

BAY AREA MENU

seasonal items in green ⊕ contains gluten ⊕ vegan

Before placing your order, please inform your server if a person in your party has a food allergy.

SEASONALS

FALAFEL + FETA

broccoli leaf, chopped romaine, roasted beets, spicy broccoli, parsley, mint, local feta, baked falafel, lemon garlic chili vinaigrette

460 cal **\$9**

SPRING CHICKEN

organic mesclun, shredded kale, roasted zucchini + yellow squash + asparagus, basil, shredded carrots, parmesan crisps, roasted chicken, pesto vinaigrette

480 cal **\$11.25**

UMAMI GRAIN BOWL ⊕ ⊕

organic quinoa + farro, swiss chard, pea shoots, red onion, spicy sunflower seeds, roasted sesame tofu, roasted portobello mushrooms, miso ginger sesame dressing

615 cal **\$10.25**

GREENS

KALE CAESAR

shredded kale, chopped romaine, tomatoes, shaved parmesan, parmesan crisps, roasted chicken, fresh lime squeeze, caesar dressing

430 cal **\$9.75**

OMG OMEGA

organic arugula, organic baby spinach, cucumbers, tomatoes, basil, avocado, nori furikake, roasted steelhead, miso sesame ginger dressing

550 cal **\$13.25**

GUACAMOLE GREENS

organic mesclun, tomatoes, red onion, tortilla chips, avocado, roasted chicken, fresh lime squeeze, lime cilantro jalapeño vinaigrette

540 cal **\$10.75**

HUMMUS TAHINA ⊕

shredded kale, chopped romaine, tomatoes, red onion, cucumbers, pita chips, local feta, housemade hummus, baked falafel, cucumber tahini yogurt dressing

600 cal **\$11.50**

RAD THAI

organic arugula, organic mesclun, bean sprouts, carrots, shredded cabbage, basil, cucumbers, spicy sunflower seeds, citrus shrimp, spicy cashew dressing

385 cal **\$12**

SPICY SABZI ⊕

organic baby spinach, shredded kale, spicy quinoa, spicy broccoli, carrots, bean sprouts, raw beets, basil, roasted sesame tofu, dried chiles, carrot chili vinaigrette

410 cal **\$9.50**

GRAINS

HELLO PORTOBELLO ⊕

organic wild rice, shredded kale, raw beets, basil, bean sprouts, spicy sunflower seeds, roasted portobello mushrooms, miso sesame ginger dressing

510 cal **\$10.25**

EARTH BOWL ⊕

quinoa + farro, organic arugula, tomatoes, raw corn, organic chickpeas, spicy broccoli, organic white cheddar, roasted chicken, pesto vinaigrette

770 cal **\$11.25**

BAY BOWL

organic wild rice, shredded kale, jicama, grapes, raisins, sprouted almonds, local goat cheese, roasted chicken, balsamic vinaigrette

685 cal **\$11.25**

CUSTOM

BASES

broccoli leaf

shredded kale

organic baby spinach

organic arugula

organic mesclun

chopped romaine

organic quinoa + farro ⊕

organic wild rice

TOPPINGS

roasted beets

swiss chard

pea shoots

mint

grapes

raisins

basil

organic chickpeas

spicy broccoli

shredded carrots

bean sprouts

jicama

raw corn

shredded cabbage

tomatoes

raw beets

spicy quinoa

cucumbers

red onion

nori furikake

sprouted almonds

spicy sunflower seeds

pita chips ⊕

tortilla chips

dried chiles

PREMIUMS

roasted zucchini + yellow squash + asparagus ⊕

roasted portobello mix ⊕

roasted steelhead

citrus shrimp

roasted chicken

baked falafel ⊕

roasted sesame tofu ⊕

avocado

housemade hummus ⊕

local goat cheese

organic white cheddar

local feta

shaved parmesan

parmesan crisps

DRESSINGS

lemon garlic chili vinaigrette ⊕

spicy cashew dressing ⊕

lime cilantro jalapeno vinaigrette ⊕

carrot chili vinaigrette ⊕

miso sesame ginger vinaigrette ⊕

pesto vinaigrette ⊕

SOUPS

ORGANIC LENTIL CHICKPEA ⊕

small 160 cal **\$3.50**
large 240 cal **\$5.50**

BEVERAGES

\$2.50

HIBISCUS LIME FRESCA

10 cal, 3g sugar

LEMON FRESCA

60 cal, 15g sugar

CUCUMBER GINGER

LIME FRESCA

60 cal, 12g sugar

CHAMOMILE MINT

ICED TEA

0 cal, 0g sugar

JASMINE GREEN

ICED TEA

0 cal, 0g sugar

ICED CHAI

0 cal, 0g sugar

beverages vary by location

sweetgreen®

NUTRITION INFORMATION - UPDATED 02/18
FOR ALLERGEN INFORMATION, SEE LAST PAGE

||||| DC / MD / VA / PHL / BOS / NY / LA / SF |||||

AT SWEETGREEN:

WE SOURCE LOCAL AND ORGANIC INGREDIENTS FROM FARMERS WE KNOW. WE LEAVE A GENTLE FOOTPRINT TO PROTECT OUR PLANET.
WE SHARE FUN, FOOD, MUSIC AND IDEAS WITH OUR FRIENDS. WE BUILD MEANINGFUL RELATIONSHIPS WITH THOSE AROUND US.

CALORIES INCLUDE LIGHT DRESSING / ⊕ = VEGAN / * = CONTAINS GLUTEN / + = CONTAINS CAFFEINE / ^ = CONTAINS UMAMI SEASONING

UMAMI SEASONING CONTAINS SALT, GARLIC POWDER, ONION POWDER, CHILI POWDER, AND NUTRITIONAL YEAST

UMAMI SEASONING IS GLUTEN FREE AND VEGAN

SEASONAL MENU - WINTER 2016	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)
SALADS												
Umami Grain Bowl (East Coast)	Ⓟ 328	510	265	31	2	0	0	960	44	5	3	16
Umami Grain Bowl (West Coast)	Ⓟ 383	615	335	39	3	0	0	1335	47	6	5	21
Not So Nicoise	359	545	385	43	8	0	205	578	15	2	1	24
Beets Don't Kale My Vibe	296	610	330	40	7	0	80	885	29	5	8	33
Local Strawberries + Feta	283	358	253	30	6	0	30	533	15	4	8	9
Spring Chicken	318	478	303	35	8	0	90	1203	9	2	1	35
Local Feta, Falafel + Roasted beets	334	473	310	37	7	0	30	1080	25	7	8	11
INGREDIENTS												
Swiss Chard	Ⓟ 40	10	0	0	0	0	0	85	1	0	0	0
Broccoli Leaf	Ⓟ 45	15	0	0	0	0	0	10	2	0	0	1
Roasted Potatoes ^	Ⓟ 35	60	15	2	0	0	0	110	10	0	0	1
Pecans	Ⓟ 14	100	80	10	1	0	0	0	2	1	0	1
Roasted Asparagus	Ⓟ 35	5	0	0	0	0	0	0	1	0	0	0
Mint	Ⓟ 5	0	0	0	0	0	0	0	0	0	0	0
Mint + Parsley	Ⓟ 10	0	0	0	0	0	0	0	0	0	0	0
Roasted Beets + Pickled Onions ^	Ⓟ 50	50	10	1	0	0	0	135	5	1	4	0
PREMIUMS												
Strawberries	Ⓟ 70	20	0	0	0	0	0	0	4	1	3	0
Roasted Steelhead ^	86	230	170	18	5	0	20	280	0	0	0	15
Roasted Button Mushrooms ^	Ⓟ 45	25	15	2	0	0	0	75	1	0	0	1
Roasted Veg + Asparagus ^	Ⓟ 70	20	10	1	0	0	0	110	2	0	0	0
Pea Shoots	Ⓟ 20	0	0	0	0	0	0	0	0	0	0	0
DRESSING												
Horseradish Vinaigrette ^	30	150	150	18	2	0	0	110	0	0	0	0
Lemon Garlic Chili Dressing	30	150	150	18	2	0	0	120	0	0	0	0
BEVERAGES												
Hibiscus Lime Fresca	Ⓟ 475	0	0	0	0	0	0	20	3	0	3	0
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)
GREENS												
Hummus Tahina *	437	610	293	35	7	0	30	1220	47	9	6	16
Kale Caesar	319	430	223	26	8	0	95	1200	10	3	2	40
Avocobbo	477	705	413	46	11	0	300	990	23	9	4	48
Guacamole Greens	402	540	325	37	4	0	70	635	26	6	2	26
Rad Thai	323	375	203	24	3	0	145	715	17	2	4	25
Spicy Sabzi (East Coast)	Ⓟ 329	430	228	28	1	0	0	873	26	5	5	13
Spicy Sabzi (West Coast)	Ⓟ 359	460	263	32	2	0	0	993	27	5	5	17
OMG Omega	Ⓟ 399	555	418	47	8	0	20	795	16	8	4	21
GRAINS												
Hello Portobello	Ⓟ 312	510	278	32	3	0	0	1120	49	8	8	14
Earth Bowl *	443	775	383	44	10	0	105	1213	51	8	4	43
Harvest Bowl	362	685	318	38	7	0	80	975	57	9	10	39
Hollywood Bowl	388	685	308	37	7	0	80	805	62	9	19	38
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)
Buckwheat Bread (DMV + PHL) *	47	100	0	0	0	0	0	230	20	2	0	3
Whole Wheat Bread (BOS) *	34	80	10	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (NY) *	34	90	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (LA) *	34	90	5	1	0	0	0	190	20	2	1	4
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)
Organic Arugula	95	25	5	1	0	0	0	25	3	2	2	2
Organic Baby Spinach	105	25	0	0	0	0	0	85	4	2	0	3
Organic Mesclun	95	15	0	0	0	0	0	25	2	<1	0	1
Chopped Romaine	150	25	0	0	0	0	0	10	5	3	2	2
Shredded Kale	85	40	0	1	0	0	0	35	9	2	0	3
Quinoa + Farro mix *	100	160	25	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	130	10	2	0	0	0	90	26	2	<1	5
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)
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Crushed Red Pepper	1	0	0	0	0	0	0	0	0	0	0	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	40	0	0	0	0	0	0	0	0	0	0	0
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Organic Chickpeas	40	35	5	1	0	0	0	110	5	2	0	2
Raw Red Beets	40	15	0	0	0	0	0	30	4	1	3	0
Raw Corn	36	30	0	0	0	0	0	5	7	0	2	1
Red and Green Peppers	38	10	0	0	0	0	0	0	2	0	1	0
Red Onion	35	15	0	0	0	0	0	0	3	0	1	0
Roasted Sweet Potatoes ^	39	70	10	1	0	0	0	170	13	2	3	1
Shredded Cabbage	25	5	0	0	0	0	0	0	1	0	0	0
Spicy Broccoli ^	33	45	30	4	0	0	0	170	3	1	0	2
Spicy Quinoa ^	36	50	10	2	0	0	0	160	7	0	0	2
Sprouts	19	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Pita Chips *	20	90	30	4	0	0	0	190	14	1	0	2
Raw Seeds	40	80	60	7	1	0	0	0	3	2	0	3
Spicy Sunflower Seeds ^	13	70	50	6	1	0	0	55	3	1	0	2
Sprouted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Toasted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Tortilla Chips	16	80	35	4	1	0	0	15	11	0	0	1
Nori Furikake ^	3	10	5	1	0	0	0	105	0	0	0	0
Grapes	45	30	0	0	0	0	0	0	8	0	7	0
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Raisins	14	40	0	0	0	0	0	0	11	0	8	0

PREMIUMS	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	130	40	5	1	0	70	380	0	0	0	22
Citrus Shrimp	71	140	50	6	0	0	145	430	2	0	0	20
Roasted Steelhead ^	86	230	170	18	5	0	20	280	0	0	0	15
Bacon	32	170	120	13	5	0	35	330	0	0	0	12
Hard Boiled Egg	50	80	50	5	2	0	185	60	0	0	0	6
San Francisco Falafel ^	60	120	60	7	1	0	0	360	11	3	2	3
Avocado	87	140	110	13	2	0	0	5	7	6	0	2
Roasted Organic Tofu ^	45	70	45	5	0	0	0	290	1	0	0	5
Roasted Sesame Tofu ^	75	130	80	9	1	0	0	410	2	0	0	9
Housemade Hummus	57	90	50	6	0	0	0	230	8	2	0	3
Local Goat Cheese	34	80	60	7	5	0	10	70	0	0	0	5
Local Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Organic White Cheddar	32	130	90	10	7	0	35	190	0	0	0	8
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Baked Falafel ^	60	150	70	8	1	0	0	520	16	4	0	5
Roasted Portobello Mushrooms ^	70	70	50	6	0	0	0	330	3	1	2	2
Parmesan Crisp	20	100	60	7	5	0	20	430	0	0	0	10

DRESSINGS	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	30	150	130	16	1	0	0	230	3	0	3	0
Blue Cheese Dressing	30	100	90	10	2	0	10	190	1	0	0	2
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1
Carrot Chili Vinaigrette ^	30	150	140	17	1	0	0	150	2	0	1	0
Cucumber Tahini Yogurt Dressing ^	30	100	90	11	1	0	0	140	2	0	0	1
Lime Cilantro Jalapeno Vinaigrette	30	140	140	16	1	0	0	210	0	0	0	0
Miso Sesame Ginger Dressing	30	140	130	15	1	0	0	350	3	0	2	1
Pesto Vinaigrette	30	190	190	22	3	0	0	240	0	0	0	0
Spicy Cashew Dressing ^	30	120	100	12	2	0	0	190	5	0	2	1
Creamy Sumac Dressing	30	100	80	9	2	0	0	270	2	0	1	1
Balsamic Vinegar	15	15	0	0	0	0	0	0	2	0	2	0
Extra Virgin Olive Oil	15	120	120	14	2	0	0	0	0	0	0	0
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Lime Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Sriracha	15	15	0	0	0	0	0	300	3	0	3	0

BEVERAGES	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)
Lemon Fresca	475	60	0	0	0	0	0	10	17	0	15	0
Cucumber Ginger Lime Fresca	475	60	0	0	0	0	0	5	17	0	12	0
Jasmine Green Iced Tea +	475	0	0	0	0	0	0	20	0	0	0	0
Iced Chai	475	0	0	0	0	0	0	20	0	0	0	0
Ginger Kale Green Tea+	475	120	10	1	0	0	0	40	28	5	13	3
Matcha Fresca	475	60	0	0	0	0	0	15	14	0	12	1
Orange Mint Chia Coconut Water	475	40	10	1	0	0	0	45	7	2	4	1

SOUP	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)
Organic Lentil + Chickpea Soup (Small)	235	170	20	3	0	0	0	820	27	7	4	9
Organic Lentil + Chickpea Soup (Large)	350	250	30	4	0	0	0	1220	40	11	6	14

SOME MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY

DRESSING INGREDIENTS

BALSAMIC VINAIGRETTE

GRAPSEED OIL
BALSAMIC VINEGAR
DIJON MUSTARD
HONEY
SALT
PEPPER

BLUE CHEESE DRESSING

FAT FREE YOGURT
MAYONNAISE
BLUE CHEESE
WHITE WINE VINEGAR
GARLIC
SALT
PEPPER

CAESAR DRESSING

FAT FREE YOGURT
MAYONNAISE
PARMESAN CHEESE
LEMON JUICE
ANCHOVIES
GARLIC
SALT
PEPPER

CARROT CHILI VINAIGRETTE

GRAPSEED OIL
CARROT JUICE
CHAMPAGNE VINEGAR
AGAVE
RED PEPPER FLAKES
UMAMI SEASONING ^
GARLIC
CHILI POWDER

LEMON GARLIC CHILI VINAIGRETTE

GRAPSEED OIL
CHAMPAGNE VINEGAR
EXTRA VIRGIN OLIVE OIL
LEMON JUICE
GARLIC
SALT
WATER
RED PEPPER FLAKES

CUCUMBER TAHINI YOGURT DRESSING

FAT FREE YOGURT
GRAPSEED OIL
LEMON JUICE
EXTRA VIRGIN OLIVE OIL
TAHINI PASTE
CUCUMBER
GARLIC
WATER
RED PEPPER FLAKES
BASIL
UMAMI SEASONING ^
WATER

HORSERADISH VINAIGRETTE

MAYONNAISE
EXTRA VIRGIN OLIVE OIL
GRAPSEED OIL
WHITE WINE VINEGAR
GARLIC
RED ONION
HORSERADISH
UMAMI SEASONING ^

CREAMY SUMAC DRESSING

FAT FREE YOGURT
MAYONNAISE
LEMON JUICE
EXTRA VIRGIN OLIVE OIL
TAHINI
WHITE WINE VINEGAR
SALT
GARLIC
SUMAC
CUMIN

LIME CILANTRO JALAPEÑO

GRAPSEED OIL
CUMIN
LIME JUICE
WHITE WINE VINEGAR
CILANTRO
JALAPENO PEPPERS
SALT
GARLIC

MISO SESAME GINGER DRESSING

GRAPSEED OIL
GLUTEN-FREE SOY SAUCE
MISO PASTE
RICE VINEGAR
GINGER
RED PEPPER FLAKES
AGAVE
NUTRITIONAL YEAST
GARLIC
SESAME OIL
WATER

PESTO VINAIGRETTE

EXTRA VIRGIN OLIVE OIL
GRAPSEED OIL
CHAMPAGNE VINEGAR
BASIL
GARLIC
SALT

SPICY CASHEW DRESSING

GRAPSEED OIL
LIME JUICE
CASHEW BUTTER
RED PEPPER FLAKES
AGAVE
GINGER
RICE VINEGAR
CILANTRO
GARLIC
SESAME OIL
UMAMI SEASONING ^

^UMAMI SEASONING CONTAINS SALT, ONION POWDER, GARLIC POWDER, CHILI POWDER AND NUTRITIONAL YEAST

SOUP INGREDIENTS

ORGANIC LENTIL AND CHICKPEA SOUP: VEGETABLE STOCK (water, carrots, onion, celery, sea salt) LENTILS, TOMATOES (tomatoes, tomato puree, naturally derived citric acid) CHICKPEAS, ONIONS, CARROTS, contains 2% or less of: garlic, cilantro, canola oil, sugar, turmeric, sea salt, spices, corn starch

TOPPINGS + PROTEINS INGREDIENTS

**THE FOLLOWING TOPPINGS +
PROTEINS ARE MADE WITH ONLY
GRAPESEED OIL + UMAMI SEASONING ^**

ROASTED VEG + ASPARAGUS
ROASTED POTATOES
ROASTED STEELHEAD
ROASTED BUTTON MUSHROOMS
ROASTED PORTOBELLO MUSHROOMS
ROASTED SWEET POTATOES
ROASTED ORGANIC TOFU
ROASTED CHICKEN

CITRUS SHRIMP
SHRIMP
RICE VINEGAR
EXTRA VIRGIN OLIVE OIL
LIME JUICE
LEMON JUICE
LEMON PEEL
SALT
CILANTRO

BAKED FALAFEL
CHICKPEAS
EXTRA VIRGIN OLIVE
WHEAT FLOWER
BAKING POWDER
ONION
CUMIN
PARSLEY
CILANTRO
UMAMI SEASONING^
GARLIC
LEMON JUICE

HUMMUS
WATER
LEMON JUICE
TAHINI PASTE
EXTRA VIRGIN OLIVE
GARLIC
SALT
PEPPER
CUMIN
JALEPENO PEPPERS
CHICKPEAS
LEMON PEEL

SAN FRANCISCO
CHICKPEAS
EXTRA VIRGIN OLIVE
WATER
BAKING POWDER
ONION
CUMIN
PARSLEY
CILANTRO
UMAMI SEASONING^
CRUSHED RED PEPPER
CORIANDER
GARLIC

SESAME TOFU
TOFU
SESAME OIL
SOY SAUCE
SCALLIONS
CRUSHED RED PEPPER
WATER
GRAPESEED OIL
UMAMI SEASONING ^

SPICY BROCCOLI
BROCCOLI
KALE
GRAPESEED OIL
UMAMI SEASONING ^
PEPPER

NORI FURIKAKE
SEAWEED
UMAMI SALT
SPICY SUNFLOWER
SEEDS

**SPICY SUNFLOWER
SEEDS**
LIME JUICE
CHILI POWDER
UMAMI SEASONING ^
GARLIC
GRAPESEED OIL
SUNFLOWER SEEDS
CRUSHED RED PEPPER

BREAD INGREDIENTS

BREAD (DMV + PHL)
UNBLEACHED, UNBROMATED
WHEAT FLOUR (malted barley
flour, niacin, iron, thiamine,
mononitrate, riboflavin, and folic acid)
FILTERED WATER
LEVAIN
BUCKWHEAT FLOUR
RYE FLOUR
SALT
contains 2% or less of : malted
barley flour, yeast

BREAD (BOS)
ORGANIC WHOLE WHEAT FLOUR
UNBLEACHED, UNBROMATED
WHEAT FLOUR (wheat, malted
barley flour)
FILTERED WATER
NATURAL WHOLE WHEAT STARTER
(organic whole wheat flour and
filtered water)
SEA SALT

BREAD (NYC)
WHOLE WHEAT FLOUR
WHITE FLOUR
WATER
SALT
NATURAL STARTER
WHEAT BRAN

BREAD (LA)
ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

	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)
One Grain Or Another	376	555	240	29	2	0	70	850	46	8	2	35
Quinoa + Farro mix *	100	180	25	3	0	0	0	105	32	4	0	7
Shredded Kale	85	40	5	1	0	0	0	30	7	3	0	4
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Pea Shoots	20	0	0	0	0	0	0	0	0	0	0	0
Roasted Chicken ^	78	130	40	5	1	0	70	380	0	0	0	22
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Broccoli ^	33	45	30	4	0	0	0	170	3	1	0	2
Carrot Chili Vinaigrette ^	30	150	140	17	1	0	0	150	2	0	1	0