

sweetgreen®

NUTRITION INFORMATION - UPDATED 6/5/18
FOR ALLERGEN INFORMATION, SEE LAST PAGE

DC / MD / VA / PHL / BOS / NY / LA / BAY / 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

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

Ⓥ VEGAN

* CONTAINS GLUTEN

+ CONTAINS CAFFEINE

^ CONTAINS UMAMI SEASONING

UMAMI SEASONING IS GLUTEN FREE AND VEGAN

ALL LEMON AND LIME JUICE USED AT SWEETGREEN IS FRESH SQUEEZED AND THEREFORE UNPASTEURIZED
APPLE CIDER VINEGAR IS UNPASTEURIZED

Apple cider vinegar is classified as Non-PHF/Non-TCS per the FDA. The pH (less than 4.2) and chemical characteristics of this product are sufficient to control pathogen growth.

S3 SEASONAL MENU - Early Summer 2018	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												
Mexican Corn Elote Bowl	374	590	358	40	7	0	10	628	59	7	4	18
Spring Chicken	318	420	320	36	8	0	90	1148	9	2	2	36
Salami + Spicy Pickled Veg*	303	395	259	29	9	0	50	1683	17	3	4	13
Salami + Giardiniera*	303	395	259	29	9	0	50	1683	17	3	4	13
Local Strawberries + Honey Yogurt	Ⓥ 154	80	14	2	1	0	10	15	14	2	9	5
PREMIUMS												
Roasted Corn + Peppers^	Ⓥ 57	60	36	4	0	0	0	160	8	1	2	2
Roasted Zucchini + Yellow Squash^	Ⓥ 70	20	13.5	2	0	0	0	125	2	0	1	1
Spicy Giardiniera Pickles	Ⓥ 44	100	81	9	1	0	0	680	2	0	0	0
Organic Salami	28	110	81	9	4	0	20	450	0	0	0	5
DRESSINGS												
Charred Tomato Vinaigrette	Ⓥ 30	25	18	2	0	0	0	95	1	0	1	0
BEVERAGES												
Blueberry Basil Fresca	Ⓥ 475	60	0	0	0	0	0	25	17	1	14	0
SIGNATURE SALADS + WARM BOWLS												
SIGNATURE SALADS												
Hummus Tahina *	397	560	297	33	7	0	30	960	32	6	7	18
Kale Caesar	319	405	230	26	8	0	95	1130	10	3	3	40
Guacamole Greens	374	530	351	39	5	0	70	535	24	9	1	26
Lentil + Avocado	450	520	360	40	4	0	0	468	33	19	11	10
Spicy Thai Salad	369	460	270	30	4	0	0	608	26	6	8	17
SIGNATURE WARM BOWLS												
Harvest Bowl	362	695	338	38	7	0	85	975	52	8	10	38
Hollywood Bowl	388	725	329	37	7	0	85	825	62	10	20	39
Chicken Pesto Parm	395	525	284	32	4	0	70	1238	49	7	2	39
Shroomami	Ⓥ 408	685	387	43	4	0	0	1100	51	8	10	22
Fish Taco	338	520	367	41	6	0	20	798	49	7	3	25
Curry Chickpea Bowl	424	650	209	24	1	0	75	2078	75	15	14	42
KIDS MEALS												
Chicken Little (LA ONLY)	273	375	137	16	1	0	70	415	50	7	9	34
Chicken Little	257	360	137	16	2	0	70	415	46	7	5	34
Little Dipper	207	365	221	25	4	0	0	15	32	10	9	9
BREAD												
Buckwheat Bread (DMV + PHL) *	Ⓥ 47	80	0	0	0	0	0	230	20	2	0	3
Whole Wheat Bread (PHL)*	Ⓥ 40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (BOS) *	34	80	0	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (SF) *	34	80	0	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (NY) *	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (CHI) *	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (DMV)*	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (LA) *	34	80	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	80	4	2	0	2
Organic Mesclun	95	20	0	0	0	0	0	0	0	0	0	0
Chopped Romaine	150	25	0	0	0	0	0	10	5	3	2	2
Shredded Kale	85	40	9	1	0	0	0	30	7	3	2	4
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	189	14	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
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Grapes	45	30	0	0	0	0	0	0	8	0	7	0
Hot Chickpeas ^	80	160	45	5	0	0	0	1450	21	6	3	7
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Lentils	55	60	0	0	0	0	0	65	7	4	1	4
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
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Raw Red Beets	40	15	0	0	0	0	0	30	4	1	3	0
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Red Chilis	1	0	0	0	0	0	0	0	0	0	0	0
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Roasted Sweet Potatoes ^	39	40	9	1	0	0	0	150	8	1	2	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Spicy Broccoli ^	33	25	18	2	0	0	0	110	2	1	0	1
Spicy Sunflower Seeds ^	13	70	54	6	1	0	0	55	3	1	0	2
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Tortilla Chips	16	80	32	4	1	0	0	15	11	0	0	1
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Za'atar Bread Crumbs *	15	45	14	2	0	0	0	160	8	0	0	2

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	160	135	15	3	0	0	0	9	9	0	3
Hard Boiled Egg	50	70	41	5	2	0	190	70	1	0	1	7
Herb Falafel ^	60	190	63	7	1	0	0	360	11	3	2	3
Housemade Hummus	50	80	54	6	0	0	0	230	8	2	0	3
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Parmesan Crisp	20	100	63	7	5	0	20	430	0	0	0	10
Roasted Chicken ^	78	110	41	5	1	0	70	310	0	0	0	22
Roasted Sesame Tofu ^	75	160	81	9	1	0	0	310	2	0	0	9
Roasted Steelhead ^	86	150	162	18	5	0	20	280	0	0	0	15
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Warm Portobello Mix ^	65	65	81	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	144	16	1	0	0	230	3	0	3	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1
Cucumber Tahini Yogurt Dressing ^	30	110	99	11	1	0	0	140	2	0	0	1
Curry Yogurt Dressing	30	110	36	4	0	0	5	150	2	0	1	1
Extra Virgin Olive Oil	15	130	135	15	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	135	15	1	0	0	210	0	0	0	0
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger Dressing ^	30	160	153	17	2	0	0	310	3	0	2	1
Pesto Vinaigrette	30	150	153	17	2	0	0	190	1	0	0	0
Spicy Cashew Dressing ^	30	150	126	14	2	0	0	220	6	0	2	2
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	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

DRESSING INGREDIENTS

BALSAMIC VINAIGRETTE
 GRAPESEED OIL
 BALSAMIC VINEGAR
 DIJON MUSTARD
 HONEY
 SALT
 PEPPER

PESTO VINAIGRETTE
 EXTRA VIRGIN OLIVE OIL
 GRAPESEED OIL
 CIDER VINEGAR
 BASIL
 GARLIC
 SALT
 UMAMI SEASONING[^]

CAESAR DRESSING
 PLAIN YOGURT
 MAYONNAISE
 PARMESAN CHEESE
 LEMON JUICE
 ANCHOVIES
 GARLIC
 SALT
 PEPPER

CURRY YOGURT DRESSING
 PLAIN YOGURT
 MAYONNAISE
 GARLIC
 JALAPENO
 GREEN ONION
 LEMON JUICE
 CURRY POWDER
 UMAMI SEASONING [^]

LIME CILANTRO JALAPENO VINAIGRETTE
 GRAPESEED OIL
 LIME JUICE
 WHITE WINE VINEGAR
 CILANTRO
 JALAPENO PEPPERS
 SALT
 GARLIC
 CUMIN
 UMAMI SEASONING[^]

CUCUMBER TAHINI YOGURT DRESSING
 PLAIN YOGURT
 GRAPESEED OIL
 LEMON JUICE
 EXTRA VIRGIN OLIVE OIL
 TAHINI PASTE
 CUCUMBER
 GARLIC
 UMAMI SEASONING [^]
 RED PEPPER FLAKES
 BASIL
 WHITE WINE VINEGAR

SPICY CASHEW DRESSING
 GRAPESEED OIL
 LIME JUICE
 CASHEW BUTTER
 RED PEPPER FLAKES
 AGAVE NECTAR
 GINGER
 RICE VINEGAR
 CILANTRO
 GARLIC
 SESAME OIL
 UMAMI SEASONING [^]

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

SWEEETGREEN HOT SAUCE
 WATER
 FRESNO CHILI PEPPER
 APPLE CIDER VINEGAR
 ONION
 BELL PEPPER
 CARROT
 TOMATO PASTE
 NUTRITIONAL YEAST

CHARRED TOMATO VINAIGRETTE
 GRAPE TOMATOES
 JALAPENOS
 RED ONION
 GARLIC
 SCALLIONS
 BALSAMIC VINEGAR
 GRAPESEED OIL
 EXTRA VIRGIN OLIVE OIL
 SALT
 PEPPER

[^]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 ZUCCHINI + YELLOW SQUASH
 ROASTED CORN + PEPPERS

ZA'ATAR BREADCRUMBS ^{*}
 WHOLE WHEAT
 EXTRA VIRGIN OLIVE OIL
 UMAMI SEASONING [^]
 OREGANO
 THYME
 SESAME SEEDS
 SALT
 SUMAC
 HYSOOP

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

SPICY SUNFLOWER SEEDS
 GARLIC
 LIME JUICE
 CHILI POWDER
 UMAMI SEASONING [^]
 RED PEPPER
 GRAPESEED OIL
 SUNFLOWER SEEDS

ROASTED SESAME TOFU (gluten free)
 TOFU
 SESAME OIL
 GLUTEN-FREE SOY SAUCE
 SCALLIONS
 RED PEPPER
 UMAMI SEASONING [^]
 GRAPESEED OIL

SPICY BROCCOLI
 BROCCOLI
 KALE STEMS
 UMAMI SEASONING[^]
 RED PEPPER
 GRAPESEED OIL

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

HERB FALAFEL
 GARLIC
 CHICKPEAS
 EXTRA VIRGIN OLIVE OIL
 DRIED CHILES
 CORIANDER
 BAKING POWDER
 ONION
 CUMIN
 PARSLEY
 CILANTRO
 UMAMI SEASONING [^]

WARM PORTOBELLO MIX
 PORTOBELLO MUSHROOMS
 BUTTON MUSHROOMS
 UMAMI SEASONING [^]
 GRAPESEED OIL

BREAD INGREDIENTS

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 (LA)
 ORGANIC WHEAT FLOUR
 FILTERED WATER
 SEA SALT

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

BREAD (PHL)
 WATER
 WHOLE WHEAT FOUR
 WHITE FLOUR
 MALTED BARLEY FLOUR
 FALT
 YEAST

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

BREAD (DMV)
 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
 barley flour, yeast

BREAD (CH)
 ORGANIC WHOLE WHEAT FLOWER
 SEA SALT
 WATER
 LEAVIAN
 SEA SALT