

Nutrition Binder

S1 2022
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												
Crispy Chicken Salad	424	425	153	16	3	0	104	1459	46	7	9	29
Miso Bowl	364	585	252	29	4	0	99	874	48	10	9	30
Miso Bowl (Beet Mix)	364	575	252	29	4	0	99	894	46	10	7	30
Potato Salad Salad	367	470	257	30	4	0	200	1322	40	9	18	15
Steelhead Remoulade	340	360	207	23	4	0	55	512	19	7	7	27
Shrimp Remoulade	324	255	117	13	2	0	138	611	19	7	7	20
Catfish Remoulade	331	315	189	21	4	0	58	616	19	7	7	23
Valkyrae's Extra Crispy Custom	359	635	351	39	10	0	134	1800	40	8	10	39
Miso Roasted Veggies	244	350	172	19	1	0	0	809	37	7	11	3
Miso Roasted Veggies (Beet Mix)	244	340	172	19	1	0	0	829	35	7	9	3
Seasonal Ingredients												
Chopped Pickles	40	5	0	0	0	0	0	280	1	0	0	0
Miso Root Vegetables (Sunchokes)	35	30	18	2	0	0	0	85	4	1	2	0
Miso Root Vegetables (Beets)	35	25	18	2	0	0	0	95	3	1	1	0
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	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	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
Farmhouse Caesar	353	400	216	24	8	0	35	1441	34	9	14	22
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
Roasted Sweet Potatoes + Green Goddess Ranch	174	310	172	20	2	0	10	749	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

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
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	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	485	234	26	3	0	10	1151	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	140	135	15	2	0	10	310	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	645	324	36	5	0	0	1061	49	10	6	26
Roasted Sesame Tofu	75	150	90	10	2	0	0	113	1	1	0	12
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
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
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

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	530	279	31	5	0	63	851	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
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)	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

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	310	172	20	2	0	10	749	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	140	135	15	2	0	10	310	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 / VEGGIE 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

SEASONAL MENU												
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)
	424	425	153	16	3	0	104	1459	46	7	9	29
Blackened Chicken	80	140	63	7	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	4	1	1	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Crispy Rice	26	80	18	2	0	0	0	260	15	0	1	2
Crispy Rice	26	80	18	2	0	0	0	260	15	0	1	2
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
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1
MISO 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)
	364	585	252	29	4	0	99	874	48	10	9	30
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Miso Root Vegetables (Sunchokes)	35	30	0	2	0	0	0	85	4	1	2	0
Miso Root Vegetables (Sunchokes)	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	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
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1
MISO BOWL (Beet 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	575	252	29	4	0	99	894	46	10	7	30
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Miso Root Vegetables (Beets)	35	25	0	2	0	0	0	95	3	1	1	0
Miso Root Vegetables (Beets)	35	25	18	2	0	0	0	95	3	1	1	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	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
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1
POTATO SALAD 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)
	367	470	257	30	4	0	200	1322	40	9	18	15
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Roasted Sweet Potatoes	39	65	0	1	0	0	0	301	13	2	7	1
Chopped Pickles	40	5	0	0	0	0	0	280	1	0	0	0
Hard Boiled Egg	50	70	45	5	2	0	190	70	1	0	1	7
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
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
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Arugula	48	15	5	1	0	0	0	15	2	1	1	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
STEELHEAD REMOULADE	Serving Size (g) 340	Calories 360	Calories from Fat 207	Total Fat (g) 23	Saturated Fat (g) 4	Trans Fat (g) 0	Cholesterol (mg) 55	Sodium (mg) 512	Total Carbs (g) 19	Dietary Fiber (g) 7	Sugars (g) 7	Protein (g) 27
Roasted Steelhead	86	170	99	11	2	0	50	172	0	0	0	20
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
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
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	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
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1
SHRIMP REMOULADE	Serving Size (g) 324	Calories 255	Calories from Fat 117	Total Fat (g) 13	Saturated Fat (g) 2	Trans Fat (g) 0	Cholesterol (mg) 138	Sodium (mg) 611	Total Carbs (g) 19	Dietary Fiber (g) 7	Sugars (g) 7	Protein (g) 20
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
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
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	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
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1
CATFISH REMOULADE	Serving Size (g) 331	Calories 315	Calories from Fat 189	Total Fat (g) 21	Saturated Fat (g) 4	Trans Fat (g) 0	Cholesterol (mg) 58	Sodium (mg) 616	Total Carbs (g) 19	Dietary Fiber (g) 7	Sugars (g) 7	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
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
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	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
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1
MISO ROASTED VEGGIES	Serving Size (g) 244	Calories 350	Calories from Fat 172	Total Fat (g) 19	Saturated Fat (g) 1	Trans Fat (g) 0	Cholesterol (mg) 0	Sodium (mg) 809	Total Carbs (g) 37	Dietary Fiber (g) 7	Sugars (g) 11	Protein (g) 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
Miso Root Vegetables (Sunchokes)	35	30	18	2	0	0	0	85	4	1	2	0
Miso Root Vegetables (Sunchokes)	35	30	18	2	0	0	0	85	4	1	2	0
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1

MISO ROASTED VEGGIES (Beet 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)
	244	340	172	19	1	0	0	829	35	7	9	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
Miso Root Vegetables (Beets)	35	25	18	2	0	0	0	95	3	1	1	0
Miso Root Vegetables (Beets)	35	25	18	2	0	0	0	95	3	1	1	0
Miso Sesame Ginger Dressing	30	120	99	11	1	0	0	200	0	0	2	1
AVOCADO CHICKPEA CRUNCH	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)
	443	725	410	46	8	0	0	652	68	21	8	27
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
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Chickpeas	43	45	18	2	0	0	0	250	7	0	0	2
Black Lentils	55	60	0	0	0	0	0	65	11	4	1	8
Basil	7	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
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	4
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Warm Quinoa	100	160	27	3	0	0	0	167	29	4	2	6
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Balsamic Vinegar	15	15	0	0	0	0	0	0	3	0	2	0
Extra Virgin Olive Oil	15	130	126	14	2	0	0	0	0	0	0	0
VALKYRAE'S EXTRA CRISPY CUSTOM	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)
	359	635	351	39	10	0	134	1800	40	8	10	39
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
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
Crispy Rice	26	80	18	2	0	0	0	260	15	0	1	2
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	10
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
Green Goddess Ranch	30	140	135	15	2	0	10	310	1	0	0	1

S1 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	SPICY CASHEW PESTO (V) SUNFLOWER OIL EXTRA VIRGIN OLIVE OIL SESAME OIL APPLE CIDER VINEGAR RICE VINEGAR BASIL CILANTRO GARLIC UMAMI SEASONING CASHEW BUTTER MAPLE SYRUP YOUNG GINGER CRUSHED RED PEPPER LIME JUICE	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
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 DRIED OREGANO CORIANDER POWDER NUTRITIONAL YEAST KOSHER SALT	NUOC CHAM DRESSING (TX ONLY) FISH SAUCE LIME JUICE HONEY GARLIC THAI CHILIES		
SEASONAL INGREDIENTS				
CHOPPED PICKLES (V) CUCUMBERS VINEGAR WATER GARLIC DILL CORIANDER SALT CALCIUM CHLORIDE	MISO ROOT VEGETABLES, SUNCHOKES (V) CARROTS WINTER SQUASH SUNCHOKES SCALLIONS UMAMI SEASONING MISO SESAME GINGER VINAIGRETTE	MISO ROOT VEGETABLES, BEETS (V) CARROTS WINTER SQUASH BEETS SCALLIONS UMAMI SEASONING MISO SESAME GINGER VINAIGRETTE	REMOULADE DRESSING UMAMI SEASONING CRACKED BLACK PEPPER GARLIC HONEY APPLE CIDER VINEGAR LEMON JUICE SWEETGREEN HOT SAUCE YOGURT MAYONNAISE CHOPPED PICKLES	
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 SCALLIONS
KALE CABBAGE SLAW KALE RED CABBAGE CARROTS GREEN GODDESS RANCH LEMON JUICE	PARMESAN CRISPS PASTEURIZED SKIM COW'S MILK CHEESE CULTURES RENNET SALT CRACKED BLACK PEPPER	PICKLED CARROTS + CELERY (V) CARROTS CELERY KOSHER SALT WHITE WINE VINEGAR	SPICY SUNFLOWER SEEDS (V) SUNFLOWER SEEDS SUNFLOWER OIL UMAMI SEASONING CRUSHED RED PEPPER CUMIN OREGANO PAPRIKA MUSHROOMS TOMATO SUMAC CRACKED BLACK PEPPER CRYSTALLIZED LIME	ROASTED SHRIMP (MIA ONLY) SHRIMP SUNFLOWER OIL CEVICHE DRESSING UMAMI SEASONING
SPICY BROCCOLI (V) BROCCOLI KALE STEMS SUNFLOWER OIL UMAMI SEASONING CRUSHED RED PEPPER	WARM PORTOBELLO MIX (V) PORTOBELLO MUSHROOMS BUTTON MUSHROOMS SUNFLOWER OIL UMAMI SEASONING	HOT ROASTED SWEET POTATOES (V) SWEET POTATOES JAPANESE SWEET POTATOES SUNFLOWER OIL UMAMI SEASONING		ROASTED CORN + PEPPERS RAW CORN MIXED BELL PEPPERS 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 SESAME TOFU (V) TOFU SUNFLOWER OIL SESAME OIL SCALLIONS HOT SAUCE CRUSHED RED PEPPER UMAMI SEASONING	BLACKENING SPICE (V) TOFU CHILI POWDER CORIANDER CUMIN CRUSHED RED PEPPER BLACK PEPPER	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 WHOLE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME	NYC STONEGROUND CORN FLOUR SOYBEAN OIL SALT TRACE OF LIME	PHL STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME	CHI WHOLE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME	DMV STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME
LA WHITE CORN WATER SOYBEAN OIL SALT TRACE OF LIME	SF STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF CALCIUM HYDROXIDE - FOOD GRADE	MIA STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME	ATL WHOLE GRAIN CORN WATER VEGETABLE OIL SALT	
<i>Please note: Tortilla chips in all markets may contain one or more of the following: corn, sunflower, soybean, canola, cottonseed, or rice bran.</i>				
BREAD INGREDIENTS (V)				
AUS WHOLE WHEAT FLOUR ORGANIC SPELT FLOUR ORGANIC STEEL CUT GRAINS ORGANIC WHOLE RYE FLOUR CANE SYRUP SALT YEAST	BOS ORGANIC WHOLE WHEAT FLOUR MALTED BARLEY FLOUR FILTERED WATER NATURAL WHOLE WHEAT STARTER SEA SALT	CHI ORGANIC WHOLE WHEAT FLOUR SEA SALT LEVAIN WATER	DEN WHOLE WHEAT FLOUR WATER SEA SALT	DMV WHEAT FLOUR MALTED BARLEY FLOUR FILTERED WATER LEVAIN BUCKWHEAT FLOUR RYE FLOUR SALT
HOU WHOLE WHEAT FLOUR BREAD FLOUR WATER SEA SALT	LA ORGANIC WHEAT FLOUR FILTERED WATER SEA SALT	MIA WHOLE WHEAT FLOUR WHITE FLOUR WATER SALT NATURAL STARTER WHEAT BRAN	NYC WHOLE WHEAT FLOUR WHITE FLOUR WATER SALT NATURAL STARTER WHEAT BRAN	PHL WATER WHOLE WHEAT FLOUR WHITE FLOUR MALTED BARLEY FLOUR YEAST
SF UNBLEACHED WHEAT FLOUR MALTED BARLEY FLOUR FILTERED WATER WHOLE WHEAT FLOUR SEA SALT	ATL UNBLEACHED BREAD FLOUR WHOLE WHEAT FINE FLOUR LEVAIN UNSULFURED MOLASSES SEA SALT	FOCACCIA (FLEETWIDE) WHOLE WHEAT FLOUR WHEAT FLOUR EXTRA VIRGIN OLIVE OIL YEAST SEA SALT ROSEMARY		

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

What has added sugar?
Maple Syrup can be found in:
Miso Sesame Ginger Dressing, Spicy Cashew Dressing, Spicy Cashew Pesto
Palm Sugar can be found in:
Crispy Rice
Honey can be found in:
Balsamic Vinaigrette, Nuoc Cham Vinaigrette (TX Only) Hot Honey Mustard Sauce

ALLERGEN DETAIL MENU + INGREDIENTS

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

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
SEASONAL MENU	CRISPY CHICKEN SALAD		X			X		X	X
	MISO BOWL					X			X
	POTATO SALAD SALAD		X					X	X
	STEELHEAD REMOULADE		X	X				X	
	SHRIMP REMOULADE		X		X			X	
	CATFISH REMOULADE		X	X				X	
	MISO ROASTED VEGGIES								X
SEASONAL INGREDIENTS	CHOPPED PICKLES								
	MISO ROOT VEGETABLES								X
	REMOULADE DRESSING		X					X	
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 / VEGGIE CAESAR		X	X				X	
	SHROOMAMI								X
SIGNATURE PLATES + SIDES	HOT HONEY CHICKEN		X			X		X	
	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								
TOPPINGS	ALMONDS					X			
	APPLES								
	AVOCADO								
	BASIL								
	BLACK LENTILS								
	BLACKENED CATFISH (ATL)			X					
	BLACKENED CHICKEN								

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
TOPPINGS, CONT.	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								
	KALE CABBAGE SLAW		X					X	
	PARMESAN CRISP		X						
	PECANS (TX)					X			
	PICKLED CARROTS + CELERY								
	RAW BEETS								
	RAW CARROTS								
	RED ONIONS								
	ROASTED CHICKEN								
	ROASTED SESAME TOFU								X
	ROASTED SWEET POTATOES								
	SHAVED PARMESAN		X						
	SHREDDED CABBAGE								
	SPICY BROCCOLI								
	SPICY 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