

Nutritional Overview Menu + Ingredients												
Signature Salads	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)
Guacamole Greens	427	515	279	31	5	0	58	334	27	14	3	27
Kale Caesar	319	405	216	24	8	0	93	1244	13	5	3	35
BBQ Chicken Salad	381	480	225	25	6	0	109	904	31	9	15	27
Italian Chopped	365	390	248	28	6	0	25	1919	20	6	4	17
Hummus Crunch Salad	421	380	189	21	2	0	0	1041	38	7	4	13
Signature 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)
Harvest Bowl	362	685	288	32	8	0	73	1090	62	9	15	37
Chicken Pesto Parm	395	495	189	21	3	0	58	1410	41	8	4	36
Shroomami	398	600	315	35	4	0	0	1118	49	11	5	21
Crispy Rice Bowl	405	600	230	26	4	0	99	979	61	9	7	31
Chicken Avocado Ranch	450	695	351	39	9	0	109	1036	58	15	8	29
Signature Plates	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	498	855	355	39	6	0	170	2090	73	9	11	49
Southwest Chicken Fajita	534	830	302	34	6	0	180	1455	83	9	6	47
Miso Glazed Salmon	529	860	374	42	10	0	60	1272	88	12	17	33
Miso Glazed Steelhead	529	770	311	35	7	0	65	1272	84	12	13	33
Online Exclusives	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
Buffalo Chicken	413	500	243	27	9	0	134	1677	30	9	9	36
Fish Taco	471	805	432	48	9	0	60	1080	58	16	15	35
Fish Taco (Steelhead) (Sea Only)	471	715	369	41	7	0	65	1080	54	16	11	35
Super Green Goddess	303	415	221	25	4	0	10	1046	37	10	12	11
Elothe Bowl	375	515	261	29	7	0	15	770	48	8	7	17
BBQ Salmon	485	790	233	26	5	0	60	1615	99	8	24	33
BBQ Steelhead (Sea Only)	485	700	170	19	2	0	65	1405	95	8	20	33
Signature Sides	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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	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	267	515	243	27	8	0	93	1184	35	2	0	31
Little Harvest	209	360	166	18	2	0	58	684	26	3	8	23
Mini Mezze	185	275	95	11	2	0	58	444	19	1	0	26
Beverages	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)
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 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	11.5	50	0	0	0	0	0	0	12	0	12	0
Health-Ade Kombucha PassionFR	11.5	50	0	0	0	0	0	0	12	0	11	0
Mother Kombucha Hopped Passi	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
Tree Top Apple Juice	8	110	0	0	0	0	0	0	28	0	27	0
Harney & Sons Organic Lemonade	16	80	0	0	0	0	0	0	20	0	20	0
Retail	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 Salty Dark Chocolate Bar	60	380	252	28	16	0	0	200	28	6	14	6
HU Cashews + Vanilla Bean Hunk	28	170	108	12	5	0	0	75	10	2	4	4
SG X Siete: Green Goddess Ranch	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 *	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	9	1	0	0	15	2	1	1	1	
Baby Spinach	53	15	0	0	0	0	40	2	1	0	1	
Chopped Romaine	75	15	0	0	0	0	5	2	2	1	1	
Shredded Kale	43	20	0	0	0	0	15	4	2	1	2	
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	
Herbed Quinoa	100	130	27	3	0	0	340	21	3	1	5	
Wild Rice	95	155	18	2	0	0	150	31	2	0	3	
White Rice	95	120	9	1	0	0	130	27	1	0	2	
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	4	1	3	0	
Basil	7	0	0	0	0	0	0	0	0	0	0	
Black Beans	54	70	0	0	0	0	135	13	5	0	5	
Chickpeas	43	45	14	2	0	0	250	7	0	0	2	
Cilantro	5	0	0	0	0	0	0	0	0	0	0	
Crispy Rice	26	80	14	2	0	0	260	14	0	1	2	
Crispy Onions	6	40	23	3	2	0	30	3	0	0	0	
Cucumbers	44	5	0	0	0	0	0	1	0	0	0	
Nori Sesame Seasoning	2	5	0	0	0	0	35	0	0	0	1	
Olives	39	40	36	4	0	0	250	2	0	0	0	
Pickled Onions	38	20	0	0	0	0	257	5	0	4	0	
Raw Carrots	23	10	0	0	0	0	15	2	1	1	0	
Raw Pecans	14	90	81	9	1	0	0	1	1	0	1	
Red Onions	7	5	0	0	0	0	0	1	0	0	0	
Roasted Almonds	14	80	54	6	1	0	0	3	2	1	3	
Roasted Sweet Potatoes	39	65	9	1	0	0	301	13	2	7	1	
Shredded Cabbage	25	10	0	0	0	0	5	2	1	1	0	
Spicy Broccoli	33	25	9	1	0	0	120	3	1	1	1	
Spicy Banana Peppers	34	5	0	0	0	0	729	1	1	0	0	
Tomatoes	46	10	0	0	0	0	10	2	1	1	1	
Tortilla Chips	16	80	36	4	1	0	10	10	1	0	1	
Za'atar Breadcrumbs	15	65	18	2	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	8	9	0	3	
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	
Blue Cheese	30	110	81	9	6	0	25	340	1	0	6	
Goat Cheese	34	90	63	7	5	0	15	160	0	0	7	
Hard Boiled Egg	50	70	45	5	2	0	190	70	1	0	7	
Herb Roasted Chicken	144	290	126	14	3	0	170	730	2	0	1	
Hummus	47	80	41	5	1	0	180	7	0	0	4	
Miso Glazed Salmon	132	290	135	15	4	0	60	490	13	0	11	
Miso Glazed Steelhead	132	200	72	8	2	0	65	490	9	0	7	
Parmesan Crisps	20	100	72	8	5	0	25	480	1	0	6	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	
Roasted Tofu	75	100	63	7	1	0	0	250	2	1	0	
Roasted Corn + Fajita Veg	71	70	18	2	0	0	180	11	1	3	2	
Salami	31	100	63	7	3	0	25	430	0	0	8	
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	3	
Warm Portobello Mix	65	110	72	8	1	0	0	498	6	3	0	
Warm Roasted Sweet Potatoes	72	85	22	2	0	0	220	15	2	2	2	
Veg Slaw	46	60	41	5	1	0	0	190	4	1	2	
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	3	0	2	0	
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	
Caesar	30	100	90	10	1	0	10	330	2	0	1	
Chipotle Crema	20	40	32	4	2	0	10	30	1	0	1	
Crushed Red Pepper	1	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	
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	1	
Honey BBQ Sauce	30	40	0	0	0	0	225	4	0	8	0	
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	
Lemon Squeeze	15	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	
Lime Squeeze	15	5	0	0	0	0	0	1	0	0	0	
Miso Sesame Ginger	30	120	108	12	1	0	0	200	0	0	2	
Pesto Vinaigrette	30	85	81	9	1	0	0	125	1	0	0	
Red Wine Vinaigrette	30	140	135	15	2	0	0	330	2	0	1	
Spicy Cashew	30	100	81	9	1	0	0	200	4	1	2	
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	
Umami Seasoning	0	0	0	0	0	0	0	65	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	
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	

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	30	100	90	10	1	0	10	330	2	0	0	1
GUACAMOLE GREENS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	427	515	279	31	5	0	58	334	27	14	3	27
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
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
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	108	12	1	0	0	50	0	0	0	0
BBQ CHICKEN SALAD	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	381	480	225	25	6	0	109	904	31	9	15	27
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
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
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Tortilla Chips	16	80	36	4	1	0	0	10	10	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
Honey BBQ Sauce	30	40	0	0	0	0	0	225	4	0	8	0
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
ITALIAN CHOPPED	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)
	365	390	248	28	6	0	25	1919	20	6	4	17
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
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
Cucumbers	44	5	0	0	0	0	0	0	1	0	0	0
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	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
Red Wine Vinaigrette	30	140	135	15	2	0	0	330	2	0	1	0
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)
	421	380	189	21	2	0	0	1041	38	7	4	13
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	44	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
HARVEST BOWL	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	362	685	288	32	8	0	73	1090	62	9	15	37
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
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
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
CHICKEN PESTO PARM	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	395	495	189	21	3	0	58	1410	41	8	4	36
Roasted Chicken	78	110	18	2	0	0	58	254	1	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	2	1	1	1
Shaved Parmesan	12	45	36	4	2	0	0	150	0	0	0	3
Za'atar Breadcrumbs	15	65	18	2	0	0	0	201	9	1	0	3
Herbed Quinoa	100	130	27	3	0	0	0	340	21	3	1	5
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	81	9	1	0	0	125	1	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)
SHROOMAMI	398	600	315	35	4	0	0	1118	49	11	5	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
Cucumbers	44	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
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
Miso Sesame Ginger	30	120	108	12	1	0	0	200	0	0	2	1
	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 BOWL	405	600	230	26	4	0	99	979	61	9	7	31
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	44	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
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	30	100	81	9	1	0	0	200	4	1	2	1
	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	450	695	351	39	9	0	109	1036	58	15	8	29
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Pickled Onions	38	20	0	0	0	0	0	257	5	0	4	0
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
White Rice	95	120	9	1	0	0	0	130	27	1	0	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
	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	498	855	355	39	6	0	170	2090	73	9	11	49
Herb Roasted Chicken	144	290	126	14	3	0	170	730	2	0	1	36
Warm Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Veg Slaw	46	60	41	5	1	0	0	190	4	1	2	1
Crispy Onions	6	40	23	3	2	0	0	30	3	0	0	0
Herbed Quinoa	100	130	27	3	0	0	0	340	21	3	1	5
Herbed Quinoa	100	130	27	3	0	0	0	340	21	3	1	5
Hot Honey Mustard Sauce	30	120	90	10	1	0	0	240	7	0	4	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)
SOUTHWEST CHICKEN FAJITA	534	830	302	34	6	0	180	1455	83	9	6	47
Herb Roasted Chicken	144	290	126	14	3	0	170	730	2	0	1	36
Roasted Corn + Fajita Veg	71	70	18	2	0	0	0	180	11	1	3	2
Black Beans	54	70	0	0	0	0	0	135	13	5	0	5
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
White Rice	95	120	9	1	0	0	0	130	27	1	0	2
White Rice	95	120	9	1	0	0	0	130	27	1	0	2
Umami Seasoning	0	0	0	0	0	0	0	65	0	0	0	0
Chipotle Crema	20	40	32	4	2	0	10	30	1	0	1	0
Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	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)
MISO GLAZED SALMON	529	860	374	42	10	0	60	1272	88	12	17	33
Miso Glazed Salmon	132	290	135	15	4	0	60	490	13	0	11	24
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Cucumbers	44	5	0	0	0	0	0	0	1	0	0	0
Pickled Onions	38	20	0	0	0	0	0	257	5	0	4	0
Crispy Onions	6	40	23	3	2	0	0	30	3	0	0	0
White Rice	95	120	9	1	0	0	0	130	27	1	0	2
White Rice	95	120	9	1	0	0	0	130	27	1	0	2
Nori Sesame Seasoning	2	5	0	0	0	0	0	35	0	0	0	1
Spicy Cashew	30	100	81	9	1	0	0	200	4	1	2	1
	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 GLAZED STEELHEAD	529	770	311	35	7	0	65	1272	84	12	13	33
Miso Glazed Steelhead	132	200	72	8	2	0	65	490	9	0	7	24
Avocado	87	160	117	13	3	0	0	0	8	9	0	3
Cucumbers	44	5	0	0	0	0	0	0	1	0	0	0
Pickled Onions	38	20	0	0	0	0	0	257	5	0	4	0
Crispy Onions	6	40	23	3	2	0	0	30	3	0	0	0
White Rice	95	120	9	1	0	0	0	130	27	1	0	2
White Rice	95	120	9	1	0	0	0	130	27	1	0	2

Nori Sesame Seasoning	2	5	0	0	0	0	0	35	0	0	0	1
Spicy Cashew	30	100	81	9	1	0	0	200	4	1	2	1
	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	267	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	44	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
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
	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	209	360	166	18	2	0	58	684	26	3	8	23
Roasted Chicken	78	110	18	2	0	0	58	254	1	0	0	21
Warm 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
Balsamic Vinaigrette	30	150	126	14	2	0	0	210	6	0	3	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)
MINI MEZZE	185	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	44	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
	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 +	174	315	179	20	3	0	10	739	30	5	5	5
Warm Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Warm 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
	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	174	290	134	15	1	0	0	679	36	5	9	4
Warm Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Warm 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
	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
	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												
	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
	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	413	500	243	27	9	0	134	1677	30	9	9	36
Blackened Chicken	80	140	54	6	2	0	99	334	1	1	0	21
Pickled Onions	38	20	0	0	0	0	0	257	5	0	4	0
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
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	3
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	30	100	90	10	1	0	10	330	2	0	0	1
	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	471	805	432	48	9	0	60	1080	58	16	15	35
Miso Glazed Salmon	132	290	135	15	4	0	60	490	13	4	11	24
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
Herbed Quinoa	100	130	27	3	0	0	0	340	21	3	1	5
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

	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) (SEA ONLY)	471	715	369	41	7	0	65	1080	54	16	11	35
Miso Glazed Steelhead	132	200	72	8	2	0	65	490	9	0	7	24
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
Herbed Quinoa	100	130	27	3	0	0	0	340	21	3	1	5
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
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)
	303	415	221	25	4	0	10	1046	37	10	12	11
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Roasted Sweet Potatoes	39	65	9	1	0	0	0	301	13	2	7	1
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Spicy Broccoli	33	25	9	1	0	0	0	120	3	1	1	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	80	54	6	1	0	0	0	3	2	1	3
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Shredded Kale	43	20	0	0	0	0	0	15	4	2	1	2
Green Goddess Ranch	30	145	135	15	3	0	10	300	1	0	0	1
ELOTE 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)
	375	515	261	29	7	0	15	770	48	8	7	17
Roasted Corn + Fajita Veg	71	70	18	2	0	0	0	180	11	1	3	2
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Tomatoes	46	10	0	0	0	0	0	10	2	1	1	1
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	7
Tortilla Chips	16	80	36	4	1	0	0	10	10	1	0	1
Herbed Quinoa	100	130	27	3	0	0	0	340	21	3	1	5
Arugula	48	15	9	1	0	0	0	15	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	30	110	108	12	1	0	0	50	0	0	0	0
BBQ 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)
	485	790	233	26	5	0	60	1615	99	8	24	33
Miso Glazed Salmon	132	290	135	15	4	0	60	680	13	0	11	24
Warm Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Veg Slaw	46	60	41	5	1	0	0	190	4	1	2	1
Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Honey BBQ Sauce	30	40	0	0	0	0	0	225	4	0	8	0
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
BBQ STEELHEAD (SEA ONLY)	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)
	485	700	170	19	2	0	65	1405	95	8	20	33
Miso Glazed Steelhead	132	200	72	8	2	0	65	470	9	0	7	24
Warm Roasted Sweet Potatoes	72	85	22	2	0	0	0	220	15	2	2	2
Veg Slaw	46	60	41	5	1	0	0	190	4	1	2	1
Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Wild Rice	95	155	18	2	0	0	0	150	31	2	0	3
Honey BBQ Sauce	30	40	0	0	0	0	0	225	4	0	8	0
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0

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 shaved parmesan, salami					green goddess ranch	tortilla chips		
	ITALIAN CHOPPED										
	HUMMUS CRUNCH SALAD	za'atar breadcrumbs							za'atar breadcrumbs	za'atar breadcrumbs, hummus	
	GUACAMOLE GREENS								tortilla chips		
BOWLS	KALE CAESAR		shaved parm, parm crisps, caesar	caesar				caesar			
	CHICKEN PESTO PARM	za'atar breadcrumbs	shaved parmesan						za'atar breadcrumbs	za'atar breadcrumbs	
	SHROOMAMI								miso sesame ginger, tofu	miso sesame ginger	
	HARVEST BOWL		goat cheese			almonds					
PROTEIN PLATES	CRISPY RICE BOWL					almonds/pecans					
	CHICKEN AVOCADO RANCH		green goddess ranch			spicy cashew, crispy rice				spicy cashew	
	HOT HONEY CHICKEN	crispy onions						green goddess ranch	tortilla chips		
	SOUTHWEST CHICKEN FAJITA		chipotle crema					veg slaw			
ONLINE EXCLUSIVES	MISO GLAZED STEELHEAD (SEA ONLY)	crispy onions		miso glazed steelhead					miso glazed steelhead	nori sesame seasoning, spicy cashew	
	MISO GLAZED SALMON	crispy onions		miso glazed salmon					miso glazed salmon	nori sesame seasoning, spicy cashew	
	ELOTE BOWL		goat cheese						tortilla chips		
	SUPER GREEN GODDESS		green goddess ranch			almonds		green goddess ranch			
LIMITED TIME OFFERINGS	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		
	BUFFALO CHICKEN BOWL	za'atar breadcrumbs	blue cheese, caesar	caesar					za'atar breadcrumbs	za'atar breadcrumbs	
KID'S MEALS	BBQ SALMON			miso glazed salmon				veg slaw			
	BBQ STEELHEAD (SEA ONLY)			miso glazed steelhead				veg slaw			
	RANCHY CHICKEN + RICE		parm crisps, green goddess ranch					green goddess ranch			
SIDES	LITTLE HARVEST										
	MINI MEZZE								tortilla chips	hummus	
	ROSEMARY FOCACCIA		x								
DESSERTS + RETAIL	HUMMUS + FOCACCIA SIDE		focaccia bread							hummus	
	ROASTED SWEET POTATOES + HOT HONEY MUSTARD										
	ROASTED SWEET POTATOES + GREEN GODDESS RANCH		green goddess ranch					green goddess ranch			
	SIETE SEA SALT POTATO CHIPS										
CATEGORIES	SG X SIETE: GREEN GODDESS RANCH POTATO CHIPS										
	CRISPY RICE TREAT		x			x					
	HU SALTY DARK CHOCOLATE BAR*					x					
	HU CASHEWS + VANILLA BEAN HUNKS*					x					
CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY	SESAME	
BASES	ARUGULA										
	BABY SPINACH										
	CHOPPED ROMAINE										
	HERBED QUINOA										
	SHREDDED KALE										
	SPRING MIX										
	WILD RICE										
	WHITE RICE										
	ALMONDS						x				
	APPLES										
	AVOCADO										
	BASIL										
	TOPPINGS	BLACK BEANS									
BLACKENED CHICKEN											
BLUE CHEESE			x								
BREAD		x									
CHICKPEAS											
CILANTRO											
CUCUMBER											
CRISPY ONIONS		x									
CRISPY RICE							x				
GOAT CHEESE				x							
HARD BOILED EGGS								x			
HERB ROASTED CHICKEN											
HUMMUS											
MISO GLAZED SALMON					x					x	
MISO GLAZED STEELHEAD (SEA ONLY)					x					x	
NORI SESAME SEASONING											x
OLIVES											
PARMESAN CRISP				x							
PECANS (TX)							x				
PICKLED ONIONS											
RAW CARROTS											
RED ONIONS											
ROASTED CORN + FAJITA VEG											
ROASTED CHICKEN											
ROASTED TOFU										x	
ROASTED SWEET POTATOES											
SALAMI				x							
SHAVED PARMESAN				x							
SHREDDED CABBAGE											
SPICY BANANA PEPPERS											
SPICY BROCCOLI											
SUNFLOWER SEEDS											
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			
	CHIPOTLE CREMA			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.

CHEESE INFORMATION

*All cheese sold in the United States must be made from either pasteurized milk or aged for 60 days.
Both processes serve to kill harmful bacteria.*

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

*All Goat Cheese is pasteurized

**All Blue Cheese is pasteurized

JANUARY 2024 FLEET INGREDIENTS

MENU ITEMS MAY BE SUBJECT TO STORE AVAILABILITY.
V = VEGAN

DRESSING, SAUCE & SEASONING INGREDIENTS

<p>BALSAMIC VINAIGRETTE SUNFLOWER OIL BALSAMIC VINEGAR HONEY DIJON MUSTARD SALT CRACKED BLACK PEPPER</p> <p>LIME CILANTRO JALAPEÑO VINAIGRETTE (V) SUNFLOWER OIL LIME JUICE WHITE WINE VINEGAR CILANTRO JALAPEÑO UMAMI SEASONING GARLIC CUMIN</p> <p>SPICY CASHEW (V) CASHEWS SUNFLOWER OIL MAPLE SYRUP LIME JUICE WATER RICE VINEGAR CILANTRO GARLIC SESAME OIL GINGER UMAMI SEASONING CRUSHED RED PEPPER</p>	<p>CAESAR YOGURT WATER LEMON JUICE ANCHOVIES PARMESAN CHEESE EGG YOLK APPLE CIDER VINEGAR CITRUS FLOUR DISTILLED VINEGAR ROSEMARY EXTRACT GARLIC SALT MUSTARD FLOUR BLACK PEPPER</p> <p>SWEETGREEN HOT SAUCE (V)* WATER JALAPENO PEPPERS RED CHILI PEPPERS ONION APPLE CIDER VINEGAR RED BELL PEPPER CARROTS TOMATO PASTE GARLIC NUTRITIONAL YEAST SEA SALT DRIED GARLIC DRIED ONIONS CHIPOTLE POWDER ASCORBIC ACID</p>	<p>CHIPOTLE CREMA SOUR CREAM LIME JUICE CHIPOTLE POWDER MAPLE SYRUP SWEETGREEN HOT SAUCE KOSHER SALT</p> <p>PESTO VINAIGRETTE (V) SUNFLOWER OIL EXTRA VIRGIN OLIVE OIL APPLE CIDER VINEGAR BASIL GARLIC UMAMI SEASONING</p> <p>RED WINE VINAIGRETTE (V) RED WINE VINEGAR DIJON MUSTARD MAPLE SYRUP LEMON JUICE SALT CRACKED BLACK PEPPER EXTRA VIRGIN OLIVE OIL AVOCADO OIL</p> <p>UMAMI SEASONING (V) GRANULATED ONION GRANULATED GARLIC PAPRIKA CUMIN POWDER CAYENNE POWDER NUTRITIONAL YEAST KOSHER SALT</p>	<p>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</p> <p>MISO SESAME GINGER (V) SUNFLOWER OIL WHITE MISO PASTE RICE VINEGAR TAMARI GINGER GARLIC MAPLE SYRUP WATER UMAMI SEASONING SESAME OIL CRUSHED RED PEPPER</p> <p>BLACKENED SEASONING (V) SALT CHILI POWDER CORIANDER CUMIN CRUSHED RED PEPPER BLACK PEPPER</p>	<p>HOT HONEY MUSTARD SAUCE SUNFLOWER OIL APPLE CIDER VINEGAR HONEY DIJON MUSTARD UMAMI SEASONING CRUSHED RED PEPPER</p> <p>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</p>
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*Hot Stuff, our retail hot sauce dressing, has slightly different ingredients. See below for ingredient list.

TOPPINGS, PROTEINS, AND BASE INGREDIENTS

<p>BLACK BEANS (V) BLACK BEANS LIME JUICE BLACKENED SEASONING</p> <p>CRISPY ONIONS (V) ALL LOCATIONS EXCL. CO, FL, ATL ONION SUNFLOWER OIL</p> <p>CRISPY ONIONS (V) CO, FL, ATL ONION PALM OIL WHEAT FLOUR SALT</p> <p>PICKLED RED ONIONS (V) NY, NJ, CT, BOS, MIDWEST, DMV, PHL RED ONIONS WATER VINEGAR SALT CALCIUM CHLORIDE</p> <p>PICKLED RED ONIONS (V) CA, TX, CO, FL, ATL RED ONIONS WATER NON-GMO DISTILLED WHITE VINEGAR CANE SUGAR SALT GARLIC MUSTARD SEED CHILI FLAKE DILL</p> <p>WARM PORTOBELLO MIX (V) PORTOBELLO MUSHROOMS BUTTON MUSHROOMS EXTRA VIRGIN OLIVE OIL UMAMI SEASONING</p> <p>OLIVES (V) GREEN OLIVES WATER SEA SALT CITRIC ACID</p>	<p>BLACKENED CHICKEN CHICKEN THIGHS EXTRA VIRGIN OLIVE OIL BALSAMIC VINEGAR CHILI POWDER CRACKED BLACK PEPPER CUMIN CORIANDER CRUSHED RED PEPPER CRACKED BLACK PEPPER UMAMI SEASONING</p> <p>HERB ROASTED CHICKEN CHICKEN THIGHS CRACKED BLACK PEPPER UMAMI SEASONING EXTRA VIRGIN OLIVE OIL BALSAMIC VINEGAR DRIED PARSLEY</p> <p>ROASTED CHICKEN CHICKEN TENDERS UMAMI SEASONING EXTRA VIRGIN OLIVE OIL</p> <p>ROASTED TOFU (V) TOFU EXTRA VIRGIN OLIVE OIL BLACKENING SPICE</p> <p>WHITE RICE (V) WHITE RICE SALT WATER EXTRA VIRGIN OLIVE OIL WHITE WINE VINEGAR</p> <p>SPICY BROCCOLI (V) BROCCOLI KALE STEMS EXTRA VIRGIN OLIVE OIL UMAMI SEASONING CRUSHED RED PEPPER</p> <p>PARMESAN CRISPS PASTEURIZED SKIM COW'S MILK CHEESE CULTURES RENNET SALT CRACKED BLACK PEPPER</p>	<p>HERBED QUINOA (V) WHITE QUINOA WATER UMAMI SEASONING EXTRA VIRGIN OLIVE OIL WHITE WINE VINEGAR DRIED PARSLEY</p> <p>ROASTED CORN + FAJITA (V) CORN YELLOW ONION BELL PEPPERS UMAMI SEASONING EXTRA VIRGIN OLIVE OIL</p> <p>SALAMI - SOPPRESSATA PORK SEA SALT TURBINADO SUGAR CULTURED CELERY JUICE POWDER NATURAL FLAVORING WINE GARLIC LACTIC ACID STARTER CULTURE</p> <p>HUMMUS (V) DMV, PHL, CHI, DET, IND, MSP, CA, TX CHICKPEAS TAHINI LEMON JUICE GARLIC EXTRA VIRGIN OLIVE OIL SALT PEPPER</p> <p>HUMMUS (V) BOS, NYM, ATL, MIA, TPA DEN CHICKPEAS WATER TAHINI CANOLA OIL NATURAL FLAVORS SEA SALT DRIED ROASTED GARLIC CITRIC ACID SPICES</p>	<p>CHICKPEAS (V) CHICKPEAS SUNFLOWER OIL UMAMI SEASONING</p> <p>HOT ROASTED SWEET POTATOES (V) SWEET POTATOES EXTRA VIRGIN OLIVE OIL UMAMI SEASONING</p> <p>MISO GLAZED SALMON SALMON TAMARI MAPLE SYRUP MISO BLACKENED SEASONING</p> <p>ROASTED SWEET POTATOES (V) SWEET POTATOES UMAMI SEASONING EXTRA VIRGIN OLIVE OIL</p> <p>SPICY BANANA PEPPERS (V) DMV, BOS, NYM, PHL ORGANIC BANANA PEPPERS ORGANIC KOSHER WINE VINEGAR WATER SEA SALT</p> <p>SPICY BANANA PEPPERS (V) MIDWEST, CA, FL, ATL, TEXAS BANANA PEPPERS WATER SALT ACETIC ACID CITRIC ACID CALCIUM CHLORIDE SODIUM BENZOATE SODIUM BISULFITE CAPSICUM OLEORESIN YELLOW #5</p> <p>WILD RICE (V) WILD RICE BLEND WATER EXTRA VIRGIN OLIVE OIL WHITE WINE VINEGAR KOSHER SALT</p>	<p>CRISPY RICE (V) CRISP RICE CRISP SORGHUM GARLIC POWDER CHILI POWDER APPLE SAUCE UMAMI SEASONING CANOLA OIL ASCORBIC ACID CITRIC ACID</p> <p>NORI FURIKAKE (V) ALL LOCATIONS EXCL. CA TOASTED SESAME SEEDS SALT NORI</p> <p>NORI FURIKAKE (V) ALL CA STORES WHITE SESAME SEEDS BLACK SESAME SEEDS SEAWEED SUGAR SALT YEAST EXTRACT</p> <p>VEG SLAW CABBAGE CARROTS MAYONNAISE HOT HONEY MUSTARD SAUCE LIME JUICE APPLE CIDER VINEGAR DIJON MUSTARD UMAMI SEASONING DRIED PARSLEY</p> <p>ZA'ATAR BREADCRUMBS * (V) WHOLE WHEAT BREAD FOCACCIA BREAD EXTRA VIRGIN OLIVE OIL UMAMI SEASONING OREGANO THYME SESAME SEEDS SUMAC HYSSOP SALT SOYBEAN OIL CITRIC ACID</p>
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TORTILLA CHIP INGREDIENTS (V)

Zack's Mighty
BOS, NYC, DMV, PHL, LA, NCAL
 ORGANIC STONE GROUND YELLOW CORN
 ORGANIC EXPPELLER PRESSED CANOLA OIL
 SEA SALT
 LIME

Garden of Eatin'
CHI, IND, DET, MSP, ATL, MIA
 ORGANIC YELLOW CORN
 EXPPELLER 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, Spicy Cashew, Red Wine Vinaigrette, Chipotle Crema and Miso Glazed Salmon
 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, Hot Honey Mustard Sauce, Honey BBQ Sauce and Veg Slaw