NUTRITIONAL OVERVIEW
MENU + INGREDIENTS

SIGNATURE SALADS	Vegan?	Contains Gluten	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)
BBQ Chicken Salad	☐	☐	512	520	242	28	4	0	70	1,260	38	10	20	22
Guacamole Greens	☐	☐	552	575	291	33	6	0	58	604	36	14	7	27
Hummus Crunch	☑	☑	514	405	149	19	2	0	0	1,096	42	8	9	14
Kale Caesar	☐	☐	425	510	294	32	11	0	118	1,283	15	6	5	39
Kale Caesar (Steak)	☐	☐	447	720	486	54	16	0	110	2,229	21	7	6	39
SIGNATURE BOWLS	**Vegan?**	**Contains Gluten**	**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	☐	☐	523	705	362	41	7	0	70	1,125	59	15	8	23
Chicken Pesto Parm	☐	☑	409	540	180	21	4	0	73	1,451	40	8	4	39
Crispy Rice Bowl	☐	☐	442	640	266	30	3	0	60	1,160	59	8	8	26
Harvest Bowl	☐	☐	403	765	368	41	9	0	73	1,180	63	10	17	38
Shroomami	☑	☐	431	685	393	44	6	0	0	1,318	53	12	6	22
Steakhouse Chopped	☐	☑	482	815	501	57	14	0	85	2,293	40	8	5	35
SIGNATURE PLATES	**Vegan?**	**Contains Gluten**	**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)**
Caramelized Garlic Steak	☐	☐	480	860	347	40	6	0	50	2,010	89	9	5	31
Miso Glazed Salmon	☐	☑	544	930	433	48	10	0	60	1,632	88	12	19	35
Miso Glazed Salmon (Steelhead)	☐	☑	544	840	370	41	7	0	65	1,422	84	12	15	35
Hot Honey Chicken	☐	☑	525	835	350	39	5	0	120	2,190	75	11	15	43
ONLINE EXCLUSIVES	**Vegan?**	**Contains Gluten**	**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)**
Fish Taco (steelhead)	☐	☐	500	745	372	42	7	0	65	1,055	56	15	10	34
Fish Taco (salmon)	☐	☐	500	835	435	49	10	0	60	1,265	60	15	14	34
Super Green Goddess	☐	☐	335	455	252	29	3	0	10	1,116	39	11	13	12
Garden Cobb	☐	☐	517	745	506	56	15	0	215	1,019	36	16	15	22
Buffalo Chicken	☐	☑	514	555	305	34	10	0	105	1,736	32	10	11	31
SIGNATURE SIDES	**Vegan?**	**Contains Gluten**	**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
Roasted Sweet Potatoes + Green Goddess Ranch	☐	☐	179	340	204	22	2	0	10	800	31	4	4	5
Roasted Sweet Potatoes + Hot Honey Mustard	☐	☐	113	340	152	16	1	0	0	570	24	2	11	2
Rosemary Focaccia	☑	☑	94	230	63	7	1	0	0	530	34	0	2	8
SG x Siete: Green Goddess Ranch Potato Chips	☑	☐	42	210	90	10	2	0	0	180	27	2	0	3
Siete Sea Salt Potato Chips	☑	☐	42	220	117	13	2	0	0	220	23	3	0	3
KIDS MEALS	**Vegan?**	**Contains Gluten**	**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	☐	☐	223	425	240	26	3	0	58	764	25	3	9	23
Mini Mezze	☐	☐	185	275	95	11	2	0	58	444	19	1	0	26
Ranchy Chicken + Rice	☐	☐	272	540	268	30	7	0	93	1,244	35	2	0	31
BEVERAGES	**Vegan?**	**Contains Gluten**	**Serving Size (oz)**	**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)**
Harney & Sons Organic Lemonade	☑	☐	16	80	0	0	0	0	0	0	20	0	20	0
Tree Top Apple Juice	☑	☐	8	110	0	0	0	0	0	10	28	0	27	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
OLIPOP Lemon Lime Soda	☑	☐	12	35	0	0	0	0	0	25	16	9	2	0
OLIPOP Vintage Cola	☑	☐	12	50	0	0	0	0	0	25	16	9	4	0
Spindrift Grapefruit	☑	☐	12	17	0	0	0	0	0	0	4	0	3	0
Spindrift Raspberry Lime	☑	☐	12	5	0	0	0	0	0	0	1	0	1	0
Ghia Le Spritz - Ginger	☑	☐	8	50	0	0	0	0	0	10	12	0	8	0
Organic Hibiscus Berry Tea	☑	☐	16	0	0	0	0	0	0	0	0	0	0	0
Organic Jasmine Green Tea	☑	☐	16	0	0	0	0	0	0	0	0	0	0	0
Open Water Sparkling Water	☑	☐	16	0	0	0	0	0	0	0	0	0	0	0
Open Water Still Water	☑	☐	16	0	0	0	0	0	0	0	0	0	0	0
Proud Source Sparkling Water	☑	☐	16	0	0	0	0	0	0	0	0	0	0	0
Proud Source Still Water	☑	☐	16	0	0	0	0	0	0	0	0	0	0	0
RETAIL	**Vegan?**	**Contains Gluten**	**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)**
Crispy Rice Treat	☐	☐	40	190	90	10	5	0	15	80	23	0	6	2
Hu Cashews + Vanilla Bean Hunks	☑	☐	2	190	126	14	8	0	0	100	14	3	7	3
Hu Salty Dark Chocolate Bar	☑	☐	1	170	108	12	5	0	0	75	10	2	4	4
Hot Stuff	☑	☐	12	10	0	0	0	0	0	160	2	0	1	0

CORE INGREDIENTS

BASES	Vegan?	Contains Gluten	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)
Baby Spinach	☑	☐	53	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	☑	☐	140	25	0	0	0	0	0	8	3	2	1	1
Herbed Quinoa	☑	☐	100	130	27	3	0	0	0	340	21	3	1	5
Shredded Kale	☑	☐	70	35	6	1	0	0	0	25	6	3	2	3
Spring Mix	☑	☐	70	15	0	0	0	0	0	0	0	0	0	0
White Rice	☑	☐	95	120	9	1	0	0	0	130	27	1	0	2
Wild Rice	☑	☐	95	155	18	2	0	0	0	150	31	2	0	3
PLUS 1 TOPPINGS	**Vegan?**	**Contains Gluten**	**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	☑	☐	32	20	0	0	0	0	0	0	4	1	3	0
Basil	☑	☐	7	0	0	0	0	0	0	0	0	0	0	0
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 Onions	☑	☑	6	40	23	3	2	0	0	30	3	0	0	0
Crispy Rice	☑	☐	26	80	14	2	0	0	0	260	14	0	1	2
Cucumbers	☑	☐	44	5	0	0	0	0	0	0	1	0	0	0
Nori Sesame Seasoning	☑	☐	2	5	0	0	0	0	0	35	0	0	0	1
Pickled Onions	☑	☐	38	20	0	0	0	0	0	257	5	0	4	0
Raw Carrots	☑	☐	23	10	0	0	0	0	0	15	2	1	1	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
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	**Vegan?**	**Contains Gluten**	**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)**
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
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
Shaved Parmesan	☐	☐	17	65	38	4	3	0	15	156	0	0	0	6
Veg Slaw	☐	☐	46	60	41	5	1	0	0	190	4	1	2	1
SUPER PREMIUM INGREDIENTS	**Vegan?**	**Contains Gluten**	**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 Chicken	☐	☐	80	110	40	5	1	0	60	360	1	1	0	15
Caramelized Garlic Steak	☐	☐	580	320	210	24	5	0	50	1,200	7	1	1	21
Miso Glazed Salmon	☐	☐	132	290	135	15	4	0	60	680	13	0	11	24
Miso Glazed Steelhead	☐	☐	132	200	72	8	2	0	65	470	9	0	7	24
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
Warm Portobello Mix	☑	☐	65	110	72	8	1	0	0	498	6	3	0	5
Warm Roasted Sweet Potatoes	☑	☐	72	85	22	2	0	0	0	220	15	2	2	2
DRESSINGS	**Vegan?**	**Contains Gluten**	**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 Vinaigrette	☐	☐	41	210	200	22	3	0	0	290	5	0	4	0
Balsamic Vinegar	☑	☐	15	15	0	0	0	0	0	0	3	0	2	0
Caesar	☐	☐	39	160	160	17	3	0	20	350	1	0	1	1
Crushed Red Pepper	☑	☐	1	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil	☑	☐	15	130	126	14	2	0	0	0	0	0	0	0
Green Goddess Ranch	☐	☐	35	170	160	18	2	0	10	360	1	0	0	1
Honey BBQ Sauce	☐	☐	30	40	0	0	0	0	0	225	4	0	8	0
Hot Honey Mustard	☐	☐	41	170	130	14	1	0	0	350	9	0	9	0
Lemon Squeeze	☑	☐	15	0	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Vinaigrette	☑	☐	37	140	120	14	2	0	0	60	4	0	0	0
Lime Squeeze	☑	☐	15	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger	☑	☐	36	190	180	20	3	0	0	390	2	0	2	1
Pesto Vinaigrette	☑	☐	39	110	70	9	1	0	0	160	0	0	0	0
Red Wine Vinaigrette	☑	☐	39	180	170	19	2	0	0	430	2	0	2	0
Spicy Cashew	☑	☐	45	170	140	15	1	0	0	370	4	1	4	3
Sweetgreen Hot Sauce	☑	☐	56	20	0	0	0	0	0	340	4	2	2	2
Umami Seasoning	☑	☐	0	0	0	0	0	0	0	65	0	0	0	0

ALLERGEN DETAIL

Menu + Ingredients

At sweetgreen we use all major allergens in our kitchens, so we cannot guarantee that our food is completely free of any allergen. If you have a severe allergy, we recommend not ordering from our restaurant. ***If you do order in store, before placing your order, please inform your server if you or anyone in your party has a food allergy.***

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY	SESAME
SALADS	BBQ CHICKEN SALAD		green goddess ranch					green goddess ranch	tortilla chips	
	GUACAMOLE GREENS								tortilla chips	
	HUMMUS CRUNCH SALAD	za'atar breadcrumbs							za'atar breadcrumbs	za'atar breadcrumbs, hummus
	KALE CAESAR (chicken)		shaved parm, parm crisps, caesar	caesar				caesar		
	KALE CAESAR (steak)		shaved parm, parm crisps, caesar	caesar				caesar		
BOWLS	CHICKEN AVOCADO RANCH		green goddess ranch					green goddess ranch	tortilla chips	
	CHICKEN PESTO PARM	za'atar breadcrumbs	shaved parmesan						za'atar breadcrumbs	za'atar breadcrumbs
	CRISPY RICE BOWL					spicy cashew				spicy cashew
	HARVEST BOWL		goat cheese			almonds				
	SHROOMAMI					almonds			miso sesame ginger, tofu	miso sesame ginger
	STEAKHOUSE CHOPPED	crispy onions	blue cheese					green goddess ranch		
PROTEIN PLATES	CARAMELIZED GARLIC STEAK									
	HOT HONEY CHICKEN	crispy onions						veg slaw		
	MISO GLAZED SALMON	crispy onions		miso glazed salmon		spicy cashew			miso glazed salmon	nori sesame seasoning, spicy cashew
	MISO GLAZED STEELHEAD (SEA ONLY)	crispy onions		miso glazed steelhead		spicy cashew			miso glazed steelhead	nori sesame seasoning, spicy cashew
ONLINE EXCLUSIVES	BUFFALO CHICKEN BOWL	za'atar breadcrumbs	blue cheese, caesar	caesar				caesar	za'atar breadcrumbs	za'atar breadcrumbs
	GARDEN COBB		blue cheese			almonds		egg		
	FISH TACO			miso glazed salmon					tortilla chips, miso glazed salmon	
	FISH TACO (STEELHEAD) (SEA ONLY)			miso glazed steelhead					tortilla chips, miso glazed steelhead	
	SUPER GREEN GODDESS		green goddess ranch			almonds		green goddess ranch		
KID'S MEALS	LITTLE HARVEST									
	MINI MEZZE								tortilla chips	hummus
	RANCHY CHICKEN + RICE		parm crisps, green goddess ranch					green goddess ranch		
SIDES	HUMMUS + FOCACCIA SIDE	focaccia bread								hummus
	ROSEMARY FOCACCIA	X								
	ROASTED SWEET POTATOES + HOT HONEY MUSTARD									
	ROASTED SWEET POTATOES + GREEN GODDESS RANCH		green goddess ranch					green goddess ranch		
DESSERTS + RETAIL	CRISPY RICE TREAT		X			X				
	HU CASHEWS + VANILLA BEAN HUNKS*					X				
	HU SALTY DARK CHOCOLATE BAR*					X				
	SG X SIETE: GREEN GODDESS RANCH POTATO CHIPS									
	SIETE SEA SALT POTATO CHIPS									

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY	SESAME
BASES	BABY SPINACH									
	CHOPPED ROMAINE									
	HERBED QUINOA									
	SHREDDED KALE									
	SPRING MIX									
	WILD RICE									
	WHITE RICE									
TOPPINGS	ALMONDS					X				
	APPLES									
	AVOCADO									
	BASIL									
	BLACKENED CHICKEN									
	BLUE CHEESE		X							
	BREAD	X								
	CARAMELIZED GARLIC STEAK									
	CHICKPEAS									
	CILANTRO									
	CRISPY ONIONS	X								
	CRISPY RICE									
	CUCUMBER									
	GOAT CHEESE		X							
	HARD BOILED EGGS							X		
	HUMMUS									X
	MISO GLAZED SALMON			X					X	
	MISO GLAZED STEELHEAD (SEA ONLY)			X					X	
	NORI SESAME SEASONING									X
	PARMESAN CRISP		X							
	PICKLED ONIONS									
	RAW CARROTS									
	ROASTED CHICKEN									
	ROASTED SWEET POTATOES									

	ROASTED TOFU								X	
	SHAVED PARMESAN		X							
	SHREDDED CABBAGE									
	SPICY BROCCOLI									
	TOMATOES									
	TORTILLA CHIPS**								X	
	UMAMI SEASONING									
	VEG SLAW							X		
	WARM PORTOBELLO MIX									
	WARM ROASTED SWEET POTATOES									
	ZA'ATAR BREAD CRUMBS	X							X	X
DRESSINGS, SAUCES, + FINISHES	BALSAMIC VINAIGRETTE									
	BALSAMIC VINEGAR									
	CAESAR		X	X				X		
	CRUSHED RED PEPPER									
	EXTRA VIRGIN OLIVE OIL									
	GREEN GODDESS RANCH		X					X		
	HONEY BBQ SAUCE									
	HOT HONEY SAUCE									
	LEMON SQUEEZE									
	LIME CILANTRO JALAPENO VINAIGRETTE									
	LIME SQUEEZE									
	MISO SESAME GINGER								X	X
	PESTO VINAIGRETTE									
	RED WINE VINAIGRETTE									
	SPICY CASHEW					X				X
	SWEETGREEN HOT SAUCE									

* Hu Products contain coconut. May contain traces of almond, cashew, & hazelnut. Product is certified Gluten-Free. Allergen cleans made prior to production, but beware that product is produced using equipment that also processes tree nuts, soy, peanuts, milk & wheat.

** Tortilla chips (depending on store location) may contain one or more of the following: corn, sunflower, soybean, canola, cottonseed, or rice bran.