

# 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)
<b>SALADS</b>												
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
<b>PREMIUMS</b>												
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
<b>DRESSINGS</b>												
Charred Tomato Vinaigrette	Ⓟ 30	25	18	2	0	0	0	95	1	0	1	0
<b>BEVERAGES</b>												
Blueberry Basil Fresca	Ⓟ 475	60	0	0	0	0	0	25	17	1	14	0
<b>SIGNATURE SALADS + WARM BOWLS</b>												
<b>SIGNATURE SALADS</b>												
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
<b>SIGNATURE WARM BOWLS</b>												
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
<b>KIDS MEALS</b>												
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
<b>BREAD</b>												
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

<b>BASES</b>	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

<b>INGREDIENTS</b>	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

<b>PREMIUMS</b>	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

<b>DRESSINGS</b>	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

<b>BEVERAGES</b>	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<sup>^</sup>

**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 <sup>^</sup>

**LIME CILANTRO JALAPENO VINAIGRETTE**  
 GRAPESEED OIL  
 LIME JUICE  
 WHITE WINE VINEGAR  
 CILANTRO  
 JALAPENO PEPPERS  
 SALT  
 GARLIC  
 CUMIN  
 UMAMI SEASONING<sup>^</sup>

**CUCUMBER TAHINI YOGURT DRESSING**  
 PLAIN YOGURT  
 GRAPESEED OIL  
 LEMON JUICE  
 EXTRA VIRGIN OLIVE OIL  
 TAHINI PASTE  
 CUCUMBER  
 GARLIC  
 UMAMI SEASONING <sup>^</sup>  
 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 <sup>^</sup>

**MISO SESAME GINGER DRESSING**  
 GRAPESEED OIL  
 GLUTEN-FREE SOY SAUCE  
 MISO PASTE  
 RICE VINEGAR  
 GINGER  
 RED PEPPER FLAKES  
 AGAVE NECTAR  
 UMAMI SEASONING <sup>^</sup>  
 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

<sup>^</sup>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 <sup>\*</sup>**  
 WHOLE WHEAT  
 EXTRA VIRGIN OLIVE OIL  
 UMAMI SEASONING <sup>^</sup>  
 OREGANO  
 THYME  
 SESAME SEEDS  
 SALT  
 SUMAC  
 HYSSOP

**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 <sup>^</sup>  
 RED PEPPER  
 GRAPESEED OIL  
 SUNFLOWER SEEDS

**ROASTED SESAME TOFU (gluten free)**  
 TOFU  
 SESAME OIL  
 GLUTEN-FREE SOY SAUCE  
 SCALLIONS  
 RED PEPPER  
 UMAMI SEASONING <sup>^</sup>  
 GRAPESEED OIL

**SPICY BROCCOLI**  
 BROCCOLI  
 KALE STEMS  
 UMAMI SEASONING<sup>^</sup>  
 RED PEPPER  
 GRAPESEED OIL

**HOT CHICKPEAS**  
 CHICKPEAS  
 UMAMI SEASONING <sup>^</sup>  
 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 <sup>^</sup>

**WARM PORTOBELLO MIX**  
 PORTOBELLO MUSHROOMS  
 BUTTON MUSHROOMS  
 UMAMI SEASONING <sup>^</sup>  
 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