

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												
ITALIAN CHOPPED	360	390	248	28	6	0	25	1919	22	6	4	17
ELOTE BOWL	387	615	329	37	8	0	15	682	56	10	8	20
BBQ CHICKEN SALAD	386	480	225	25	6	0	109	904	31	9	15	27
MISO ROASTED CORN BOWL	387	605	266	30	4	0	99	929	53	10	9	32
THE RENÉE RAPP BOWL	357	275	153	17	2	0	0	585	15	5	5	10
CHARCUTERIE COBB	331	550	369	41	13	0	240	1065	16	5	7	26
SEASONAL INGREDIENTS												
SALAMI	31	100	63	7	3	0	25	430	0	0	0	8
SPICY BANANA PEPPERS	34	5	0	0	0	0	0	729	1	1	0	0
HONEY BBQ SAUCE	30	40	0	0	0	0	0	225	4	0	8	0
ROASTED CORN + PEPPERS	70	70	32	4	0	0	0	210	10	1	3	2
HEIRLOOM TOMATOES	45	10	0	0	0	0	0	10	4	1	1	1
RED WINE VINAIGRETTE	30	140	135	15	2	0	0	330	2	0	1	0
SIGNATURE SALADS + WARM BOWLS												
BUFFALO CHICKEN BOWL	392	475	243	27	9	0	134	1685	24	8	4	36
CHICKEN PESTO PARM	395	525	189	21	3	0	58	1237	48	9	5	37
CHICKEN TOSTADA	415	625	288	32	9	0	114	956	47	10	5	38
CITRUS SHRIMP + AVOCADO	487	650	252	28	5	0	133	1024	72	19	11	27
CRISPY RICE BOWL	401	600	230	26	4	0	99	979	61	9	7	31
FISH TACO	425	715	387	43	7	0	50	589	52	17	5	32
FISH TACO (SALMON)	425	715	387	43	7	0	50	589	52	17	5	32
BLACKENED CATFISH BOWL	345	535	279	31	6	0	63	841	42	6	2	20
GARDEN COBB	426	675	432	48	13	0	215	936	37	16	14	22
GARLIC CHILI SHRIMP BOWL	356	400	108	12	1	0	133	1326	51	8	10	21
SUPER GREEN GODDESS	398	490	221	25	4	0	10	1141	47	15	16	20
GUACAMOLE GREENS	427	515	279	31	5	0	58	334	27	14	3	27
HARVEST BOWL	362	685	288	32	8	0	73	1090	62	9	15	37
HARVEST BOWL (PECANS)	362	695	315	35	8	0	73	1090	60	8	14	35
KALE CAESAR	319	405	216	24	8	0	93	1244	13	5	3	35
SHROOMAMI	408	595	315	35	4	0	0	1198	49	10	6	21
HUMMUS CRUNCH SALAD	417	380	189	21	2	0	0	1041	38	7	4	13
SIGNATURE PLATES AND SIDES												
HOT HONEY CHICKEN	411	750	319	35	6	0	198	1335	58	11	10	54
CHICKEN + AVOCADO + RANCH	403	705	324	36	6	0	126	998	45	12	1	50
MISO SALMON PLATE	318	555	256	28	3	0	50	782	49	5	5	27
ROASTED SWEET POTATOES + GREEN GODDESS RANCH	174	315	179	20	3	0	10	739	30	5	5	5
ROASTED SWEET POTATOES + HOT HONEY MUSTARD	174	290	134	15	1	0	0	679	36	5	9	4
ROSEMARY FOCACCIA	94	230	63	7	1	0	0	530	34	0	2	8
HUMMUS + FOCACCIA	131	290	98	11	1	0	0	660	37	0	3	10
KIDS MEALS												
RANCHY CHICKEN + RICE	263	515	243	27	8	0	93	1184	35	2	0	31
LITTLE HARVEST	222	430	220	24	3	0	58	739	28	4	8	25
MINI MEZZE	181	275	95	11	2	0	58	444	19	1	0	26
BEVERAGES												
STILL WATER	16	0	0	0	0	0	0	0	0	0	0	0
SPARKLING WATER	16	0	0	0	0	0	0	0	0	0	0	0
JASMINE GREEN TEA	16	0	0	0	0	0	0	0	0	0	0	0
HIBISCUS BERRY CLOVER TEA	16	0	0	0	0	0	0	0	0	0	0	0
SPINDRIFT GRAPEFRUIT	12	17	0	0	0	0	0	0	4	0	3	0
SPINDRIFT RASPBERRY LIME	12	10	0	0	0	0	0	0	1	0	2	0
OLIPOP VINTAGE COLA	12	35	0	0	0	0	0	25	16	9	2	0
OLIPOP LEMON LIME SODA	12	50	0	0	0	0	0	25	16	9	4	0
HEALTH-ADE KOMBUCHA PINK LADY APPLE	11.5	50	0	0	0	0	0	0	12	0	12	0
HEALTH-ADE KOMBUCHA PASSIONFRUIT TANGERINE	11.5	50	0	0	0	0	0	0	12	0	11	0
MOTHER KOMBUCHA HOPPED PASSION FRUIT	12	30	0	0	0	0	0	25	7	0	6	0
MOTHER KOMBUCHA THE TROP	12	30	0	0	0	0	0	25	7	0	6	0
GHIA LE SPRITZ- GINGER	8	50	0	0	0	0	0	10	12	0	8	0
HONEST KIDS APPLE JUICE	6	35	0	0	0	0	0	15	9	0	8	0
HARNEY & SONS ORGANIC LEMONADE	16	80	0	0	0	0	0	0	20	0	20	0
RETAIL												
CRISPY RICE TREAT	40	190	90	10	5	0	15	80	23	0	6	2
HU SALTY DARK CHOCOLATE BAR	60	380	252	28	16	0	0	200	28	6	14	6
HU CASHEWS + VANILLA BEAN HUNKS	28	170	108	12	5	0	0	75	10	2	4	4
SG X SIETE: GREEN GODDESS RANCH POTATO CHIPS	42	220	117	13	1.5	0	0	220	23	3	0	3
SIETE SEA SALT POTATO CHIPS	43	210	90	10	1.5	0	0	180	27	2	0	3
HOT STUFF	30 ml	10	0	0	0	0	0	160	2	0	1	0
BREAD *												
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	9	1	0	0	0	15	2	1	1	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
SIGNATURE INGREDIENTS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Black Lentils	55	60	0	0	0	0	0	65	7	4	1	8
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Crispy Rice	26	80	14	2	0	0	0	260	14	0	1	2
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Fresh Herbs (TX)	5	0	0	0	0	0	0	0	0	0	0	0
Hummus	47	80	41	5	1	0	0	180	7	0	0	4
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6
Chopped Pickles	40	5	0	0	0	0	0	280	1	0	0	0
Olives	39	40	36	4	0	0	0	250	2	0	0	0
Raw Pecans	14	90	81	9	1	0	0	0	1	1	0	1
Raw Beets	40	15	0	0	0	0	0	30	3	1	3	1
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Spicy Broccoli	33	25	9	1	0	0	0	120	3	1	1	1
Sunflower Seeds	13	70	54	6	1	0	0	55	2	1	0	2
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3
PREMIUM INGREDIENTS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Blackened Catfish	77	125	72	8	2	0	53	276	0	0	0	13
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Blue Cheese	30	110	81	9	6	0	25	340	1	0	0	6
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	7
Hard Boiled Egg	50	70	45	5	2	0	190	70	1	0	1	7
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Roasted Tofu	75	100	63	7	1	0	0	250	2	1	0	7
Roasted Shrimp (MIA)	79	65	9	1	0	0	133	271	0	0	0	14
Roasted Shrimp (TX)	70	65	9	1	0	0	133	271	0	0	0	14
Roasted Steelhead	86	170	90	10	2	0	50	172	0	0	0	20
Roasted Salmon	86	170	90	10	2	0	50	172	0	0	0	20
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3
Warm Portobello Mix	65	110	72	8	1	0	0	498	6	3	0	5
DRESSINGS, SAUCES, AND FINISHERS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinegar	15	15	0	0	0	0	0	0	3	0	2	0
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1
Extra Virgin Olive Oil	15	130	126	14	2	0	0	0	0	0	0	0
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	0
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	0	0	0
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1
Nuoc Cham Dressing	30	25	0	0	0	0	0	870	5	0	4	1
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	0	0	0
Spicy Cashew Dressing	30	100	81	9	1	0	0	200	4	1	2	1
Ceviche Dressing	30	80	54	6	1	0	0	220	6	0	0	0
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Crushed Red Pepper	1	0	0	0	0	0	0	0	0	0	0	0
CORE MENU												
	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)
KALE CAESAR	319	405	216	24	8	0	93	1244	13	5	3	35
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2

Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	10	1	0	10	330	2	0	0	1
GUACAMOLE GREENS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Chicken	427	515	279	31	5	0	58	334	27	14	3	27
Avocado	78	110	18	2	0	0	58	254	1	0	0	21
Tomatoes	87	160	117	13	3	0	0	0	8	9	0	3
Red Onions	46	10	0	0	0	0	0	10	2	1	1	1
Shredded Cabbage	7	5	0	0	0	0	0	0	1	0	0	0
Tortilla Chips	25	10	0	0	0	0	0	5	2	1	1	0
Spring Mix	16	80	36	4	1	0	0	10	10	1	0	1
Chopped Romaine	48	10	0	0	0	0	0	0	0	0	0	0
Lime Squeeze	75	15	0	0	0	0	0	5	2	2	1	1
Lime Cilantro Jalapeño Vinaigrette	15	5	0	0	0	0	0	0	1	0	0	0
Green Goddess Ranch	30	110	108	12	1	0	0	50	0	0	0	0
SUPER GREEN GODDESS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Black Lentils	398	490	221	25	4	0	10	1141	47	15	16	20
Chickpeas	55	60	0	0	0	0	0	65	7	4	1	8
Roasted Sweet Potatoes	43	45	14	2	0	0	0	250	7	0	0	2
Raw Carrots	39	65	9	1	0	0	0	301	13	2	7	1
Spicy Broccoli	23	10	0	0	0	0	0	15	2	1	1	0
Shredded Cabbage	33	25	9	1	0	0	0	120	3	1	1	1
Raw Beets	25	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	40	15	0	0	0	0	0	30	3	1	3	1
Baby Spinach	14	80	54	6	1	0	0	0	3	2	1	3
Shredded Kale	53	15	0	0	0	0	0	40	2	1	0	1
Green Goddess Ranch	43	20	0	0	0	0	0	15	4	2	1	2
Harvest Bowl	30	145	135	15	3	0	10	300	1	0	0	1
HARVEST BOWL	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Chicken	362	685	288	32	8	0	73	1090	62	9	15	37
Roasted Sweet Potatoes	78	110	18	2	0	0	58	254	1	0	0	21
Apples	39	65	9	1	0	0	0	301	13	2	7	1
Goat Cheese	29	15	0	0	0	0	0	0	4	1	3	0
Roasted Almonds	34	90	63	7	5	0	15	160	0	0	0	7
Warm Wild Rice	14	80	54	6	1	0	0	0	3	2	1	3
Shredded Kale	95	155	18	2	0	0	0	150	31	2	0	3
Balsamic Vinaigrette	43	20	0	0	0	0	0	15	4	2	1	2
Buffalo Chicken Bowl	30	150	126	14	2	0	0	210	6	0	3	0
BUFFALO CHICKEN BOWL	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken	392	475	243	27	9	0	134	1685	24	8	4	36
Chopped Pickles	80	140	54	6	2	0	99	334	1	1	0	21
Tomatoes	40	5	0	0	0	0	0	280	1	0	0	0
Cilantro	46	10	0	0	0	0	0	10	2	1	1	1
Blue Cheese	5	0	0	0	0	0	0	0	0	0	0	0
Za'atar Breadcrumbs	30	110	81	9	6	0	25	340	1	0	0	6
Shredded Kale	15	65	18	2	0	0	0	201	9	1	0	3
Chopped Romaine	43	20	0	0	0	0	0	15	4	2	1	2
Sweetgreen Hot Sauce	75	15	0	0	0	0	0	5	2	2	1	1
Caesar Dressing	28	10	0	0	0	0	0	170	2	1	1	1
Chicken Pesto Parm	30	100	90	10	1	0	10	330	2	0	0	1
CHICKEN PESTO PARM	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Chicken	395	525	189	21	3	0	58	1237	48	9	5	37
Spicy Broccoli	78	110	18	2	0	0	58	254	1	0	0	21
Tomatoes	33	25	9	1	0	0	0	120	3	1	1	1
Shaved Parmesan	46	10	0	0	0	0	0	10	2	1	1	1
Za'atar Breadcrumbs	12	45	36	4	2	0	0	150	0	0	0	3
Warm Quinoa	15	65	18	2	0	0	0	201	9	1	0	3
Baby Spinach	100	160	27	3	0	0	0	167	28	4	2	6
Sweetgreen Hot Sauce	53	15	0	0	0	0	0	40	2	1	0	1
Pesto Vinaigrette	28	10	0	0	0	0	0	170	2	1	1	1
Shroomami	30	85	81	9	1	0	0	125	1	0	0	0
SHROOMAMI	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Tofu	408	595	315	35	4	0	0	1198	49	10	6	21
Warm Portobello Mix	75	100	63	7	1	0	0	250	2	1	0	7
Raw Beets	65	110	72	8	1	0	0	498	6	3	0	5
Cucumbers	40	15	0	0	0	0	0	30	3	1	3	1
Basil	40	5	0	0	0	0	0	0	1	0	0	0
Sunflower Seeds	7	0	0	0	0	0	0	0	0	0	0	0
Warm Wild Rice	13	70	54	6	1	0	0	55	2	1	0	2
Shredded Kale	95	155	18	2	0	0	0	150	31	2	0	3
Miso Sesame Ginger Dressing	43	20	0	0	0	0	0	15	4	2	1	2
Fish Taco	30	120	108	12	1	0	0	200	0	0	2	1
FISH TACO	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Steelhead	425	715	387	43	7	0	50	589	52	17	5	32
Avocado	86	170	90	10	2	0	50	172	0	0	0	20
Shredded Cabbage	87	160	117	13	3	0	0	0	8	9	0	3
Cilantro	25	10	0	0	0	0	0	5	2	1	1	0
Tortilla Chips	5	0	0	0	0	0	0	0	0	0	0	0
Warm Quinoa	16	80	36	4	1	0	0	10	10	1	0	1
Arugula	100	160	27	3	0	0	0	167	28	4	2	6
Sweetgreen Hot Sauce	48	15	9	1	0	0	0	15	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	28	10	0	0	0	0	0	170	2	1	1	1
Fish Taco (Salmon)	30	110	108	12	1	0	0	50	0	0	0	0
FISH TACO (SALMON)	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Salmon	425	715	387	43	7	0	50	589	52	17	5	32
Roasted Salmon	86	170	90	10	2	0	50	172	0	0	0	20

Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
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	28	4	2	6
Arugula	48	15	9	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	108	12	1	0	0	50	0	0	0	0
BLACKENED CATFISH BOWL	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Catfish	77	125	72	8	2	0	53	276	0	0	0	13
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Sunflower Seeds	13	70	54	6	1	0	0	55	2	1	0	2
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
CRISPY RICE BOWL	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken	80	140	54	6	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	54	6	1	0	0	0	3	2	1	3
Crispy Rice	26	80	14	2	0	0	0	260	14	0	1	2
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Arugula	48	15	9	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	4	1	2	1
HUMMUS CRUNCH SALAD	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hummus	47	80	41	5	1	0	0	180	7	0	0	4
Olives	39	40	36	4	0	0	0	250	2	0	0	0
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	0	0	0
GARLIC CHILI SHRIMP BOWL	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Shrimp (TX)	70	65	9	1	0	0	133	271	0	0	0	14
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	1	1	0	1
Fresh Herbs (TX)	5	0	0	0	0	0	0	0	0	0	0	0
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
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	1
HARVEST BOWL (PECANS)	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	7
Raw Pecans	14	90	81	9	1	0	0	0	1	1	0	1
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0
CITRUS SHRIMP + AVOCADO	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Shrimp (MIA)	79	65	9	1	0	0	133	271	0	0	0	14
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Ceviche Dressing	30	80	54	6	1	0	0	220	6	0	0	0
Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	

HOT HONEY CHICKEN	411	750	319	35	6	0	198	1335	58	11	10	54
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	0
CHICKEN + AVOCADO + RANCH	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHICKEN + AVOCADO + RANCH	403	705	324	36	6	0	126	998	45	12	1	50
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
RANCHY CHICKEN + RICE	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
RANCHY CHICKEN + RICE	263	515	243	27	8	0	93	1184	35	2	0	31
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	0	6
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
LITTLE HARVEST	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
LITTLE HARVEST	222	430	220	24	3	0	58	739	28	4	8	25
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Sunflower Seeds	13	70	54	6	1	0	0	55	2	1	0	2
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0
MINI MEZZE	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)
MINI MEZZE	181	275	95	11	2	0	58	444	19	1	0	26
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Hummus	47	80	41	5	1	0	0	180	7	0	0	4
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
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)
ROASTED SWEET POTATOES + GREEN GODDESS RANCH	174	315	179	20	3	0	10	739	30	5	5	5
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
ROASTED SWEET POTATOES + HOT HONEY MUSTARD	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
ROASTED SWEET POTATOES + HOT HONEY MUSTARD	174	290	134	15	1	0	0	679	36	5	9	4
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	0
ROSEMARY FOCACCIA	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
ROSEMARY FOCACCIA	94	230	63	7	1	0	0	530	34	0	2	8
Rosemary Focaccia	94	230	63	7	1	0	0	530	34	0	2	8
HUMMUS + 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)
HUMMUS + FOCACCIA	131	290	98	11	1	0	0	660	37	0	3	10
Hummus	47	80	41	5	1	0	0	180	7	0	0	4
Focaccia Breadsticks	84	210	57	6	0	0	0	480	30	0	3	6
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)
CHICKEN TOSTADA	415	625	288	32	9	0	114	956	47	10	5	38
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	7
Warm Quinoa	100	160	27	3	0	0	0	167	28	4	2	6
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	0	0	0
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)
GARDEN COBB	426	675	432	48	13	0	215	936	37	16	14	22
Avocado	87	160	117	13	3	0	0	0	8	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	2	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	54	6	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	6	0	3	0
MISO SALMON PLATE	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MISO SALMON PLATE	318	555	256	28	3	0	50	782	49	5	5	27
Roasted Steelhead	86	170	90	10	2	0	50	172	0	0	0	20
Hot Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Kale Cabbage Slaw	35	25	18	2	0	0	0	40	3	1	1	1
Warm Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Miso Sesame Ginger Dressing	30	120	108	12	1	0	0	200	0	0	2	1

SEASONAL MENU

Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	0

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
	Prairie Fruit Farms Champaign, IL			
CHI	LaClare Family Creamery Malone, WI	Carr Valley Cheese Fennimore, WI		
DET	Zingerman's Creamery Ann Arbor, MI		Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
MSP	Stickney Hill Dairy			
IND	LaClare Family Creamery Malone, WI	Organic Valley La Farge, WI		
DMV	Firefly Farms Accident, MD	Firefly Farms Accident, MD	Cow Aged	Cow Aged + Baked
PHL	Drake Family Farms Ontario, CA			
LA	Sierra Nevada Willows, CA	Point Reyes Farmstead Cheese Co. Point Reyes Station, CA	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
NCAL				
BOS				
NYM				
ATL	Vermont Creamery Websterville, VT		USA Cow Aged	That's How We Roll USA Cow Aged + Baked
MIA				
DEN				
	LaClare Family Creamery Malone, WI	Organic Valley La Farge, WI	Schuman Cheese USA Cow Aged	Raison D'Etre USA Cow Aged + Baked
TX				

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

S4 2023 FLEET INGREDIENTS

MENU ITEMS MAY BE SUBJECT TO STORE AVAILABILITY.
V = 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

**Hot Stuff, our retail hot sauce dressing, has slightly different ingredients. See below for ingredient list.*

LIME CILANTRO JALAPEÑO VINAIGRETTE (V)

SUNFLOWER OIL
LIME JUICE
WHITE WINE VINEGAR
CILANTRO
JALAPEÑO
UMAMI SEASONING
GARLIC
CUMIN

HOT HONEY SAUCE

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

CAESAR DRESSING

PLAIN YOGURT
MAYONNAISE
ANCHOVIES
PARMESAN CHEESE
LEMON JUICE
GARLIC
SALT
CRACKED BLACK PEPPER
SUNFLOWER OIL

MISO SESAME GINGER DRESSING (V)

SUNFLOWER OIL
RICE VINEGAR
MISO PASTE
YOUNG GINGER
TAMARI
MAPLE SYRUP
GARLIC
UMAMI SEASONING
CRUSHED RED PEPPER
SESAME OIL

SPICY CASHEW DRESSING (V)

SUNFLOWER OIL
CASHEW BUTTER
MAPLE SYRUP
RICE VINEGAR
YOUNG GINGER
CILANTRO
GARLIC
SESAME OIL
LIME JUICE
UMAMI SEASONING
CRUSHED RED PEPPER

GREEN GODDESS RANCH

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

NUOC CHAM DRESSING (TX ONLY)

FISH SAUCE
LIME JUICE
HONEY
GARLIC
THAI CHILIES

CEVICHE DRESSING (V, MIA ONLY)

SUNFLOWER OIL
PUREED PEPPERS
LIME JUICE
GARLIC
CILANTRO
RED ONION
UMAMI SEASONING
SWEETGREEN HOT SAUCE

UMAMI SEASONING (V)

GRANULATED ONION
GRANULATED GARLIC
PAPRIKA
CUMIN POWDER
CAYENNE POWDER
NUTRITIONAL YEAST
KOSHER SALT

SEASONAL INGREDIENTS

ROASTED CORN + PEPPERS

CORN
BELL PEPPERS
UMAMI SEASONING
SUNFLOWER OIL

SALAMI - ITALIAN DRY*

PORK
SEA SALT
TURBINADO SUGAR
NATURAL FLAVORING
MILK POWDER
WINE
GARLIC
LACTIC ACID STARTER CULTURE
CULTURED CELERY JUICE POWDER*
**May contain*

HONEY BBQ SAUCE

TOMATO CONCENTRATE
DATE SYRUP
WATER
HONEY
YELLOW MUSTARD
DISTILLED VINEGAR
NATURAL HICKORY SMOKE
SALT
CARAMEL COLOR
APPLE JUICE CONCENTRATE
ONION POWDER
GARLIC POWDER
ALLSPICE
PAPRIKA
BLACK PEPPER
LIME JUICE CONCENTRATE
TAMARIND CONCENTRATE
ORGANIC KETCHUP BLEND
CAYENNE PEPPER

SPICY BANANA PEPPERS

DMV, BOS, NYM, PHL
ORGANIC BANANA PEPPERS
ORGANIC KOSHER WINE VINEGAR
WATER
SEA SALT

SPICY BANANA PEPPERS

MIDWEST, CA, FL, ATL, TEXAS
BANANA PEPPERS
WATER
SALT
ACETIC ACID
CITRIC ACID
CALCIUM CHLORIDE
SODIUM BENZOATE
SODIUM BISULFITE
CAPSICUM OLEORESIN
YELLOW #5

RED WINE VINAIGRETTE

RED WINE VINEGAR
DIJON MUSTARD
MAPLE SYRUP
LEMON JUICE
SALT
CRACKED BLACK PEPPER
OLIVE OIL
AVOCADO OIL

TOPPINGS, PROTEINS, AND BASE INGREDIENTS

BLACKENED CHICKEN

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

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

ROASTED SHRIMP (MIA ONLY)

SHRIMP
SUNFLOWER OIL
CEVICHE DRESSING
UMAMI SEASONING

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

SUNFLOWER SEEDS (V)

SUNFLOWER SEEDS
SUNFLOWER OIL
SALT

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

CHOPPED PICKLES (V)

CUCUMBERS
GARLIC
DILL
CIDER VINEGAR
WHITE VINEGAR
SALT
PICKLING SPICE

HOT ROASTED SWEET POTATOES (V)

SWEET POTATOES
JAPANESE SWEET POTATOES
SUNFLOWER OIL
UMAMI SEASONING

HOT ROASTED SWEET POTATOES (V)

TEXAS AND BOSTON
SWEET POTATOES
SUNFLOWER OIL
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

ZA'ATAR BREADCRUMBS * (V)

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

BLACKENING SPICE (V)

SALT
 CHILI POWDER
 CORIANDER
 CUMIN
 CRUSHED RED PEPPER
 BLACK PEPPER

HUMMUS (V)

BOS, NYM
 CHICKPEAS
 TAHINI
 LEMON JUICE
 GARLIC
 EXTRA VIRGIN OLIVE OIL
 SALT
 PEPPER

HUMMUS (V)

ATL, AUS, CHI, DAL, DEN, DET, DMV, HOU, LA,
 MIA MSP, NCAL, PHL, SD, TPA, IND
 CHICKPEAS
 WATER
 TAHINI
 CANOLA OIL
 NATURAL FLAVORS
 SEA SALT
 DRIED ROASTED GARLIC
 CITRIC ACID
 SPICES

ROASTED TOFU (V)

TOFU
 SUNFLOWER OIL
 BLACKENING SPICE

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

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

TORTILLA CHIP INGREDIENTS (V)**Zack's Mighty**

BOS, NYC, DMV, PHL, LA, NCAL
 ORGANIC STONE GROUND YELLOW CORN
 ORGANIC EXPELLER PRESSED CANOLA OIL
 SEA SALT
 LIME

Garden of Eatin'

CHI, IND, DET, MSP, ATL, MIA
 ORGANIC YELLOW CORN
 EXPELLER PRESSED CANOLA OIL
 SAFFLOWER OIL
 SUNFLOWER OIL
 SEA SALT

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

BREAD INGREDIENTS (V)**ATL**

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

DEN

WHOLE WHEAT FLOUR
 WATER
 SEA SALT

MIA

WHOLE WHEAT FLOUR
 WHITE FLOUR
 WATER
 SALT
 NATURAL STARTER
 WHEAT BRAN

SD

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

AUS

WHOLE WHEAT FLOUR
 ORGANIC SPELT FLOUR
 ORGANIC STEEL CUT GRAINS
 ORGANIC WHOLE RYE FLOUR
 CANE SYRUP
 SALT
 YEAST

DET

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

MSP

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

TPA

WATER
 WHOLE WHEAT FLOUR
 UNBLEACHED UNBROMATED WHEAT FLOUR
 RYE FLOUR
 SOURDOUGH STARTER
 SEA SALT

BOS

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

DMV

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

NCAL

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

IND

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

CHI

ORGANIC WHOLE WHEAT FLOUR
 SEA SALT
 LEVAIN
 WATER

HOU

WHOLE WHEAT FLOUR
 BREAD FLOUR
 WATER
 SEA SALT

NYC

WHOLE WHEAT FLOUR
 WHITE FLOUR
 WATER
 SALT
 NATURAL STARTER
 WHEAT BRAN

FOCACCIA (FLEETWIDE)

WHOLE WHEAT FLOUR
 WHEAT FLOUR
 EXTRA VIRGIN OLIVE OIL
 YEAST
 SEA SALT
 ROSEMARY

DAL

CRACKED WHEAT
 WHOLE WHEAT FLOUR
 KING ARTHUR FLOUR
 SALT

LA

ORGANIC WHEAT FLOUR
 FILTERED WATER
 SEA SALT

PHL

WATER
 WHOLE WHEAT FLOUR
 WHITE FLOUR
 MALTED BARLEY FLOUR
 YEAST

DESSERT + SNACK INGREDIENTS**CRISPY RICE TREAT**

BROWN RICE
 HONEY
 BUTTER (CREAM, SALT)
 COCONUT SUGAR
 ROASTED SUNFLOWER SEEDS
 COCONUT OIL
 QUINOA
 PUFFED MILLET
 DATES
 VANILLA EXTRACT
 SALT
 SUNFLOWER OIL
 COCONUT OIL
 SUNFLOWER LECITHIN

HU SALTY DARK CHOCOLATE BAR

ORGANIC FAIR-TRADE CACAO
 UNREFINED ORGANIC COCONUT SUGAR
 ORGANIC FAIR-TRADE COCOA BUTTER
 SEA SALT

HU CASHEWS + VANILLA BEAN HUNKS

ORGANIC CASHEW
 ORGANIC CACAO
 UNREFINED ORGANIC COCONUT SUGAR
 ORGANIC FAIR-TRADE COCOA BUTTER
 SEA SALT
 VANILLA BEAN

SG X SIETE: GREEN GODDESS RANCH**POTATO CHIPS**

POTATOES
 AVOCADO OIL
 ONION POWDER
 POBLANO POWDER
 SEA SALT
 DATE SUGAR
 GARLIC POWDER
 CHIVE POWDER
 LEMON JUICE POWDER
 NUTRITIONAL YEAST
 BLACK PEPPER
 CITRIC ACID
 DILL
 SUMAC
 DISTILLED WHITE VINEGAR POWDER

SIETE SEA SALT POTATO CHIPS

POTATOES
 AVOCADO OIL
 SEA SALT

HOT STUFF

RETAIL HOT SAUCE
 WATER
 RED CHILI PEPPER
 ONION
 BELL PEPPER
 CARROT
 CIDER VINEGAR
 TOMATO PASTE
 GARLIC
 NUTRITIONAL YEAST
 SEA SALT
 DEHYDRATED GARLIC
 DEHYDRATED ONION
 ASCORBIC ACID (FOR FRESHNESS)

What has added sugar?

Maple Syrup can be found in:
 Miso Sesame Ginger Dressing, Spicy Cashew Dressing

Palm Sugar can be found in:
 Crispy Rice

Honey and coconut sugar can be found in:
 Crispy Rice Treat

Honey can be found in:
 Balsamic Vinaigrette, Nuoc Cham Vinaigrette (TX Only) Hot Honey Mustard Sauce