

swæetgreen®

NUTRITION INFORMATION - UPDATED 06/03
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||||| DC / MD / VA / PHL / BOS / NY / LA / SF / CHI |||||

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 - FALL 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												
Apples, Pears + Cheddar	261	455	303	36	9	0	35	448	22	3	19	10
Curry Cauliflower	398	595	185	23	2	0	70	810	32	7	11	30
Chicken + Brussels	340	430	200	23	2	0	70	958	30	8	8	28
INGREDIENTS												
Roasted Brussels Sprouts ^	⊕ 70	100	60	6	0	0	0	280	10	4	2	4
Pears	⊕ 29	15	0	0	0	0	0	0	4	0	3	0
Cilantro	⊕ 5	0	0	0	0	0	0	0	0	0	0	0
Raw Pecans	⊕ 14	100	80	10	1	0	0	0	2	1	0	1
PREMIUMS												
Curry Roasted Cauliflower ^	⊕ 60	55	25	4	0	0	0	100	5	2	0	2
DRESSING												
Cranberry Vinaigrette	⊕ 30	110	90	11	1	0	0	180	3	0	2	0
BEVERAGES												
Cranberry Ginger Fresca	⊕ 475	30	0	0	0	0	0	20	6	0	4	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 *	432	495	278	33	7	0	30	1190	41	8	6	16
Kale Caesar	319	420	223	26	8	0	95	1130	10	3	2	40
Guacamole Greens	402	530	325	37	4	0	70	565	26	6	2	26
Rad Thai	314	365	200	24	3	0	145	715	16	1	3	24
Spicy Sabzi	⊕ 359	440	263	32	2	0	0	893	27	5	5	17
OMG Omega	399	555	418	47	8	0	20	715	16	8	4	20
GRAINS												
Harvest Bowl	362	705	318	38	7	0	80	905	57	9	10	39
Hollywood Bowl	340	705	300	36	7	0	80	735	47	7	19	35
Bay Bowl	340	705	300	36	7	0	80	735	47	7	19	35
HOT GRAIN BOWLS												
Shroomami	⊕ 377	640	358	41	4	0	0	1060	50	8	8	22
Pesto Portobello	470	775	398	45	4	0	70	1373	62	12	8	41

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 (SF) *	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 (CHI) *	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
Warm Quinoa	100	180	25	3	0	0	0	90	29	3	0	6
Organic Wild Rice	⊕ 95	160	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
Red Chilis	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
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 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
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
Hot Chickpeas ^	80	110	30	3	0	0	0	260	14	5	3	5
Za'atar Bread Crumbs *	15	45	15	2	0	0	0	160	8	0	0	2
Mint + Parsley	10	0	0	0	0	0	0	0	0	0	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)
Avocado	87	140	110	13	2	0	0	5	7	6	0	2
Citrus Shrimp	71	140	50	6	0	0	145	430	2	0	0	20
Hard Boiled Egg	50	80	50	5	2	0	185	60	0	0	0	6
Herb Falafel ^	60	150	60	7	1	0	0	360	11	3	2	3
Housemade Hummus	57	90	50	6	0	0	0	230	8	2	0	3
Local Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Local Goat Cheese	34	80	60	7	5	0	10	70	0	0	0	5
Organic White Cheddar	32	130	90	10	7	0	35	190	0	0	0	8
Parmesan Crisp	20	100	60	7	5	0	20	430	0	0	0	10
Roasted Chicken ^	78	130	40	5	1	0	70	310	0	0	0	22
Roasted Sesame Tofu ^	75	130	80	9	1	0	0	310	2	0	0	9
Roasted Steelhead ^	86	230	170	18	5	0	20	280	0	0	0	15
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Warm Portobello Mix ^	65	100	80	9	1	0	0	270	4	1	2	3

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 Vinegar	15	15	0	0	0	0	0	0	2	0	2	0
Balsamic Vinaigrette	30	150	130	16	1	0	0	230	3	0	3	0
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
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 Cilantro Jalapeno Vinaigrette	30	140	140	16	1	0	0	210	0	0	0	0
Lime Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger Dressing ^	30	140	130	15	1	0	0	270	3	0	2	0
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

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
Chamomile Mint Iced tea	475	0	0	0	0	0	0	20	0	0	0	0

MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY

DRESSING INGREDIENTS

BALSAMIC VINAIGRETTE

GRAPSEED OIL
BALSAMIC VINEGAR
DIJON MUSTARD
HONEY
SALT
PEPPER

PESTO VINAIGRETTE

EXTRA VIRGIN OLIVE OIL
GRAPSEED OIL
APPLE CIDER VINEGAR
BASIL
GARLIC
SALT

CAESAR DRESSING

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

CARROT CHILI VINAIGRETTE

GRAPSEED OIL
CARROT JUICE
WHITE WINE VINEGAR
AGAVE NECTAR
RED PEPPER FLAKES
UMAMI SEASONING ^
GARLIC
CHILI POWDER

CRANBERRY VINAIGRETTE

BALSAMIC VINEGAR
DIJON MUSTARD
MAPLE SYRUP
CRANBERRIES
SALT
BLACK PEPPER
GRAPSEED OIL
WATER

CUCUMBER TAHINI YOGURT DRESSING

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

SPICY CASHEW DRESSING

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

MISO SESAME GINGER DRESSING

GRAPSEED OIL
GLUTEN-FREE SOY SAUCE
MISO PASTE
RICE VINEGAR
GINGER
RED PEPPER FLAKES
AGAVE NECTAR
UMAMI SEASONING ^
GARLIC
SESAME OIL

LIME CILANTRO JALAPEÑO

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

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

TOPPINGS + PROTEINS INGREDIENTS

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

ROASTED CHICKEN
ROASTED SWEET POTATOES
ROASTED STEELHEAD
ROASTED BRUSSEL SPROUTS

CITRUS SHRIMP
SHRIMP
RICE VINEGAR
GRAPESEED OIL
LIME JUICE
LEMON JUICE
LEMON PEEL
SALT
CILANTRO

HOT CHICKPEAS
CHICKPEAS
UMAMI SEASONING ^
GRAPESEED OIL
CUMIN
CHILI POWDER
CILANTRO

HUMMUS
LEMON PEEL
LEMON JUICE
TAHINI PASTE
EXTRA VIRGIN OLIVE OIL
GARLIC
SALT
PEPPER
CUMIN
JALAPENO PEPPERS
CHICKPEAS

SPICY SUNFLOWER
GARLIC
LIME JUICE
CHILI POWDER
UMAMI
CRUSHED RED
GRAPESEED OIL
SUNFLOWER

ROASTED SESAME TOFU
TOFU
SESAME OIL
SOY SAUCE
SCALLIONS
CRUSHED RED
UMAMI SEASONING
GRAPESEED OIL

ZA'ATAR BREAD CRUMBS
EXTRA VIRGIN OLIVE
UMAMI SEASONING
OREGANO
THYME
SESAME SEEDS
SALT
SUMAC
HYSSOP
WHOLE WHEAT BREAD

NORI FURIKAKE
SEAWEED
UMAMI SEASONING
SPICY SUNFLOWER
SEEDS

SPICY BROCCOLI
BROCCOLI
KALE
UMAMI SEASONING ^
DRIED CHILES
GRAPESEED OIL

CURRY CAULIFLOWER
CAULIFLOWER
CURRY POWDER
GRAPESEED OIL
UMAMI SEASONING ^

HERB FALAFEL
GARLIC
CHICKPEAS
EXTRA VIRGIN
CORIANDER
BAKING POWDER
ONION
CUMIN
PARSLEY
CILANTRO
UMAMI
DRIED CHILES

WARM PORTOBELLO MIX
PORTOBELLO MUSHROOMS
BUTTON MUSHROOMS
UMAMI SEASONING
GRAPESEED OIL

BREAD INGREDIENTS

BREAD (LA)
ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

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 (SF)
UNBLEACHED, UNBROMATED
WHEAT FLOUR (wheat, malted
barley flour)
FILTERED WATER
ORGANIC WHOLE WHEAT FLOUR
SEA SALT

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 (CHI)
WHOLE
WHEAT
FLOWER
WATER
LEAVIAN
SEA SALT