160 0 80	Calories from Fat 324 90 72 0 0 0 54 9 0 Calories from Fat 401 99 135 0 0 36	Total Fat (g) 36 10 8 0 0 0 6 1 1 Total Fat (g) 45 11 15 0 0 4	Saturated Fat (g) 5 2 1 0 0 0 1 0 1 Saturated Fat (g) 7 2 3 0 0 1	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 50 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg) 589 172 0 5 0 10	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g) 54 0 9 2 0 10	Dietary Fiber (g)  10  1 3 1 0 0 0 1 2 2 0 Dietary Fiber (g) 17 0 9 1 0 1	Sugars (g) 6 0 0 3 0 0 0 0 1 2 Sugars (g) 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32 20 3 0 0 1
SHROOMAMI  Roasted Sesame Tofu  Warm Portobello Mix  Raw Beets  Cucumbers  Basil  Spicy Sunflower Seeds  Warm Wild Rice  Shredded Kale  Miso Sesame Ginger Dressing  FISH TACO  Roasted Steelhead  Avocado  Shredded Cabbage  Cilantro  Tortilla Chips  Warm Quinoa	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425 86 87 25 5 16	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715 170 160 10 0 80 160	Calories from Fat 324 90 72 0 0 0 54 9 0 99 Calories from Fat 401 99 135 0 0 36 27	Total Fat (g) 36 10 8 0 0 0 6 1 0 Total Fat (g) 45 11 15 0 0 4 3	Saturated Fat (g) 5 2 1 0 0 0 1 0 1 Saturated Fat (g) 7 2 3 0 0 1 0 0	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 50 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1061 113 498 30 0 0 55 150 15 200 Sodium (mg) 589 172 0 5 0 10	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g) 54 0 9 2 0 10 29	Dietary Fiber (g)  10  1 3 1 0 0 0 1 2 2 0 Dietary Fiber (g) 17 0 9 1 0 1 4	Sugars (g) 6 0 0 3 0 0 0 0 1 2 Sugars (g) 5 0 0 1 2 2 2 2 2 2 2 2 3 3 4 6 6 7 7 8 7 8 7 8 7 8 7 8 7 8 7 8 8 8 8	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32 20 3 0 0 1 6

BLACKENED CATFISH BOWL	Serving Size (g) 345	Calories 530	Calories from Fat	Total Fat (g) 31	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg) 851	Total Carbs (g) 42	Dietary Fiber (g)	Sugars (g)	Protein (g) 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
Spicy 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	140	135	15	2	0	10	310	1	0	0	1
CRISPY RICE BOWL	Serving Size (g) 401	Calories 600	Calories from Fat 239	Total Fat (g) 27	Saturated Fat (g)	Trans Fat (g) 0	Cholesterol (mg) 99	Sodium (mg) 979	Total Carbs (g) 62	Dietary Fiber (g)	Sugars (g) 7	Protein (g) 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) 426	Calories 675	Calories from Fat 459	Total Fat (g) 51	Saturated Fat (g)	Trans Fat (g) 0	Cholesterol (mg) 215	Sodium (mg) 936	Total Carbs (g) 39	Dietary Fiber (g) 16	Sugars (g) 14	Protein (g) 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) 356	Calories 400	Calories from Fat 99	Total Fat (g)	Saturated Fat (g)	Trans Fat (g) 0	Cholesterol (mg) 133	Sodium (mg) 1326	Total Carbs (g) 51	Dietary Fiber (g) 8	Sugars (g) 10	Protein (g) 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) 362	Calories 695	Calories from Fat 297	Total Fat (g) 33	Saturated Fat (g) 8	Trans Fat (g) 0	Cholesterol (mg) 73	Sodium (mg) 1090	Total Carbs (g) 58	Dietary Fiber (g) 8	Sugars (g) 14	Protein (g) 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) 487	Calories 650	Calories from Fat 270	Total Fat (g) 30	Saturated Fat (g) 5	Trans Fat (g) 0	Cholesterol (mg) 133	Sodium (mg) 1024	Total Carbs (g) 76	Dietary Fiber (g) 19	Sugars (g) 11	Protein (g) 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						ŭ						
	46	10	0	0	0	0	0	10	4	1	1	1
Red Onions	46 7	10 5	0	0	0		0	10 0	4	1 0	1 0	0
Red Onions Shredded Cabbage						0				·	·	•
	7	5	0	0	0	0	0	0	1	0	0	0
Shredded Cabbage	7 25	5	0	0	0	0 0 0	0	0 5	1 2	0	0	0
Shredded Cabbage Cilantro	7 25 5	5 10 0	0 0 0	0 0	0 0 0	0 0 0	0 0 0	0 5 0	1 2 0	0 1 0	0 1 0	0 0
Shredded Cabbage Cilantro Tortilla Chips	7 25 5 16	5 10 0 80	0 0 0 0 36	0 0 0 4	0 0 0 1	0 0 0 0	0 0 0	0 5 0	1 2 0 10	0 1 0 1	0 1 0 0	0 0 0 1
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach	7 25 5 16 53 100 30	5 10 0 80 15 160	0 0 0 36 0 27 54	0 0 0 4 0 3 6	0 0 0 1 0 0	0 0 0 0 0 0	0 0 0 0 0	0 5 0 10 40 167 220	1 2 0 10 2 29 6	0 1 0 1 1 4 0	0 1 0 0 0 0 2 0 0	0 0 0 0 1 1 6 0 0
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach Warm Quinoa	7 25 5 16 53 100 30 Serving Size (g)	5 10 0 80 15 160 80 Calories	0 0 0 36 0 27 54 Calories from Fat	0 0 0 4 0 3 6 Total Fat (g)	0 0 0 1 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 Cholesterol (mg)	0 5 0 10 40 167 220 Sodium (mg)	1 2 0 10 2 29 6 Total Carbs (g)	0 1 0 1 1 4 0 Dietary Fiber (g)	0 1 0 0 0 0 2 0 Sugars (g)	0 0 0 1 1 6 0
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach Warm Quinoa Ceviche Dressing	7 25 5 16 53 100 30	5 10 0 80 15 160	0 0 0 36 0 27 54	0 0 0 4 0 3 6	0 0 0 1 0 0	0 0 0 0 0 0	0 0 0 0 0	0 5 0 10 40 167 220	1 2 0 10 2 29 6	0 1 0 1 1 4 0	0 1 0 0 0 0 2 0 0	0 0 0 0 1 1 6 0 0
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach Warm Quinoa Ceviche Dressing HOT HONEY CHICKEN	7 25 5 16 53 100 30 Serving Size (g)	5 10 0 80 15 160 80 Calories 750	0 0 0 36 0 27 54 Calories from Fat	0 0 4 0 3 6 Total Fat (g)	0 0 0 1 0 0 1 Saturated Fat (g)	0 0 0 0 0 0 0 0 Trans Fat (g)	0 0 0 0 0 0 0 Cholesterol (mg)	0 5 0 10 40 167 220 Sodium (mg) 1335	1 2 0 10 2 29 6 Total Carbs (9) 58	0 1 0 1 1 4 0 Dietary Fiber (g)	0 1 0 0 0 2 0 Sugars (g)	0 0 0 1 1 1 6 0 Protein (g)
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach Warm Quinoa Ceviche Dressing HOT HONEY CHICKEN Blackened Chicken	7 25 5 16 53 100 30 Serving Size (g) 411 80	5 10 0 80 15 160 80 Calories 750	0 0 0 36 0 27 54 Calories from Fat 342 63	0 0 4 0 3 6 <b>Total Fat (g)</b> 38	0 0 0 1 0 0 1 Saturated Fat (g) 6	0 0 0 0 0 0 0 0 0 Trans Fat (g) 0	0 0 0 0 0 0 0 <b>Cholesterol (mg)</b> 198	0 5 0 10 40 167 220 Sodium (mg) 1335 334	1 2 0 10 2 29 6 Total Carbs (9) 58 1	0 1 0 1 1 4 0 Dietary Fiber (g) 11	0 1 0 0 0 2 0 Sugars (g)	0 0 0 1 1 1 6 0 Protein (g) 53 21
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach Warm Quinoa Ceviche Dressing HOT HONEY CHICKEN Blackened Chicken Blackened Chicken	7 25 5 16 53 100 30 Serving Size (g) 411 80 80	5 10 0 80 15 160 80 Calories 750 140	0 0 0 36 0 27 54 Calories from Fat 342 63	0 0 4 0 3 6 Total Fat (g) 38 7	0 0 0 1 0 0 1 Saturated Fat (g) 6 2	0 0 0 0 0 0 0 0 0 Trans Fat (g) 0	0 0 0 0 0 0 0 Cholesterol (mg) 198 99	0 5 0 10 40 167 220 Sodium (mg) 1335 334	1 2 0 10 2 29 6 Total Carbs (g) 58 1 1	0 1 0 1 1 4 0 Dietary Fiber (g) 11	0 1 0 0 0 2 0 Sugars (g) 10	0 0 0 1 1 6 0 Protein (g) 53 21
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach Warm Quinoa Ceviche Dressing HOT HONEY CHICKEN Blackened Chicken Blackened Chicken Hot Roasted Sweet Potatoes	7 25 5 16 53 100 30 Serving Size (g) 411 80 80 80 72	5 10 0 80 15 160 80 Calories 750 140 140 85	0 0 0 36 0 27 54 Calories from Fat 342 63 63	0 0 4 0 3 6 Total Fat (g) 38 7	0 0 0 1 0 0 1 Saturated Fat (g) 6 2	0 0 0 0 0 0 0 0 Trans Fat (g) 0	0 0 0 0 0 0 0 Cholesterol (mg) 198 99	0 5 0 10 40 167 220 Sodium (mg) 1335 334 334	1 2 0 10 2 29 6 Total Carbs (9) 58 1 1 15	0 1 0 1 4 0 Dietary Fiber (g) 11 1 2	0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 1 1 6 0 Protein (g) 53 21 21
Shredded Cabbage Cilantro Tortilla Chips Baby Spinach Warm Quinoa Ceviche Dressing HOT HONEY CHICKEN Blackened Chicken Blackened Chicken Hot Roasted Sweet Potatoes Kale Cabbage Slaw	7 25 5 16 53 100 30 Serving Size (g) 411 80 80 72 35	5 10 0 80 15 160 80 Calories 750 140 140 85	0 0 0 36 0 27 54 Calories from Fat 342 63 63	0 0 4 0 3 6 Total Fat (g) 38 7 7 2	0 0 0 1 0 0 1 Saturated Fat (g) 6 2 2 0	0 0 0 0 0 0 0 0 Trans Fat (g) 0	0 0 0 0 0 0 0 Cholesterol (mg) 198 99 99	0 5 0 10 40 167 220 Sodium (mg) 1335 334 334 220 40	1 2 0 10 2 29 6 Total Carbs (g) 58 1 1 15 3	0 1 0 1 1 4 0 Dietary Fiber (g) 11 1 2	0 1 0 0 0 0 2 0 Sugars (g) 0 0 0 2 1 1	0 0 0 1 1 6 0 Protein (g) 53 21 21

CASHEW PESTO SWEET POTATOES	Serving Size (g) 174	Calories 270	Calories from Fat 109	Total Fat (g) 13	Saturated Fat (g)	Trans Fat (g) 0	Cholesterol (mg) 0	Sodium (mg) 599	Total Carbs (g) 31	Dietary Fiber (g) 5	Sugars (g) 6	Protein (g)
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
Spicy Cashew Pesto	30	100	72	8	1	0	0	160	2	0	1	1
ROSEMARY FOCACCIA	Serving Size (g) 94	Calories 230	Calories from Fat 63	Total Fat (g) 7	Saturated Fat (g)	Trans Fat (g) 0	Cholesterol (mg) 0	Sodium (mg) 530	Total Carbs (g) 34	Dietary Fiber (g) 0	Sugars (g) 2	Protein (g) 8
Rosemary Focaccia	94	230	63	7	1	0	0	530	34	0	2	8
				SIGNATUR	E MENU - ONLI	NE EXCLUSIN	/ES					
CHICKEN TOSTADA	Serving Size (g) 415	Calories 625	Calories from Fat 288	Total Fat (g) 32	Saturated Fat (g) 9	Trans Fat (g) 0	Cholesterol (mg)	Sodium (mg) 956	Total Carbs (g) 50	Dietary Fiber (g)	Sugars (g) 5	Protein (g) 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
VEGGIE CAESAR	Serving Size (g)	Calories	Calories from Fat			Trans Fat (g)	Cholesterol (mg)			Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Sweet Potatoes	<b>353</b> 39	<b>400</b> 65	<b>216</b> 9	<b>24</b>	<b>8</b>	0	<b>35</b>	<b>1441</b> 301	<b>34</b>	<b>9</b> 2	<b>14</b> 7	<b>22</b>
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
-	Serving Size (g)	Calories	Calories from Fat		·	Trans Fat (g)	Cholesterol (mg)			Dietary Fiber (g)	Sugars (g)	Protein (g)
THE NAOMI OSAKA BOWL	502	785	423	47	12	0	114	956	59	19	5	40
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	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
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
			<u> </u>			<u> </u>		·	<u> </u>			

					SEASONAL MI	ENU						
ELOTE BOWL	Serving Size (g) 384	Calories 615	Calories from Fat 320	Total Fat (g) 36	Saturated Fat (g) 8	Trans Fat (g) 0	Cholesterol (mg)	Sodium (mg) 662	Total Carbs (g) 60	Dietary Fiber (g) 10	Sugars (g) 8	Protein (g) 19
Roasted Corn + Peppers	68	70	36	4	0	0	0	190	10	1	3	2
Heirloom 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
Spicy 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
TROPICAL STARFRUIT BOWL (MIA)	Serving Size (g) 424	Calories 440	Calories from Fat	Total Fat (g) 16	Saturated Fat (g) 6	Trans Fat (g) 0	Cholesterol (mg) 73	Sodium (mg) 834	Total Carbs (g) 31	Dietary Fiber (g) 8	Sugars (g) 7	Protein (g) 34
Roasted Chicken	78	110	9	1	0	0	58	254	0	0	0	21
Starfruit	60	20	0	0	0	0	0	0	4	2	2	1
Tomatoes	46	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
Basil	7	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
Crispy Rice	26	80	18	2	0	0	0	260	15	0	1	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
Pesto Vinaigrette	30	85	54	6	1	0	0	125	0	0	0	0
MISO ROASTED CORN BOWL	Serving Size (g) 385	Calories 605	Calories from Fat 234	Total Fat (g) 30	Saturated Fat (g) 4	Trans Fat (g) 0	Cholesterol (mg) 99	Sodium (mg) 909	Total Carbs (g) 52	Dietary Fiber (g) 10	Sugars (g) 9	Protein (g) 32
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Roasted Corn + Peppers	68	70	0	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

#### **S4 2021 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

> CAESAR DRESSING PLAIN YOGURT

MAYONNAISE

ANCHOVIES

PARMESAN CHEESE

LEMON JUICE

GARLIC

SALT

CRACKED BLACK PEPPER

SUNFLOWER OIL

CEVICHE DRESSING (V, MIA ONLY)

SUNFLOWER OIL

PUREED PEPPERS

LIME JUICE

GARLIC

CILANTRO

RED ONION

UMAMI SEASONING

SWEETGREEN HOT SAUCE

PESTO VINAIGRETTE (V) SUNFLOWER OIL EXTRA VIRGIN OLIVE OIL APPLE CIDER VINEGAR BASII

GARLIC UMAMI SEASONING

MISO SESAME GINGER DRESSING (V)

SUNFLOWER OIL

RICE VINEGAR

MISO PASTE

YOUNG GINGER

TAMARI

MAPLE SYRUP

GARLIC

UMAMI SEASONING

CRUSHED RED PEPPER

SESAME OIL

UMAMI SEASONING

GRANUI ATED ONION

GRANULATED GARLIC

PAPRIKA

CUMIN POWDER

CAYENNE POWDER

DRIFD OREGANO

KOSHER SALT

SWEETGREEN HOT SAUCE (V) FRESNO CHILI PEPPER APPLE CIDER VINEGAR ONION

RELI PEPPER CARROT TOMATO PASTE NUTRITIONAL YEAST

SPICY CASHEW DRESSING (V)

SUNFLOWER OIL CASHEW BUTTER MAPLE SYRUP RICE VINEGAR YOUNG GINGER CILANTRO GARLIC SESAME OIL LIME TUICE

CRUSHED RED PEPPER NUOC CHAM DRESSING (TX ONLY)

UMAMI SEASONING

FISH SAUCE LIME JUICE HONEY GARLIC THAI CHILIES LIME CILANTRO JALAPEÑO VINAIGRETTE (V) SUNFLOWER OIL

LIME JUICE WHITE WINE VINEGAR CILANTRO JALAPEÑO UMAMI SEASONING GARLIC CUMIN

SPICY CASHEW PESTO (V)

SUNFLOWER OIL

EXTRA VIRGIN OLIVE OIL

SESAME OIL

APPLE CIDER VINEGAR

RICE VINEGAR

BASIL

CILANTRO

GARLIC

LIMAMI SEASONING

CASHEW BUTTER

MAPLE SYRUP

YOUNG GINGER

CRUSHED RED PEPPER

LIME JUICE

SUNFLOWER OIL APPLE CIDER VINEGAR HONEY DITON MUSTARD UMAMI SEASONING CRUSHED RED PEPPER

HOT HONEY SAUCE

GREEN GODDESS RANCH

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

FRESH HERBS (V, TX ONLY)

CILANTRO

MINT

THAI BASIL

SCALLIONS

ROASTED SHRIMP (MIA ONLY)

SHRIMP

SUNFLOWER OIL CEVICHE DRESSING

UMAMI SEASONING

ROASTED CORN + PEPPERS

RAW CORN

MIXED BELL PEPPERS

SUNFLOWER OIL

UMAMI SEASONING

#### CORIANDER POWDER NUTRITIONAL YEAST

# 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

**TOPPINGS, PROTEINS, AND BASE INGREDIENTS** ROASTED SHRIMP (TX ONLY) SHRIMP

SUNFLOWER OIL UMAMI SEASONING PAPRIKA CELERY SEED

CRISP RICE CRISP SORGHUM GARLIC LEMONGRASS SHALLOTS

PALM SUGAR COCONUT OIL

KALE CABBAGE SLAW

KALE RED CABBAGE CARROTS GREEN GODDESS RANCH LEMON JUICE

SPICY BROCCOLI (V)

BROCCOLL KALE STEMS SUNFLOWER OIL UMAMI SEASONING CRUSHED RED PEPPER

ZA'ATAR BREADCRUMBS \* (V) WHO! F WHEAT BREAD

> EXTRA VIRGIN OLIVE OIL UMAMI SEASONING OREGANO THYME SESAME SEEDS SUMAC HYSSOP SALT SOYBEAN OIL

PARMESAN CRISPS

SUNFLOWER OIL

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

WARM PORTOBELLO MIX (V)

BUTTON MUSHROOMS SUNFLOWER OIL UMAMI SEASONING

PORTOBELLO MUSHROOM

**ROASTED SESAME TOFU (V)** 

TOFU SUNFLOWER OIL SESAME OIL SCALLIONS HOT SAUCE CRUSHED RED PEPPER UMAMI SEASONING

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

**BLACKENING SPICE (V)** 

SALT CHILI POWDER CORIANDER CUMIN CRUSHED RED PEPPER BLACK PEPPER

CRISPY RICE (V)

UMAMI SEASONING KAFFIR LIME LEAVES CHILL POWDER SUNFLOWER OIL

SPICY SUNFLOWER SEEDS (V)

SUNFLOWER SEEDS SUNFLOWER OIL UMAMI SEASONING CRUSHED RED PEPPER CUMIN OREGANO PAPRIKA MUSHROOMS

TOMATO SUMAC CRACKED BLACK PEPPER CRYSTALLIZED LIME

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

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

## **TORTILLA CHIP INGREDIENTS (V)**

BOS NYC WHOLE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME

STONEGROUND CORN FLOUR SOYBEAN OIL SALT TRACE OF LIME

PHL STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME

СНІ WHOLE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME

DMV STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME

# **TORTILLA CHIP INGREDIENTS (V)**

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.

	E	BREAD INGREDIENTS (V)		
AUS	BOS	СНІ	DEN	DMV
WHOLE WHEAT FLOUR	ORGANIC WHOLE WHEAT FLOUR	ORGANIC WHOLE WHEAT FLOUR	WHOLE WHEAT FLOUR	WHEAT FLOUR
ORGANIC SPELT FLOUR	MALTED BARLEY FLOUR	SEA SALT	WATER	MALTED BARLEY FLOUR
ORGANIC STEEL CUT GRAINS	FILTERED WATER	LEVAIN	SEA SALT	FILTERED WATER
ORGANIC WHOLE RYE FLOUR	NATURAL WHOLE WHEAT STARTER	WATER		LEVAIN
CANE SYRUP	SEA SALT			BUCKWHEAT FLOUR
SALT				RYE FLOUR
YEAST				SALT
нои	LA	MIA	NYC	PHL
WHOLE WHEAT FLOUR	ORGANIC WHEAT FLOUR	WHOLE WHEAT FLOUR	WHOLE WHEAT FLOUR	WATER
BREAD FLOUR	FILTERED WATER	WHITE FLOUR	WHITE FLOUR	WHOLE WHEAT FLOUR
WATER	SEA SALT	WATER	WATER	WHITE FLOUR
SEA SALT		SALT	SALT	MALTED BARLEY FLOUR
		NATURAL STARTER	NATURAL STARTER	YEAST
		WHEAT BRAN	WHEAT BRAN	
SF	ATL	FOCACCIA (FLEETWIDE)		
UNBLEACHED WHEAT FLOUR	UNBLEACHED BREAD FLOUR	WHOLE WHEAT FLOUR		
MALTED BARLEY FLOUR	WHOLE WHEAT FINE FLOUR	WHEAT FLOUR		
FILTERED WATER	LEVAIN	EXTRA VIRGIN OLIVE OIL		
WHOLE WHEAT FLOUR	UNSULFURED MOLASSES	YEAST		
SEA SALT	SEA SALT	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
	SUMMER CORN BOWL		Х						Х
CEACONAL	TROPICAL STARFRUIT BOWL		X			X			
SEASONAL MENU	MISO ROASTED CORN BOWL		^			×			×
						^			
	THE NAOMI OSAKA BOWL		Х						X
SEASONAL	ROASTED CORN + PEPPERS								
INGREDIENTS	HEIRLOOM TOMATOES								
	STARFRUIT								
	BUFFALO CHICKEN BOWL	X	X					×	X
	CHICKEN PESTO PARM	Х	Х						X
	CHICKEN TOSTADA		Х						Х
	CITRUS SHRIMP + AVOCADO (MIA)				Х				
	CRISPY RICE BOWL					X			
	FISH TACO			X					X
			V						^
SIGNATURE	BLACKENED CATFISH BOWL		X	X				X	
SALADS + WARM BOWLS	GARDEN COBB		X			X		X	
WARIN BOWLS	GARLIC CHILI SHRIMP BOWL (TX)				Х	X			
	SUPER GREEN GODDESS		X			X		X	
	GUACAMOLE GREENS								X
	HARVEST BOWL		X			X			
	KALE CAESAR		Х	X	X			×	
	VEGGIE CAESAR		X	Х				Х	
	SHROOMAMI								X
	HOT HONEY CHICKEN		X			X		X	,
SIGNATURE		X	^			Α		^	
PLATES + sIDES	ROSEMARY FOCACCIA	X							
	CASHEW PESTO SWEET POTATOES					X			
	ARUGULA								
	BABY SPINACH								
	CHOPPED ROMAINE								
BASES	SHREDDED KALE								
	SPRING MIX								
	WARM QUINOA								
	WARM WILD RICE								
	BALSAMIC VINAIGRETTE								
	BALSAMIC VINEGAR								
			X	×				X	
	CAESAR DRESSING		^	^				^	
	CEVICHE DRESSING (MIA)								
	CRUSHED RED PEPPER								
	EXTRA VIRGIN OLIVE OIL								
	GREEN GODDESS RANCH		X					X	
DRESSINGS,	HOT HONEY MUSTARD SAUCE								
SAUCES, +	LEMON SQUEEZE								
FINISHES	LIME CILANTRO JALAPENO VINAIGRETT								
	LIME SQUEEZE								
	MISO SESAME GINGER DRESSING								×
	NUOC CHAM DRESSING (TX)			X	X				,,
	PESTO VINAIGRETTE								
	SPICY CASHEW DRESSING					X			
	SPICY CASHEW PESTO					X			
	SWEETGREEN HOT SAUCE								
	ALMONDS					X			
	APPLES								
	AVOCADO								
	BASIL								
	BLACK LENTILS								
	BLACKENED CHICKEN								
TOPPINGS	BLUE CHEESE		V						
TOPPINGS			X						
	BREAD	X							
	ROASTED SHRIMP (TX)				Х				
	ROASTED SHRIMP (MIA)				X				
	BLACKENED CATFISH			Х					
	CHICKPEAS								
	CILANTRO								

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
TOPPINGS	CUCUMBER								
	CRISPY RICE					X			
	FRESH HERBS (TX)								
	GOAT CHEESE		X						
	HARD BOILED EGGS							X	
	HOT ROASTED SWEET POTATOES								
	PARMESAN CRISP		X						
	PECANS (TX)					Х			
	PICKLED CARROTS + CELERY								
	RAW BEETS								
	RAW CARROTS								
	RED ONIONS								
	ROASTED CHICKEN								
	ROASTED SESAME TOFU								Х
	ROASTED SWEET POTATOES								
	SHAVED PARMESAN		X						
	SHREDDED CABBAGE								
	SPICY BROCCOLI								
	SPICY SUNFLOWER SEEDS								
	STEELHEAD			X					
	TOMATOES								
	TORTILLA CHIPS								Х
	WARM PORTOBELLO MIX								
	ZA'ATAR BREAD CRUMBS	X							Х

	CHEESE INF	ORMATION										
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**								
СНІ	Prairie Fruit Farms Champaign, IL	Carr Valley Cheese Fennimore, WI		Raison D'Etre USA Cow Aged + Baked								
DMV	Firefly Farms Accident, MD	Firefly Farms										
PHL	Kirchenburg Dairy Fleetwood, PA	Accident, MD										
LA	Drake Family Farms	Central Coast Creamery San Luis Obispo, CA										
SF	Ontario, CA	Point Reyes Farmstead Cheese Co. Point Reyes Station, CA	Belgioioso									
BOS	Westfield Farm		USA Cow Aged									
NYC	Hubbarston, MA		, igea									
ATL	Firefly Farms Accident, MD	Organic Valley										
DEN	Haystack Mountain Longmont, CO	La Farge, WI										
MIA	Calyroad Creamery											
TX	Newbord, GA											

<sup>\*</sup>All Goat Cheese is pasteurized
\*\*All Blue Cheese is pasteurized