

sweetgreen®

NUTRITION INFORMATION

last update: 10/2/18

||||| DC, MD, VA, PHL, BOS, NYC, CHI, LA, SF |||||

KEY:

Ⓥ Vegan

* Contains Gluten

+ Contains Caffeine

Calories include light dressing

All lemon and lime juice is fresh squeeze 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

SEASONAL MENU - S5 - FALL 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)
SEASONAL SALADS / WARM BOWLS												
Curry Cauliflower	388	450	187	22	2	0	70	822	51	8	12	32
Chicken + Brussels	351	415	236	26.5	1.5	0	70	790	21	5	9	25
Koginut Squash Bowl	460	730	365	41	7	0	15	685	65	11	12	17
SEASONAL SIDE DISH												
Roasted Squash Fries	147	195	126	14	5	0	20	430	17	2	3	7
SEASONAL INGREDIENTS												
Curry Roasted Cauliflower Ⓥ	30	18	9	1	0	0	0	48	2	>1	>1	>1
Roasted Brussels Sprouts Ⓥ	20	18	9	1	0	0	0	53	1	>1	>1	>1
Roasted Koginut Squash Ⓥ	100	60	18	2	0	0	0	150	12	2	2	1
Pears Ⓥ	30	30	0	0	0	0	0	0	5	1	3	1
Lemon-Dill Fennel Ⓥ	35	10	0	0	0	0	0	15	3	1	1	0
Toasted Buckwheat Ⓥ	5	5	0	0	0	0	0	0	4	0	0	1
Ground Dried Lime Ⓥ	0	0	0	0	0	0	0	0	0	0	0	0
SEASONAL DRESSINGS / DIPS												
Cranberry Maple VinaigretteⓋ	30	120	108	12	1	0	0	220	3	0	2	0
Smoked Goat Cheese Dip	42	130	108	12	5	0	20	280	1	0	1	5
SEASONAL BEVERAGES												
Kale Gingerade	475	80	0	0	0	0	0	25	22	1	15	1
SIGNATURE MENU												
SIGNATURE 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)
SIGNATURE SALADS / WARM BOWLS												
Hummus Tahina*	397	560	298	34	7	0	30	1190	40	9	7	16
Kale Caesar	319	405	230	26	8	0	95	1130	10	4	3	40
Guacamole Greens	374	530	351	39	5	0	70	535	24	9	1	26
Lentil + Avocado	450	520	362	41	4	0	0	467	33	19	11	10
Spicy Thai Salad Ⓥ	369	460	263	31	4	0	0	607	26	6	8	17
Harvest Bowl	362	695	338	38	7	0	85	955	47	7	10	39
Hollywood Bowl	388	725	329	37	7	0	85	805	57	9	20	38
Chicken Pesto Parm*	395	525	275	31	4	0	70	1220	46	6	2	37
ShroomamiⓋ	408	685	343	39	4	0	0	1080	47	7	10	22
Fish Taco	338	520	241	28	6	0	20	782	46	6	3	24
Curry Chickpea Bowl	422	650	212	24	1	0	75	2060	72	14	14	40
Italian Chopped Salad	367	520	304	35	7	0	20	2262	32	10	7	18
KID'S MENU (select locations)												
KID'S MENU (select locations)	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)
KID'S 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

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)
HOUSEMADE BEVERAGES												
White Tea + Peach (LA ONLY) +	475	0	0	0	0	0	0	20	0	0	0	0
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
BREAD												
LOCAL BAKERY BREADS												
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
SIGNATURE INGREDIENTS												
GREENS + GRAINS												
Organic Arugula - Full Portion	95	25	5	1	0	0	0	25	3	2	2	2
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Organic Baby Spinach - Full Portion	105	25	0	0	0	0	0	80	4	2	0	2
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Organic Mesclun - Full Portion	95	20	0	0	0	0	0	0	0	0	0	0
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Chopped Romaine - Full Portion	150	25	0	0	0	0	0	10	5	3	2	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale - Full Portion	85	40	9	1	0	0	0	30	7	3	2	4
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	190	14	2	0	0	0	90	26	2	<1	5
\$.50 TOPPINGS												
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
Organic Salami												
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Raw 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
Toasted 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

PREMIUM TOPPINGS												
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	36	4	5	0	20	280	0	0	0	15
Salami	28	110	81	9	4	0	20	450	0	0	0	5
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Warm Portobello Mix ☺	65	65	36	4	1	0	0	270	4	1	2	3
DRESSINGS												
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	144	16	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
<i>MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY</i>												

sweetgreen®

INGREDIENT LISTS

MENU ITEMS MAY BE SUBJECT TO STORE AVAILABILITY

*UMAMI SEASONING CONTAINS SALT, ONION POWDER, GARLIC POWDER, CHILI POWDER, AND NUTRITIONAL YEAST
(umami seasoning is gluten-free and vegan)

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

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

LIME CILANTRO JALAPENO VINAIGRETTE

GRAPESEED OIL
LIME JUICE
WHITE WINE VINEGAR
CILANTRO
JALAPENO PEPPERS
SALT
GARLIC
CUMIN
UMAMI SEASONING

SPICY CASHEW DRESSING

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

SWEETGREEN HOT SAUCE

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

MISO SESAME GINGER DRESSING

GRAPESEED OIL
TAMARI
MISO PASTE
RICE VINEGAR
GINGER
RED PEPPER FLAKES
AGAVE NECTAR
UMAMI SEASONING
GARLIC
SESAME OIL

HOUSE BEVERAGES INGREDIENTS

LEMON FRESCA

LEMONS
LEMON JUICE
AGAVE SYRUP
WATER

CUCUMBER GINGER LIME FRESCA

CUCUMBERS
GINGER
LIME JUICE
AGAVE SYRUP
WATER

JASMINE GREEN ICED TEA +

JASMINE GREEN TEA
WATER

ICED CHAI

CHAI TEA
WATER

CHAMOMILE MINT ICED TEA

CHAMOMILE MINT TEA
WATER

WHITE TEA + PEACH (LA ONLY) +

WHITE PEACH TEA
WATER

TOPPINGS + PROTEINS INGREDIENTS

ZA'ATAR BREADCRUMBS *

WHOLE WHEAT BREAD
EXTRA VIRGIN OLIVE OIL
UMAMI SEASONING
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

ROASTED SESAME TOFU

TOFU
SESAME OIL
TAMARI
SCALLIONS
RED PEPPER
UMAMI SEASONING
GRAPESEED OIL

SPICY SUNFLOWER SEEDS

GARLIC
LIME JUICE
CHILI POWDER
UMAMI SEASONING
RED PEPPER
GRAPESEED OIL
SUNFLOWER SEEDS

HERB FALAFEL

GARLIC
CHICKPEAS
EXTRA VIRGIN OLIVE OIL
DRIED CHILES
CORIANDER
BAKING POWDER
ONION
CUMIN
PARSLEY
CILANTRO
UMAMI SEASONING

SPICY BROCCOLI

BROCCOLI
KALE STEMS
UMAMI SEASONING
RED PEPPER
GRAPESEED OIL

HOT CHICKPEAS

CHICKPEAS
UMAMI SEASONING
GRAPESEED OIL
CUMIN
CHILI POWDER
CILANTRO

WARM PORTOBELLO MIX

PORTOBELLO MUSHROOMS
BUTTON MUSHROOMS
UMAMI SEASONING
GRAPESEED OIL

THE FOLLOWING ARE MADE WITH ONLY GRAPESEED OIL + UMAMI SEASONING:

ROASTED CHICKEN
ROASTED SWEET POTATOES
ROASTED STEELHEAD
ROASTED BRUSSELS SPROUTS
ROASTED KOGINUT SQUASH

SEASONAL INGREDIENTS

CURRY ROASTED CAULIFLOWER

CAULIFLOWER
CURRY POWDER
UMAMI SEASONING
GRAPESEED OIL

CRANBERRY MAPLE VINAIGRETTE

CRANBERRIES
MAPLE SYRUP
BALSAMIC VINEGAR
DIJON MUSTARD
GRAPESEED OIL
KOSHER SALT
CRACKED BLACK PEPPER

KALE GINGERADE

KALE
KALE
LEMON JUICE
LIME JUICE
GINGER
HONEY

SMOKED GOAT CHEESE DIP

SMOKED GOUDA
GOAT CHEESE
MAYONNAISE
YOGURT
RED ONION
WHITE WINE VINEGAR
KOSHER SALT
BLACK PEPPER

LEMON-DILL FENNEL

FENNEL
LEMON JUICE
LEMON ZEST
DILL

BREAD INGREDIENTS

BOS

ORGANIC WHOLE WHEAT FLOUR
MALTED BARLEY FLOUR
FILTERED WATER
NATURAL WHOLE WHEAT STARTER
SEA SALT

NYC

WHOLE WHEAT FLOUR
WHITE FLOUR
WATER
SALT
NATURAL STARTER
WHEAT BRAN

PHL

WATER
WHOLE WHEAT FLOUR
WHITE FLOUR
MALTED BARLEY FLOUR
YEAST

CHI

ORGANIC WHOLE WHEAT FLOUR
SEA SALT
LEVIAN
WATER

DMV

WHEAT FLOUR
MALTED BARLEY FLOUR
NIACIN
IRON
THIAMINE
MONOITRATE
RIBOFLAVIN
FOLIC ACID
FILTERED WATER
LEVAIN
BUCKWHEAT FLOUR
RYE FLOUR
SALT


LA

ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

SF

UNBLEACHED WHEAT FLOUR
MALTED BARLEY FLOUR
FILTERED WATER
WHOLE WHEAT FLOUR
SEA SALT


sweetgreen®		SIGNATURE SALADS + WARM BOWLS										
Hummus Tahina*	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)
	397	560	298	34	7	0	30	1190	40	9	7	16
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Za'atar Bread Crumbs *	15	45	14	2	0	0	0	160	8	0	0	2
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Housemade Hummus	50	80	54	6	0	0	0	230	8	2	0	3
Herb Falafel	60	190	63	7	1	0	0	360	11	3	2	3
Cucumber Tahini Yogurt Dressing	30	110	99	11	1	0	0	140	2	0	0	1
Kale Caesar	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)
	319	405	230	26	8	0	95	1130	10	4	3	40
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
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
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	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)
	374	530	351	39	5	0	70	535	24	9	1	26
Organic Mesclun - Full Portion	95	20	0	0	0	0	0	0	0	0	0	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Tortilla Chips	16	80	32	4	1	0	0	15	11	0	0	1
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Roasted Chicken	78	110	41	5	1	0	70	310	0	0	0	22
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Vinaigrette	30	140	144	16	1	0	0	210	0	0	0	0
Lentil + Avocado	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)
	450	520	362	41	4	0	0	467	33	19	11	10
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Lentils	55	60	0	0	0	0	0	65	7	4	1	4
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	0
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0

Spicy Thai 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)
		369	460	263	31	4	0	0	607	26	6	8
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Roasted Sesame Tofu	75	160	81	9	1	0	0	310	2	0	0	9
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
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	150	126	14	2	0	0	220	6	0	2	2

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	695	338	38	7	0	85	955	47	7	10
Organic Wild Rice	95	189	14	2	0	0	0	90	26	2	1	5
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Toasted Almonds	14	80	63	7	0.5	0	0	0	3	2	0	3
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Roasted Chicken	78	110	41	5	1	0	70	310	0	0	0	22
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	2	0	3	0

Hollywood 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)
		388	725	329	37	7	0	85	805	57	9	20
Organic Wild Rice	95	189	14	2	0	0	0	90	26	2	1	5
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Grapes	45	30	0	0	0	0	0	0	8	0	7	0
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Toasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Roasted Chicken	78	110	41	5	1	0	70	310	0	0	0	22
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	2	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	525	275	31	4	0	70	1220	46	6	2
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Roasted Chicken	78	110	41	5	1	0	70	310	0	0	0	22
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Za'atar Bread Crumbs *	15	45	14	2	0	0	0	160	8	0	0	2
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0

Shroomami 	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)
		408	685	343	39	4	0	0	1080	47	7	10
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Organic Wild Rice	95	189	14	2	0	0	0	90	26	2	1	5
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Warm Portobello Mix	65	65	36	4	1	0	0	270	4	1	2	3
Sesame Roasted Tofu	75	160	81	9	1	0	0	310	2	0	0	9
Miso Sesame Ginger Dressing	30	160	153	17	2	0	0	310	3	0	2	1

Fish Taco	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)
	338	520	241	28	6	0	20	782	46	6	3	24
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
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
Roasted Steelhead	86	150	36	4	5	0	20	280	0	0	0	15
Tortilla Chips	16	80	32	4	1	0	0	15	11	0	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeno Vinaigrette	30	140	144	16	1	0	0	210	0	0	0	0
Italian Chopped 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)
	367	520	304	35	7	0	20	2262	32	10	7	18
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Salami	28	110	81	9	4	0	20	450	0	0	0	5
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Hot Chickpeas	80	160	45	5	0	0	0	1450	21	6	3	7
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Red Chili Flakes	1	0	0	0	0	0	0	0	0	0	0	0
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0
Curry Chickpea 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)
	422	650	212	24	1	0	75	2060	72	14	14	40
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Roasted Chicken	78	110	41	5	1	0	70	310	0	0	0	22
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Hot Chickpeas	80	160	45	5	0	0	0	1450	21	6	3	7
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
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Toasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Curry Yogurt Dressing	30	110	36	4	0	0	5	150	2	0	1	1

