# Nutrition Binder

S5 2021 Fall Nutrition & gram weight information Ingredient list Allergen information Cheese information Dietary restriction explanations



sweetgreen

NUTRITIONAL OVERVIEW  MENU + INGREDIENTS														
SEASONAL OVERVIEW	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)		
	'				SEASONAL ME	NU								
Chicken + Brussels	353	485	261	29	4	0	99	970	30	10	15	28		
Curry Cauliflower	373	525	204	24	4	0	99	1171	52	11	15	31		
Elote Bowl	384	615	320	36	8	0	15	662	60	10	8	19		
Buffalo Cauliflower	153	235	128	14	1	0	10	866	22	2	3	5		
Heirloom Tomatoes + Goat Cheese	154	195	117	13	6	0	15	305	8	2	2	8		
107 107 107 107 107 107 107 107 107 107														
SEASONAL INGREDIENTS														
SEASONAL INGREDIENTS           asted Brussels Sprouts         19         20         9         1         0         0         0         55         2         1         0         1														
Curry Roasted Cauliflower	23	15	10	1	0	0	0	35	1	0	0	0		
Raisins	11	40	0	0	0	0	0	0	11	1	8	0		
Cranberry Maple Vinaigrette	30	120	108	12	2	0	0	220	3	0	3	0		
Peppercorn Tahina Dressing	30	120	99	11	2	0	0	410	3	1	1	1		
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		
10 0 0 0 10 4														
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)		
SIGNATURE SALADS + WARM BOWLS Buffalo Chicken Bowl	Serving Size (g)	Calories 475	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg) 1655	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)		
							1							
Buffalo Chicken Bowl	382	475	252	28	9	0	134	1655	26	8	4	35		
Buffalo Chicken Bowl Chicken Pesto Parm	382 395	475 525	252 153	28 17	9	0	134 58	1655 1237	26 49	8	4 5	35 37		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl	382 395 415 487 401	475 525 625 650 600	252 153 288 270 239	28 17 32 30 27	9 3 9 5 4	0 0 0 0	134 58 114 133 99	1655 1237 956 1024 979	26 49 50 76 62	8 9 10 19	4 5 5 11 7	35 37 37 26 31		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco	382 395 415 487 401 425	475 525 625 650 600 715	252 153 288 270 239 401	28 17 32 30 27 45	9 3 9 5 4 7	0 0 0 0	134 58 114 133 99 50	1655 1237 956 1024 979 589	26 49 50 76 62 54	8 9 10 19 9	4 5 5 11 7 5	35 37 37 26 31 32		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL)	382 395 415 487 401 425 345	475 525 625 650 600 715 530	252 153 288 270 239 401 279	28 17 32 30 27 45 31	9 3 9 5 4 7	0 0 0 0 0	134 58 114 133 99 50 63	1655 1237 956 1024 979 589 851	26 49 50 76 62 54 42	8 9 10 19 9 17 6	4 5 5 11 7 5 2	35 37 37 26 31 32 23		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb	382 395 415 487 401 425 345 426	475 525 625 650 600 715 530 675	252 153 288 270 239 401 279 459	28 17 32 30 27 45 31 51	9 3 9 5 4 7 5	0 0 0 0 0 0	134 58 114 133 99 50 63 215	1655 1237 956 1024 979 589 851 936	26 49 50 76 62 54 42 39	8 9 10 19 9 17 6	4 5 5 11 7 5 2	35 37 37 26 31 32 23 22		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX)	382 395 415 487 401 425 345 426 356	475 525 625 650 600 715 530 675 400	252 153 288 270 239 401 279 459	28 17 32 30 27 45 31 51	9 3 9 5 4 7 5 13	0 0 0 0 0 0 0	134 58 114 133 99 50 63 215	1655 1237 956 1024 979 589 851 936	26 49 50 76 62 54 42 39	8 9 10 19 9 17 6 16	4 5 5 11 7 5 2 14	35 37 37 26 31 32 23 22 21		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Carlic Chili Shrimp Bowl (TX) Super Green Goddess	382 395 415 487 401 425 345 426 356 398	475 525 625 650 600 715 530 675 400 485	252 153 288 270 239 401 279 459 99	28 17 32 30 27 45 31 51 11 26	9 3 9 5 4 7 5 13 1	0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10	1655 1237 956 1024 979 589 851 936 1326	26 49 50 76 62 54 42 39 51	8 9 10 19 9 17 6 16 8	4 5 5 11 7 5 2 14 10	35 37 37 26 31 32 23 22 21 20		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX)	382 395 415 487 401 425 345 426 356	475 525 625 650 600 715 530 675 400	252 153 288 270 239 401 279 459	28 17 32 30 27 45 31 51	9 3 9 5 4 7 5 13	0 0 0 0 0 0 0	134 58 114 133 99 50 63 215	1655 1237 956 1024 979 589 851 936	26 49 50 76 62 54 42 39	8 9 10 19 9 17 6 16	4 5 5 11 7 5 2 14	35 37 37 26 31 32 23 22 21		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX) Super Green Goddess Guacamole Greens	382 395 415 487 401 425 345 426 356 398 427	475 525 625 650 600 715 530 675 400 485 515	252 153 288 270 239 401 279 459 99 234 279	28 17 32 30 27 45 31 51 11 26	9 3 9 5 4 7 5 13 1 3	0 0 0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10 58	1655 1237 956 1024 979 589 851 936 1326 1151	26 49 50 76 62 54 42 39 51 52	8 9 10 19 9 17 6 16 8 15	4 5 5 11 7 5 2 14 10 16 3	35 37 37 26 31 32 23 22 21 20 27		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX) Super Green Goddess Guacamole Greens Harvest Bowl	382 395 415 487 401 425 345 426 356 398 427 362	475 525 625 650 600 715 530 675 400 485 515 685	252 153 288 270 239 401 279 459 99 234 279 279	28 17 32 30 27 45 31 51 11 26 31	9 3 9 5 4 7 5 13 1 3 5	0 0 0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10 58 73	1655 1237 956 1024 979 589 851 936 1326 1151 334	26 49 50 76 62 54 42 39 51 52 29	8 9 10 19 9 17 6 16 8 15	4 5 5 11 7 5 2 14 10 16 3	35 37 37 26 31 32 23 22 21 20 27 36		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX) Super Green Goddess Guacamole Greens Harvest Bowl (Pecans)	382 395 415 487 401 425 345 426 356 398 427 362 362	475 525 625 650 600 715 530 675 400 485 515 685 695	252 153 288 270 239 401 279 459 99 234 279 279 279	28 17 32 30 27 45 31 51 11 26 31 31	9 3 9 5 4 7 5 13 1 3 5 8	0 0 0 0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10 58 73	1655 1237 956 1024 979 589 851 936 1326 1151 334 1090	26 49 50 76 62 54 42 39 51 52 29 59	8 9 10 19 9 17 6 16 8 15 14 9	4 5 5 11 7 5 2 14 10 16 3 15	35 37 37 26 31 32 23 22 21 20 27 36 34		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX) Super Green Goddess Guacamole Greens Harvest Bowl Harvest Bowl (Pecans) Kale Caesar	382 395 415 487 401 425 345 426 356 398 427 362 362 319	475 525 625 650 600 715 530 675 400 485 515 685 695 405	252 153 288 270 239 401 279 459 99 234 279 279 297 207	28 17 32 30 27 45 31 51 11 26 31 31 33 23	9 3 9 5 4 7 5 13 1 3 5 8 8	0 0 0 0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10 58 73 73 93	1655 1237 956 1024 979 589 851 936 1326 1151 334 1090 1090 1244	26 49 50 76 62 54 42 39 51 52 29 59 58	8 9 10 19 9 17 6 16 8 15 14 9	4 5 5 11 7 5 2 14 10 16 3 15 14	35 37 37 26 31 32 23 22 21 20 27 36 34 40		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX) Super Green Goddess Guacamole Greens Harvest Bowl Harvest Bowl (Pecans) Kale Caesar Shroomami	382 395 415 487 401 425 345 426 356 398 427 362 362 319 408	475 525 625 650 600 715 530 675 400 485 515 685 695 405 645	252 153 288 270 239 401 279 459 99 234 279 279 297 207 324	28 17 32 30 27 45 31 51 11 26 31 31 33 23 36 24	9 3 9 5 4 7 5 13 1 3 5 8 8 8 8	0 0 0 0 0 0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10 58 73 73 93 0	1655 1237 956 1024 979 589 851 936 1326 1151 334 1090 1090 1244 1061 1441	26 49 50 76 62 54 42 39 51 52 29 59 58 14 49	8 9 10 19 9 17 6 16 8 15 14 9 8 5 10	4 5 5 11 7 5 2 14 10 16 3 15 14 3 6	35 37 37 26 31 32 23 22 21 20 27 36 34 40 26		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX) Super Green Goddess Guacamole Greens Harvest Bowl Harvest Bowl (Pecans) Kale Caesar Shroomami Veggie Caesar	382 395 415 487 401 425 345 426 356 398 427 362 362 319 408 353	475 525 625 650 600 715 530 675 400 485 515 685 695 405 645 400	252 153 288 270 239 401 279 459 99 234 279 279 297 207 324 216	28 17 32 30 27 45 31 51 11 26 31 31 33 23 36 24	9 3 9 5 4 7 5 13 1 3 5 8 8 8 8	0 0 0 0 0 0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10 58 73 73 93 0	1655 1237 956 1024 979 589 851 936 1326 1151 334 1090 1090 1244 1061 1441	26 49 50 76 62 54 42 39 51 52 29 59 58 14 49	8 9 10 19 9 17 6 16 8 15 14 9 8 5 10	4 5 5 5 11 7 5 2 14 10 16 3 15 14 3 6	35 37 37 26 31 32 23 22 21 20 27 36 34 40 26 22		
Buffalo Chicken Bowl Chicken Pesto Parm Chicken Tostada Citrus Shrimp + Avocado (MIA) Crispy Rice Bowl Fish Taco Blackened Catfish Bowl (ATL) Garden Cobb Garlic Chili Shrimp Bowl (TX) Super Green Goddess Guacamole Greens Harvest Bowl Harvest Bowl (Pecans) Kale Caesar Shroomami Veggie Caesar	382 395 415 487 401 425 345 426 356 398 427 362 362 319 408 353 Serving Size (g)	475 525 625 650 600 715 530 675 400 485 515 685 695 405 645 400  Calories	252 153 288 270 239 401 279 459 99 234 279 279 297 207 324 216 Calories from Fat	28 17 32 30 27 45 31 51 11 26 31 31 33 23 36 24 Total Fat (g)	9 3 9 5 4 7 5 13 1 3 5 8 8 8 Saturated Fat (g)	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	134 58 114 133 99 50 63 215 133 10 58 73 73 93 0 35 Cholesterol (mg)	1655 1237 956 1024 979 589 851 936 1326 1151 334 1090 1090 1244 1061 1441 Sodium (mg)	26 49 50 76 62 54 42 39 51 52 29 59 58 14 49 34	8 9 10 19 9 17 6 16 8 15 14 9 8 5 10 9 Dietary Fiber (g)	4 5 5 11 7 5 2 14 10 16 3 15 14 3 6 14 3	35 37 36 31 32 23 22 21 20 27 36 34 40 26 22 Protein (g)		

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 Catfish	77	125	81	9	2	0	53	276	0	0	0	16
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
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
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
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
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)
			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)
DRESSINGS, SAUCES, AND FINISHERS	Serving Size (g)	Calories										
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar	Serving Size (g)	Calories 15	0	0	0	0	0	0	3	0	2	0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette	Serving Size (g) 15 30	Calories 15 150	0 126	0	0 2	0	0	0 210	3 5	0	2	0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing	Serving Size (g)  15  30  30	Calories 15 150 100	0 126 90	0 14 10	0 2 1	0 0 0	0 0 10	0 210 330	3 5 2	0 0 0	2 3 0	0 0 1
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil	Serving Size (g)  15  30  30  15	15 150 100 130	0 126 90 126	0 14 10 14	0 2 1 2	0 0 0	0 0 10 0	0 210 330 0	3 5 2 0	0 0 0	2 3 0	0 0 1 0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch	Serving Size (g)  15  30  30  15  30	15 150 100 130 140	0 126 90 126 135	0 14 10 14 15	0 2 1 2 2 2	0 0 0 0	0 0 10 0	0 210 330 0 310	3 5 2 0	0 0 0 0	2 3 0 0	0 0 1 0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce	Serving Size (g)  15  30  30  15  30  30  30  30	Calories  15  150  100  130  140  120	0 126 90 126 135 90	0 14 10 14 15	0 2 1 2 2 1	0 0 0 0 0	0 0 10 0 10	0 210 330 0 310 240	3 5 2 0 1 6	0 0 0 0 0	2 3 0 0 0 4	0 0 1 0 1
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vineigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze	Serving Size (g)  15  30  30  15  30  15  30  15	Calories  15  150  100  130  140  120  0	0 126 90 126 135 90	0 14 10 14 15 10	0 2 1 2 2 1 0	0 0 0 0 0	0 0 10 0 10 0	0 210 330 0 310 240	3 5 2 0 1 6 1	0 0 0 0 0	2 3 0 0 0 4	0 0 1 0 1 0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze Lime Cilantro Jalapeño Vinaigrette	Serving Size (g)  15  30  30  15  30  15  30  30  15  30  30  30	Calories  15  150  100  130  140  120  0  110	0 126 90 126 135 90 0	0 14 10 14 15 10 0	0 2 1 2 2 2 1 0	0 0 0 0 0 0	0 0 10 0 10 0 0	0 210 330 0 310 240 0	3 5 2 0 1 6 1 0 0	0 0 0 0 0 0	2 3 0 0 0 4 0	0 0 1 0 1 0 0 0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze Lime Cilantro Jalapeño Vinaigrette Lime Squeeze	Serving Size (g)  15  30  30  15  30  15  30  30  15  30  15	Calories  15  150  100  130  140  120  0  110  5	0 126 90 126 135 90 0 99	0 14 10 14 15 10 0	0 2 1 2 2 2 1 0	0 0 0 0 0 0 0	0 0 10 0 10 0 0 0	0 210 330 0 310 240 0 50	3 5 2 0 1 6 1 0	0 0 0 0 0 0 0	2 3 0 0 0 4 0 0	0 0 1 0 1 0 0 0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze Lime Cilantro Jalapeño Vinaigrette Lime Squeeze Miso Sesame Ginger Dressing	Serving Size (g)  15  30  30  15  30  15  30  15  30  15  30  15  30	Calories  15  150  100  130  140  120  0  110  5  120	0 126 90 126 135 90 0 99	0 14 10 14 15 10 0 11 0	0 2 1 2 2 2 1 0 1	0 0 0 0 0 0 0	0 0 10 0 10 0 0 0	0 210 330 0 310 240 0 50 0	3 5 2 0 1 6 1 0	0 0 0 0 0 0 0 0	2 3 0 0 0 4 0 0 0	0 0 1 0 1 0 0 0 0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze Lime Cilantro Jalapeño Vinaigrette Lime Squeeze Miso Sesame Ginger Dressing Nuoc Cham Dressing	Serving Size (g)  15  30  30  15  30  15  30  15  30  15  30  30  30  30  30  30  30  30  30  3	Calories  15  150  100  130  140  120  0  110  5  120  25	0 126 90 126 135 90 0 99 0	0 14 10 14 15 10 0 11 0	0 2 1 2 2 2 1 0 1 0	0 0 0 0 0 0 0 0	0 0 10 0 10 0 0 0 0	0 210 330 0 310 240 0 50 0 200 870	3 5 2 0 1 6 1 0	0 0 0 0 0 0 0 0	2 3 0 0 0 4 0 0 0 0 2	0 0 1 0 1 0 0 0 0 0
DRESSINGS, SAUCES, AND FINISHERS Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze Lime Cilantro Jalapeño Vinaigrette Lime Squeeze Miso Sesame Ginger Dressing Nuoc Cham Dressing Pesto Vinaigrette	Serving Size (g)  15  30  30  15  30  30  15  30  15  30  30  30  30  30  30  30  30	Calories  15  150  100  130  140  120  0  110  5  120  25  85	0 126 90 126 135 90 0 99 0 99	0 14 10 14 15 10 0 11 0	0 2 1 2 2 1 0 0 1 0 0 1 0 0 1 1 0 0 1 1	0 0 0 0 0 0 0 0 0	0 0 10 0 10 0 0 0 0	0 210 330 0 310 240 0 50 0 200 870	3 5 2 0 1 6 1 0 1 0 5	0 0 0 0 0 0 0 0 0	2 3 0 0 0 4 0 0 0 2 4	0 0 1 0 1 0 0 0 0 0
Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze Lime Cilantro Jalapeño Vinaigrette Lime Squeeze Miso Sesame Ginger Dressing Nuoc Cham Dressing Pesto Vinaigrette Spicy Cashew Dressing	Serving Size (g)  15  30  30  15  30  15  30  15  30  15  30  30  30  30  30  30	Calories  15  150  100  130  140  120  0  110  5  120  25  85  100	0 126 90 126 135 90 0 99 0 99 0	0 14 10 14 15 10 0 11 0 11 0 6	0 2 1 2 2 1 0 0 1 0 0 1 1 0 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0	0 0 10 0 10 0 0 0 0 0	0 210 330 0 310 240 0 50 0 200 870 125 200	3 5 2 0 1 6 1 0 1 0 5	0 0 0 0 0 0 0 0 0 0	2 3 0 0 0 4 0 0 0 2 4 0	0 0 1 0 1 0 0 0 0 0 0
Balsamic Vinegar Balsamic Vinaigrette Caesar Dressing Extra Virgin Olive Oil Green Goddess Ranch Hot Honey Mustard Sauce Lemon Squeeze Lime Cilantro Jalapeño Vinaigrette Lime Squeeze Miso Sesame Ginger Dressing Nuoc Cham Dressing Pesto Vinaigrette Spicy Cashew Dressing Spicy Cashew Pesto	Serving Size (g)  15  30  30  15  30  30  15  30  15  30  30  30  30  30  30  30	Calories  15  150  100  130  140  120  0  110  5  120  25  85  100  100	0 126 90 126 135 90 0 99 0 99 0 54 81	0 14 10 14 15 10 0 11 0 11 0 6	0 2 1 2 2 1 0 0 1 0 0 1 1 0 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0	0 0 10 0 10 0 0 0 0 0	0 210 330 0 310 240 0 50 0 200 870 125 200	3 5 2 0 1 6 1 0 1 0 5 0 5	0 0 0 0 0 0 0 0 0 0 0 0	2 3 0 0 0 4 0 0 0 2 4 0 2	0 0 1 0 1 0 0 0 0 0 0 1 2 0

					SIGNATURE M	ENU						
KALE CAESAR	Serving Size (g)	Calories	Calories from Fat									Protein (g)
Roasted Chicken	<b>319</b> 78	<b>405</b> 110	<b>207</b> 9	23	0	0	<b>93</b> 58	<b>1244</b> 254	1 <b>4</b> 0	<b>5</b>	<b>3</b> 0	<b>40</b> 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			Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)			Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Chicken	<b>427</b> 78	<b>515</b> 110	<b>279</b> 9	31	<b>5</b>	<b>0</b> 0	<b>58</b> 58	<b>334</b> 254	<b>29</b> 0	14 0	<b>3</b> 0	<b>27</b> 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				Cholesterol (mg)			Dietary Fiber (g)	Sugars (g)	Protein (g)
SUPER GREEN GODDESS Black Lentils	398	485	234	26	3	0	10	1151	52	15	Sugars (g) 16	20
Black Lentils	<b>398</b> 55	<b>485</b> 60	<b>234</b> 0	<b>26</b> 0	<b>3</b>	0	10 0	11 <b>51</b> 65	<b>52</b> 11	15 4	16 1	<b>20</b> 8
Black Lentils Chickpeas	<b>398</b> 55 43	<b>485</b> 60 45	<b>234</b> 0	26	3 0 0	<b>0</b> 0	10 0 0	1151 65 250	52 11 7	15 4 0	16 1 0	20
Black Lentils	<b>398</b> 55	<b>485</b> 60	<b>234</b> 0	26 0 2	<b>3</b>	0	10 0	11 <b>51</b> 65	<b>52</b> 11	15 4	16 1	8 2
Black Lentils Chickpeas Roasted Sweet Potatoes	398 55 43 39	485 60 45 65	234 0 18 9	26 0 2	3 0 0	0 0 0	0 0 0	1151 65 250 301	52 11 7 13	15 4 0 2	16 1 0 7	20 8 2
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots	398 55 43 39 23	485 60 45 65 10	234 0 18 9	26 0 2 1 0	3 0 0 0	0 0 0 0	0 0 0 0	1151 65 250 301	52 11 7 13 2	15 4 0 2	16 1 0 7	20 8 2 1 0
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli	398 55 43 39 23 33	485 60 45 65 10 25	234 0 18 9 0	26 0 2 1 0	3 0 0 0 0	0 0 0 0 0	0 0 0 0 0	1151 65 250 301 15	52 11 7 13 2 3	15 4 0 2 1	16 1 0 7 1	20 8 2 1 0
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage	398 555 43 39 23 33 25	485 60 45 65 10 25	234 0 18 9 0 9	26 0 2 1 0	3 0 0 0 0 0	0 0 0 0 0	0 0 0 0 0 0	1151 65 250 301 15 120 5	52 11 7 13 2 3	15 4 0 2 1 1	16 1 0 7 1	20 8 2 1 0
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets	398 55 43 39 23 33 25 40	485 60 45 65 10 25 10	234 0 18 9 0 9	26 0 2 1 0 1 0	3 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0	1151 65 250 301 15 120 5	52 11 7 13 2 3 2 4	15 4 0 2 1 1 1	16 1 0 7 1 1 1 3	20 8 2 1 0 1 0
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds	398 55 43 39 23 33 25 40	485 60 45 65 10 25 10 15	234 0 18 9 0 9 0 0 0	26 0 2 1 0 1 0 0	3 0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30	52 11 7 13 2 3 2 4 3	15 4 0 2 1 1 1 1 2	16 1 0 7 1 1 1 3	20 8 2 1 0 1 0 1 3
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach	398 55 43 39 23 33 25 40 14 53	485 60 45 65 10 25 10 15 80	234 0 18 9 0 9 0 0 0 63	26 0 2 1 0 1 0 0 7	3 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0	52 11 7 13 2 3 2 4 3 2	15 4 0 2 1 1 1 1 2	16 1 0 7 1 1 1 3 1	20 8 2 1 0 1 0 1 3
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g)	485 60 45 65 10 25 10 15 80 15 20 140 Calories	234 0 18 9 0 9 0 0 63 0 0 135 Calories from Fat	26 0 2 1 0 1 0 0 7 0 0 0	3 0 0 0 0 0 0 0 1 0 0	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg)	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (g)	15 4 0 2 1 1 1 1 2 1 2 0 Dietary Fiber (g)	16 1 0 7 1 1 1 3 1 0 1 Sugars (g)	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g)
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch	398 55 43 39 23 33 25 40 14 53 43	485 60 45 65 10 25 10 15 80 15 20	234 0 18 9 0 9 0 0 0 63 0 0	26 0 2 1 0 1 0 0 7 0 0	3 0 0 0 0 0 0 0 0 1 0 0	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15	52 11 7 13 2 3 2 4 3 2 4 1	15 4 0 2 1 1 1 1 2 1 2	16 1 0 7 1 1 1 3 1 0	20 8 2 1 0 1 0 1 3 1 2
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g)	485 60 45 65 10 25 10 15 80 15 20 140 Calories 685	234 0 18 9 0 9 0 0 63 0 0 135 Calories from Fat	26 0 2 1 0 1 0 0 7 0 0 0 15 Total Fat (g)	3 0 0 0 0 0 0 0 1 0 0 2 Saturated Fat (g)	0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg)	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (9)	15 4 0 2 1 1 1 2 1 2 0 Dietary Fiber (g)	16 1 0 7 1 1 1 3 1 0 1 0 Sugars (g) 15	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g)
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch HARVEST BOWL Roasted Chicken	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g) 362 78	485 60 45 65 10 25 10 15 80 15 20 140 Calories 685	234 0 18 9 0 9 0 0 63 0 0 135 Calories from Fat 279 9	26 0 2 1 0 1 0 0 7 0 0 0 15 Total Fat (g) 31	3 0 0 0 0 0 0 0 1 0 0 2 Saturated Fat (g) 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg) 1090 254	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (g) 59	15 4 0 2 1 1 1 1 2 1 2 0 Dietary Fiber (g) 9	16 1 0 7 1 1 1 3 1 0 1 0 Sugars (g) 15 0	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g) 36 21
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch HARVEST BOWL Roasted Sweet Potatoes	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g) 362 78 39	485 60 45 65 10 25 10 15 80 15 20 140 Calories 685 110 65	234 0 18 9 0 9 0 0 63 0 135 Calories from Fat 279 9	26 0 2 1 0 1 0 0 7 0 0 0 15 Total Fat (g) 31 1	3 0 0 0 0 0 0 0 1 0 0 2 Saturated Fat (g) 8 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg) 1090 254	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (g) 59 0	15 4 0 2 1 1 1 1 2 1 2 0 Dietary Fiber (g) 9	16 1 0 7 1 1 1 1 3 1 0 1 0 Sugars (g) 15 0 7	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g) 36 21
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch HARVEST BOWL Roasted Sweet Potatoes Apples	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g) 362 78 39 29	485 60 45 65 10 25 10 15 80 15 20 140 Calories 685 110 65	234 0 18 9 0 9 0 0 63 0 135 Calories from Fat 279 9 0	26 0 2 1 0 1 0 0 7 0 0 15 Total Fat (g) 31 1	3 0 0 0 0 0 0 0 1 0 0 2 Saturated Fat (g) 8 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg) 1090 254 301	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (g) 59 0 13 4	15 4 0 2 1 1 1 2 1 2 0 Dietary Fiber (g) 9	16 1 0 7 1 1 1 1 3 1 0 5 1 0 5 Sugars (g) 15 0 7 3	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g) 36 21 1
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch HARVEST BOWL Roasted Sweet Potatoes Apples Goat Cheese	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g) 362 78 39 29 34	485 60 45 65 10 25 10 15 80 15 20 140 Calories 685 110 65 15 90	234 0 18 9 0 9 0 0 63 0 135 Calories from Fat 279 9 0 63	26 0 2 1 0 1 0 0 7 0 0 15 Total Fat (g) 31 1 0 7	3 0 0 0 0 0 0 0 0 1 0 0 0 2 Saturated Fat (g) 8 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg) 1090 254 301 0	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (g) 59 0	15 4 0 2 1 1 1 2 1 2 0 Dietary Fiber (g) 9 0 2	16 1 0 7 1 1 1 1 0 5 1 0 5 5 5 7 3 0	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g) 36 21 1 0 6
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch HARVEST BOWL Roasted Sweet Potatoes Apples Goat Cheese Roasted Almonds	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g) 362 78 39 29 34 14	485 60 45 65 10 25 10 15 80 15 20 140 Calories 685 110 65 15 90 80	234 0 18 9 0 9 0 0 63 0 135 Calories from Fat 279 9 0 63 63	26 0 2 1 0 1 0 7 0 0 15 Total Fat (g) 31 1 0 7	3 0 0 0 0 0 0 0 1 0 0 2 Saturated Fat (g) 8 0 0	0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg) 1090 254 301 0	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (9) 59 0 13 4 0 3	15 4 0 2 1 1 1 1 2 1 2 0 Dietary Fiber (g) 9 0 2	16 1 0 7 1 1 1 1 3 1 0 5 Sugars (g) 7 3 0 1	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g) 36 21 1 0 6 3
Black Lentils Chickpeas Roasted Sweet Potatoes Raw Carrots Spicy Broccoli Shredded Cabbage Raw Beets Roasted Almonds Baby Spinach Shredded Kale Green Goddess Ranch HARVEST BOWL Roasted Chicken Roasted Sweet Potatoes Apples Goat Cheese Roasted Almonds Warm Wild Rice	398 55 43 39 23 33 25 40 14 53 43 30 Serving Size (g) 362 78 39 29 34 14 95	485 60 45 65 10 25 10 15 80 15 20 140 Calories 685 110 65 15 90 80	234 0 18 9 0 0 9 0 0 63 0 135 Calories from Fat 279 9 0 63 63 9	26 0 2 1 0 1 0 7 0 0 15 Total Fat (g) 31 1 1 0 7 7	3 0 0 0 0 0 0 0 0 1 0 0 2 Saturated Fat (g) 8 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1151 65 250 301 15 120 5 30 0 40 15 310 Sodium (mg) 1090 254 301 0 160 0	52 11 7 13 2 3 2 4 3 2 4 1 Total Carbs (g) 59 0 13 4 0 3	15 4 0 2 1 1 1 1 2 1 2 0 Dietary Fiber (g) 9 0 2 1 0	16 1 0 7 1 1 1 1 0 1 0 5ugars (g) 15 0 7 3 0 1 0	20 8 2 1 0 1 0 1 3 1 2 1 Protein (g) 36 21 1 0 6 3 3

DUEEN O CHICKEN DOWN	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
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) 395	Calories 525	Calories from Fat 153	Total Fat (g) 17	Saturated Fat (g) 3	Trans Fat (g) 0	Cholesterol (mg) 58	Sodium (mg) 1237	Total Carbs (g) 49	Dietary Fiber (g) 9	Sugars (g) 5	Protein (g) 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
Pesto Vinaigrette 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)
_					·							
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	Trans Fat (g) 0 0	Cholesterol (mg) 0 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 0	Cholesterol (mg) 0 0 0	Sodium (mg) 1061 113 498	Total Carbs (g) 49 1	Dietary Fiber (g) 10 1	Sugars (g) 6 0	<b>Protein (g) 26</b> 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 3	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 0 0	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 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	Sugars (g) 6 0 0 3 0	Protein (g) 26 12 5 1 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	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 95	Calories 645 150 110 15 5 0 70 155	Calories from Fat 324 90 72 0 0 0 54 9	Total Fat (g) 36 10 8 0 0 0 0 6 1 1	Saturated Fat (g) 5 2 1 0 0 0 0 1 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 0 0 0	Cholesterol (mg) 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 1 2	Sugars (g) 6 0 0 3 0 0 0	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	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 1 0 0 0 1 0 Saturated Fat (g) 5	Trans Fat (g) 0 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 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 1 2 2 0 Dietary Fiber (g)	Sugars (g) 6 0 0 3 0 0 0 1 2 Sugars (g)	Protein (g) 26 12 5 1 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  54  9  0  99	Total Fat (g) 36 10 8 0 0 0 0 6 1 0 0 11	Saturated Fat (g) 5 2 1 0 0 0 1 0 1	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 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	Dietary Fiber (g) 10 1 3 1 0 0 0 1 2 2 0	Sugars (g) 6 0 0 0 3 0 0 0 0 0 0 1 2 2	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	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 0 54 9 0 99 Calories from Fat 401	Total Fat (g) 36 10 8 0 0 0 6 1 1 Total Fat (g) 45	Saturated Fat (g) 5 2 2 1 0 0 0 0 1 0 0 0 0 1 Saturated Fat (g) 7	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  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 1 2 2 0 Dietary Fiber (g) 17	Sugars (g) 6 0 0 3 0 0 0 0 1 2 Sugars (g) 5	Protein (g) 26 12 5 1 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 Total Fat (g) 45	Saturated Fat (g) 5 2 2 1 0 0 0 0 1 0 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 0	Cholesterol (mg) 0 0 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	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 0 1 2 Sugars (g) 5 0	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 15	Saturated Fat (g) 5 2 1 0 0 0 1 0 Saturated Fat (g) 7 2 3	Trans Fat (g) 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 1 0 0 0 1 0 1 Saturated Fat (g) 7 2 3 0	Trans Fat (g) 0 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 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	Sugars (g) 6 0 0 3 0 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
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 (9) 36 10 8 0 0 0 6 1 Total Fat (9) 45 11 15 0 0	Saturated Fat (g) 5 2 1 0 0 0 1 0 1 Saturated Fat (g) 7 2 3 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	Cholesterol (mg) 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 0	Dietary Fiber (g) 10 1 3 1 0 0 1 2 2 0 Dietary Fiber (g) 17 0 9 1 0	Sugars (g) 6 0 0 3 0 0 0 0 0 1 2 Sugars (g) 5 0 0 1 0	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  54  9  0  Separate S	Total Fat (9) 36 10 8 0 0 0 6 1 Total Fat (9) 45 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	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 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 16 100	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715 170 160 10 0 80	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 (9) 36 10 8 0 0 0 6 1 1 Total Fat (9) 45 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	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  Total Carbs (g) 54 0 9 2 0 10 29	Dietary Fiber (g) 10 1 3 1 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 0 2 2 2 2 2 3 3 3 4 6 6 7 7 8 7 8 7 8 7 8 8 8 8 8 8 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
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  Arugula	Serving Size (g) 408 75 65 40 40 7 13 95 43 30 Serving Size (g) 425 86 87 25 5 16 100 48	Calories 645 150 110 15 5 0 70 155 20 120 Calories 715 170 160 10 0 80 160 15	Calories from Fat 324 90 72 0 0 0 54 9 0 99 Calories from Fat 401 99 135 0 0 36 27 5	Total Fat (g) 36 10 8 0 0 0 0 6 1 0 11 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 1 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 0 0 0 0 0 0 0	Cholesterol (mg) 0 0 0 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 10 167	Total Carbs (g) 49 1 6 4 1 0 3 30 4 0 Total Carbs (g) 54 0 9 2 0 10 29 2	Dietary Fiber (g) 10 1 3 1 0 0 0 1 2 2 0 Dietary Fiber (g) 17 0 9 1 0 1 4 1	Sugars (g) 6 0 0 3 0 0 0 0 1 2 Sugars (g) 5 0 0 1 0 2 1 1 0 0 2	Protein (g) 26 12 5 1 0 0 2 3 2 1 Protein (g) 32 20 3 0 0 1 6 1

BLACKENED CATFISH BOWL	Serving Size (g)	Calories	Calories from Fat				Cholesterol (mg)				Sugars (g)	Protein (g)
Blackened Catfish	<b>345</b> 77	<b>530</b> 125	<b>279</b> 81	<b>31</b> 9	<b>5</b> 2	<b>0</b> 0	<b>63</b> 53	<b>851</b> 276	<b>42</b> 0	<b>6</b> 0	<b>2</b> 0	<b>23</b> 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) 9	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) 11	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
Balsamic Vinaigrette  CITRUS SHRIMP + AVOCADO	30 Serving Size (g) 487	150 Calories 650	126 Calories from Fat 270			0 Trans Fat (g) 0	Cholesterol (mg)			0 Dietary Fiber (g) 19	3 Sugars (g) 11	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)
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
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)	Serving Size (g) 487 79	<b>Calories 650</b> 65	Calories from Fat 270 9	Total Fat (g) 30	Saturated Fat (g) 5	Trans Fat (g) 0 0	Cholesterol (mg) 133 133	Sodium (mg) 1024 271	Total Carbs (g) 76 0	Dietary Fiber (g) 19	Sugars (g) 11 0	Protein (g) 26 13
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado	Serving Size (g) 487 79 87	<b>Calories 650</b> 65 160	Calories from Fat 270 9 135	Total Fat (g) 30 1	Saturated Fat (g) 5 0 3	Trans Fat (g) 0 0 0	Cholesterol (mg) 133 133 0	Sodium (mg) 1024 271 0	Total Carbs (g) 76 0 9	Dietary Fiber (g) 19 0 9	Sugars (g) 11 0 0	Protein (g) 26 13 3
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes	Serving Size (g) 487 79 87 39	Calories 650 65 160 65	9 135	Total Fat (g) 30 1 15	Saturated Fat (g) 5 0 3 0	Trans Fat (g) 0 0 0 0 0	Cholesterol (mg) 133 133 0 0	Sodium (mg) 1024 271 0 301	Total Carbs (g) 76 0 9	Dietary Fiber (g) 19 0 9 2	Sugars (g) 11 0 0 7	Protein (g) 26 13 3
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes	Serving Size (g) 487 79 87 39 46	<b>Calories 650</b> 65 160 65 10	Calories from Fat 270 9 135 9 0	Total Fat (g) 30 1 15 0	Saturated Fat (g) 5 0 3 0 0	Trans Fat (g) 0 0 0 0 0 0 0	Cholesterol (mg) 133 133 0 0 0	Sodium (mg) 1024 271 0 301 10	Total Carbs (g) 76 0 9 13 4	Dietary Fiber (g) 19 0 9 2	Sugars (g) 11 0 0 7	Protein (g) 26 13 3 1
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions	Serving Size (g) 487 79 87 39 46 7	Calories 650 65 160 65 10	Calories from Fat 270 9 135 9 0 0	Total Fat (g) 30 1 15 1 0	Saturated Fat (g) 5 0 0 3 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	Cholesterol (mg) 133 133 0 0 0 0 0	Sodium (mg) 1024 271 0 301 10	Total Carbs (g) 76 0 9 13 4 1	Dietary Fiber (g) 19 0 9 2 1 0	Sugars (g) 11 0 0 7 1	Protein (g) 26 13 3 1 1 0
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage	Serving Size (g) 487 79 87 39 46 7	Calories 650 65 160 65 10 5	Calories from Fat 270 9 135 9 0 0 0	Total Fat (g) 30 1 1 15 0 0 0 0	Saturated Fat (g) 5 0 0 3 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	Cholesterol (mg) 133 133 0 0 0 0 0 0	Sodium (mg) 1024 271 0 301 10 0 5	Total Carbs (g) 76 0 9 13 4 1 2	Dietary Fiber (g) 19 0 9 2 1 0 1 1	Sugars (g) 11 0 0 7 1 0 1	Protein (g) 26 13 3 1 0 0
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro	Serving Size (g) 487 79 87 39 46 7 25 5	Calories 650 65 160 65 10 5 10 0	Calories from Fat 270 9 135 9 0 0 0 0	Total Fat (g) 30 1 15 0 0 0 0	Saturated Fat (g) 5 0 0 3 3 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 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0	Sodium (mg) 1024 271 0 301 10 0 5	Total Carbs (g) 76 0 9 13 4 1 2 0	Dietary Fiber (g) 19 0 9 2 1 0 1 0 0 0	Sugars (g) 11 0 0 7 1 0 1 0	Protein (g) 26 13 3 1 0 0 0
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips	Serving Size (g) 487 79 87 39 46 7 25 5	Calories 650 65 160 65 10 5 10 5 80	Calories from Fat 270 9 135 9 0 0 0 0 36	Total Fat (g) 30 1 15 1 0 0 0 4	Saturated Fat (g) 5 0 0 3 3 0 0 0 0 0 0 0 0 0 0 0 0 1 1 0 0 0 0	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1024 271 0 301 10 0 5 0	Total Carbs (g) 76 0 9 13 4 1 2 0 10	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 0 1 1	Sugars (g) 11 0 0 7 1 0 1 0 0 0	Protein (g) 26 13 3 1 0 0 0 1
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips  Baby Spinach	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100 30	Calories 650 65 160 65 10 5 10 0 80 15	Calories from Fat 270 9 135 9 0 0 0 0 0 27 54	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6	Saturated Fat (g) 5 0 3 0 0 0 0 0 0 1 0 0 1	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 1 0 1 4 0	Sugars (g) 11 0 0 7 1 0 1 0 0 0 2 0	Protein (g) 26 13 3 1 1 0 0 0 1 1 1 6 0
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips  Baby Spinach  Warm Quinoa	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100	Calories 650 65 160 65 10 5 10 0 80 15	Calories from Fat 270 9 135 9 0 0 0 0 0 27 54	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6	Saturated Fat (g) 5 0 3 0 0 0 0 0 0 1 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 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 1 0 1 4 0	Sugars (g) 11 0 0 7 1 0 1 0 0 0 2	Protein (g) 26 13 3 1 1 0 0 0 1 1 1 6
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips  Baby Spinach  Warm Quinoa  Ceviche Dressing	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100 30 Serving Size (g)	Calories 650 65 160 65 10 5 10 0 80 15 160 80 Calories	Calories from Fat 270 9 135 9 0 0 0 0 36 0 27 54 Calories from Fat	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6 Total Fat (g)	Saturated Fat (g) 5 0 3 0 0 0 0 0 1 0 0 1 Saturated Fat (g)	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g)	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg)	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220 Sodium (mg)	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6 Total Carbs (g)	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 1 4 0 Dietary Fiber (g)	Sugars (g) 11 0 0 7 1 0 1 0 0 2 0 Sugars (g)	Protein (g) 26 13 3 1 1 0 0 0 1 1 1 6 0 Protein (g)
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips  Baby Spinach  Warm Quinoa  Ceviche Dressing  HOT HONEY CHICKEN	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100 30 Serving Size (g)	Calories 650 65 160 65 10 5 10 0 80 15 160 80 Calories 750	Calories from Fat 270 9 135 9 0 0 0 0 36 0 27 54 Calories from Fat 342	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6 Total Fat (g) 38	Saturated Fat (g) 5 0 3 0 0 0 0 0 1 0 1 Saturated Fat (g)	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g)	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 Cholesterol (mg)	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220 Sodium (mg) 1335	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6 Total Carbs (g) 58	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 0 1 0 Dietary Fiber (g) 11	Sugars (g) 11 0 0 7 1 0 0 1 0 0 2 0 Sugars (g) 10	Protein (g) 26 13 3 1 1 0 0 0 1 1 1 6 0 Protein (g)
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips  Baby Spinach  Warm Quinoa  Ceviche Dressing  HOT HONEY CHICKEN  Blackened Chicken	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100 30 Serving Size (g) 411 80	Calories 650 65 160 65 10 5 10 0 80 15 160 80 Calories 750	Calories from Fat 270 9 135 9 0 0 0 0 36 0 27 54 Calories from Fat 342 63	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6 Total Fat (g) 38 7	Saturated Fat (g) 5 0 3 0 0 0 0 0 1 0 1 Saturated Fat (g) 6 2	Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 Trans Fat (g) 0 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 198 99	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220 Sodium (mg) 1335 334	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6 Total Carbs (g) 58	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 0 1 0 Dietary Fiber (g) 11 1	Sugars (g) 11 0 0 7 1 0 1 0 0 2 0 Sugars (g) 10 0	Protein (g) 26 13 3 1 1 0 0 0 1 1 1 6 0 Protein (g) 53 21
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips  Baby Spinach  Warm Quinoa  Ceviche Dressing  HOT HONEY CHICKEN  Blackened Chicken	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100 30 Serving Size (g) 411 80 80	Calories 650 65 160 65 10 5 10 0 80 15 160 80 Calories 750 140	Calories from Fat 270 9 135 9 0 0 0 0 36 0 27 54 Calories from Fat 342 63 63	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6 Total Fat (g) 38 7	Saturated Fat (g) 5 0 3 0 0 0 0 0 0 1 0 0 Saturated Fat (g) 6 2 2	Trans Fat (g) 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 0 0 0 0 0 0 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 198 99	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220 Sodium (mg) 1335 334 334	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6 Total Carbs (g) 58 1	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 0 1 0 Dietary Fiber (g) 11 1 1	Sugars (g) 11 0 0 7 1 0 1 0 0 2 0 Sugars (g) 10 0	Protein (g) 26 13 3 1 1 0 0 0 1 1 6 0 Protein (g) 53 21 21
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  Shredded Cabbage  Cilantro  Tortilla Chips  Baby Spinach  Warm Quinoa  Ceviche Dressing  HOT HONEY CHICKEN  Blackened Chicken  Blackened Chicken  Hot Roasted Sweet Potatoes	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100 30 Serving Size (g) 411 80 80 80 72	Calories 650 65 160 65 10 5 10 0 80 15 160 80 Calories 750 140 140 85	Calories from Fat 270 9 135 9 0 0 0 0 36 0 27 54 Calories from Fat 342 63 63 18	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6 Total Fat (g) 38 7 7 2	Saturated Fat (g) 5 0 3 0 0 0 0 0 0 1 0 0 1 Saturated Fat (g) 6 2 0 0	Trans Fat (g) 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 0 0 0 0 0 0 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 198 99 99 0	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220 Sodium (mg) 1335 334 334 220	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6 Total Carbs (g) 58 1 1 15	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 0 1 4 0 Dietary Fiber (g) 1 1 2	Sugars (g) 11 0 0 7 1 0 1 0 0 2 0 Sugars (g) 10 0 2	Protein (g) 26 13 3 1 1 0 0 0 1 1 6 0 Protein (g) 53 21 21 1
CITRUS SHRIMP + AVOCADO  Roasted Shrimp (MIA)  Avocado  Roasted Sweet Potatoes  Tomatoes  Red Onions  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	Serving Size (g) 487 79 87 39 46 7 25 5 16 53 100 30 Serving Size (g) 411 80 80 80 72 35	Calories 650 65 160 65 10 5 10 0 80 15 160 80 Calories 750 140 140 85	Calories from Fat 270 9 135 9 0 0 0 0 0 36 0 27 54 Calories from Fat 342 63 63 18	Total Fat (g) 30 1 15 1 0 0 0 4 0 3 6 Total Fat (g) 38 7 7 2 2	Saturated Fat (g) 5 0 3 0 0 0 0 0 0 1 0 0 1 Saturated Fat (g) 6 2 2 0 0	Trans Fat (g) 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 0 0 0 0 0 0 0	Cholesterol (mg) 133 133 0 0 0 0 0 0 0 0 0 0 0 Cholesterol (mg) 198 99 99 0 0	Sodium (mg) 1024 271 0 301 10 0 5 0 10 40 167 220 Sodium (mg) 1335 334 334 220 40	Total Carbs (g) 76 0 9 13 4 1 2 0 10 2 29 6 Total Carbs (g) 58 1 1 15 3	Dietary Fiber (g) 19 0 9 2 1 0 1 0 1 0 1 4 0 Dietary Fiber (g) 1 1 2	Sugars (g) 11 0 0 7 1 0 1 0 0 2 0 Sugars (g) 10 0 2 1	Protein (g) 26 13 3 1 1 0 0 0 1 1 1 6 0 Protein (g) 53 21 21 1

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) 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
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)	Calories			Saturated Fat (g)					Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken	<b>415</b> 80	<b>625</b> 140	<b>288</b> 63	<b>32</b> 7	<b>9</b> 2	0	<b>114</b> 99	<b>956</b> 334	<b>50</b>	<b>10</b>	<b>5</b>	<b>37</b> 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	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	<b>34</b>	<b>9</b> 2	<b>14</b> 7	22
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301		1		1
Spicy Broccoli	33	25	9	1	0	0	0	120	3	· ·	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 Serving Size (g)	100 Calories	90 Calories from Fat	Total Fat (g)	Saturated Fat (g)	O Trans Fat (g)	10 Cholesterol (mg)	330	2 Total Carbs (g)	O Dietary Fiber (g)	O Sugars (g)	Protein (g)
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

					SEASONAL MI	ENU						
CHICKEN + BRUSSELS	Serving Size (g)	Calories	Calories from Fat					Sodium (mg)		Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken	<b>353</b>	<b>485</b> 140	<b>261</b> 63	<b>29</b> 7	<b>4</b> 2	<b>0</b>	<b>99</b> 99	<b>970</b> 334	<b>30</b>	10	<b>15</b> 0	<b>28</b> 21
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
Roasted Brussels Sprouts	19	20	9	1	0	0	0	55	2	1	0	1
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Roasted Almonds	14	80	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
Cranberry Maple Vinaigrette	30	120	108	12	2	0	0	220	3	0	3	0
CURRY CAULIFLOWER	Serving Size (g) 373	Calories 525	Calories from Fat 204	Total Fat (g) 24	Saturated Fat (g) 4	Trans Fat (g) 0	Cholesterol (mg) 99	Sodium (mg) 1171	Total Carbs (g) 52	Dietary Fiber (g)	Sugars (g) 15	Protein (g) 31
Blackened Chicken	80	140	63	7	2	0	99	334	1	1	0	21
Curry Roasted Cauliflower	23	15	0	1	0	0	0	35	1	0	0	0
Curry Roasted Cauliflower	23	15	10	1	0	0	0	35	1	0	0	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Raisins	11	40	0	0	0	0	0	0	11	1	8	0
Warm Quinoa	100	160	27	3	0	0	0	167	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
Peppercorn Tahina Dressing	30	120	99	11	2	0	0	410	3	1	1	1
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) 15	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
BUFFALO CAULIFLOWER	Serving Size (g) 153	Calories 235	Calories from Fat 128	Total Fat (g) 14	Saturated Fat (g)	Trans Fat (g) 0	Cholesterol (mg) 10	Sodium (mg) 866	Total Carbs (g) 22	Dietary Fiber (g) 2	Sugars (g) 3	Protein (g) 5
Curry Roasted Cauliflower	23	15	10	1	0	0	0	35	1	0	0	0
Curry Roasted Cauliflower	23	15	0	1	0	0	0	35	1	0	0	0
Curry Roasted Cauliflower	23	15	10	1	0	0	0	35	1	0	0	0
Crispy Rice	26	80	18	2	0	0	0	260	15	0	1	2
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1

HEIRLOOM TOMATOES + GOAT CHEESE	Serving Size (g)		Calories from Fat		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)		Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	154	195	117	13	6	0	15	305	8	2	2	8
Heirloom Tomatoes	45	10	0	0	0	0	0	10	4	1	1	1
Heirloom Tomatoes	45	10	0	0	0	0	0	10	4	1	1	1
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Pesto Vinaigrette	30	85	54	6	1	0	0	125	0	0	0	0

### S5 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

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

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 UMAMI SEASONING CRUSHED RED PEPPER

NUOC CHAM DRESSING (TX ONLY)

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

GREEN GODDESS RANCH

HOT HONEY SAUCE

SUNFLOWER OIL

APPLE CIDER VINEGAR

HONEY

DITON MUSTARD

UMAMI SEASONING

CRUSHED RED PEPPER

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 GRANUI ATED ONION GRANULATED GARLIC PAPRIKA CUMIN POWDER CAYENNE POWDER DRIED OREGANO CORIANDER POWDER NUTRITIONAL YEAST KOSHER SALT

### **SEASONAL INGREDIENTS**

### ROASTED BRUSSELS SPROUTS (V)

BRUSSELS SPROUTS UMAMI SEASONING SUNFLOWER OIL

### CURRY ROASTED CAULIFLOWER (V)

CAULIFLOWER UMAMI SEASONING CURRY POWDER SUNFLOWER OIL

### ROASTED CORN + PEPPERS (V) CORN

BELL PEPPERS SUNFLOWER OIL UMAMI SEASONING

### CRANBERRY MAPLE VINAIGRETTE (V) CRANBERRIES

MAPLE SYRUP BALSAMIC VINEGAR DIJON MUSTARD SUNFLOWER OIL CRACKED BLACK PEPPER

### PEPPERCORN TAHINA DRESSING (V)

EXTRA VIRGIN OLIVE OIL TAHINI I EMON JUICE APPLE CIDER VINEGAR DIJON MUSTARD MAPLE SYRUP GARLIC CUMIN SALT CRACKED BLACK PEPPER

# TOPPINGS, PROTEINS, AND BASE INGREDIENTS

BLACKENED CHICKEN CHICKEN THIGHS SUNFLOWER OIL BALSAMIC VINEGAR CHILI POWDER SALT CRACKED BLACK PEPPER CUMIN CORIANDER

### 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

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

CRISP SORGHUM

### CILANTRO MINT THAI BASII SCALLIONS

FRESH HERBS (V, TX ONLY)

### KALE CABBAGE SLAW KALE

CRUSHED RED PEPPER

RED CABBAGE CARROTS GREEN GODDESS RANCH LEMON JUICE

# SPICY BROCCOLI (V)

BROCCOLI KALE STEMS SUNFLOWER OIL UMAMI SEASONING CRUSHED RED PEPPER

### PARMESAN CRISPS

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

# WARM PORTOBELLO MIX (V)

PORTOBELLO MUSHROOMS BUTTON MUSHPOOMS SUNFLOWER OIL UMAMI SEASONING

# PICKLED CARROTS + CELERY (V)

CARROTS CELERY KOSHER SALT WHITE WINE VINEGAR

### HOT ROASTED SWEET POTATOES (V)

SWEET POTATOES 1APANESE SWEET POTATOES SUNFLOWER OIL UMAMI SEASONING

# 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)

SHRIME SUNFLOWER OIL CEVICHE DRESSING 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)

SALT 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 TRACE OF LIME

NYC 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 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

BOS

ORGANIC WHOLE WHEAT FLOUR

MALTED BARLEY FLOUR

FILTERED WATER

NATURAL WHOLE WHEAT STARTER

SEA SALT

LA

MIA STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME

ATL WHOLE GRAIN CORN WATER VEGETABLE OIL SALT

Please note: Tortilla chips in all markets may contain one or more of the following: corn, sunflower, soybean, canola, cottonseed, or rice bran.

**BREAD INGREDIENTS (V)** 

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

SALT YEAST CHI

ORGANIC WHOLE WHEAT FLOUR SEA SALT LEVAIN WATER

DEN WHOLE WHEAT FLOUR WATER SEA SALT

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

DMV

HOU WHOLE WHEAT FLOUR

BREAD FLOUR WATER SEA SALT

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
CAILOOKI	CHICKEN + BRUSSELS	WILAI	DAIRT	11311	SHEELHSH	X	PEANOTS	2333	301
	CURRY CAULIFLOWER					^			
SEASONAL	ELOTE BOWL		X						X
MENU	BUFFALO CAULIFLOWER			~		V		V	^
			X	X		X		X	
	HEIRLOOM TOMATOES + GOAT CHEESE		X						X
	ROASTED BRUSSELS SPROUTS								
	CURRY ROASTED CAULIFLOWER								
SEASONAL	RAISINS								
INGREDIENTS									
	CRANBERRY MAPLE VINAIGRETTE								
	ROASTED CORN + PEPPERS								
	HEIRLOOM TOMATOES								
	BUFFALO CHICKEN BOWL	X	X					X	Х
	CHICKEN PESTO PARM	X	X						×
	CHICKEN TOSTADA		X						X
	CITRUS SHRIMP + AVOCADO (MIA)				×				
	CRISPY RICE BOWL					×			
	FISH TACO			×					×
SIGNATURE	BLACKENED CATFISH BOWL		×	×				Х	
SALADS +	GARDEN COBB		×			×		Х	
WARM BOWLS	GARLIC CHILI SHRIMP BOWL (TX)				X	Х			
	SUPER GREEN GODDESS		X			×		×	
	GUACAMOLE GREENS								×
	HARVEST BOWL		×			X			
	KALE CAESAR		X	×	X			×	
	VEGGIE CAESAR		×	×				×	
	SHROOMAMI								×
SIGNATURE	HOT HONEY CHICKEN		X			X		×	
PLATES +	ROSEMARY FOCACCIA	X							
SIDES	CASHEW PESTO SWEET POTATOES					X			
	ARUGULA								
	BABY SPINACH								
	CHOPPED ROMAINE								
BASES	SHREDDED KALE								
	SPRING MIX								
	WARM QUINOA								
	WARM WILD RICE								
	BALSAMIC VINAIGRETTE								
	BALSAMIC VINEGAR								
	CAESAR DRESSING		×	Х				Х	
	CEVICHE DRESSING (MIA)								
	CRUSHED RED PEPPER								
	EXTRA VIRGIN OLIVE OIL								
	GREEN GODDESS RANCH		×					Х	
DRESSINGS,	HOT HONEY MUSTARD SAUCE								
SAUCES, +	LEMON SQUEEZE								
FINISHES	LIME CILANTRO JALAPENO VINAIGRETTE								
	LIME SQUEEZE								
	MISO SESAME GINGER DRESSING								Х
	NUOC CHAM DRESSING (TX)			Х	Х				
	PESTO VINAIGRETTE								
	SPICY CASHEW DRESSING					Х			
	SPICY CASHEW PESTO					Х			
	SWEETGREEN HOT SAUCE								

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
	ALMONDS					X			
	APPLES								
	AVOCADO								
	BASIL								
	BLACK LENTILS								
	BLACKENED CATFISH (ATL)			х					
	BLACKENED CHICKEN								
	BLUE CHEESE		Х						
	BREAD	X							
	ROASTED SHRIMP (TX)				х				
	ROASTED SHRIMP (MIA)				×				
	BLACKENED CATFISH			X					
	CHICKPEAS								
	CILANTRO								
	CUCUMBER								
	CRISPY RICE					Х			
	FRESH HERBS (TX)								
	GOAT CHEESE		Х						
TODDINGS	HARD BOILED EGGS							×	
TOPPINGS	HOT ROASTED SWEET POTATOES								
	PARMESAN CRISP		Х						
	PECANS (TX)					×			
	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			×					
	TOMATOES								
	TORTILLA CHIPS								Х
	WARM PORTOBELLO MIX								
	ZA'ATAR BREAD CRUMBS	×							Х

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.				
СНІ	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		
SF		Point Reyes Farmstead Cheese Co.		
BOS	Westfield Farm Hubbarston, MA	Organic Valley La Farge, WI		
NYC				
ATL	Firefly Farms Accident, MD			
DEN	Haystack Mountain Longmont, CO			
MIA	Calyroad Creamery Newbord, GA			
TX				

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