

sweetgreen®

NUTRITION INFORMATION

last update: 9/12/18

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

KEY:
 (V) 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 - SS - 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	192	22	2	0	70	822	51	8	12	32
Chicken + Brussels	351	415	244	27	1.5	0	70	790	21	5	9	25
SEASONAL INGREDIENTS												
Curry Roasted Cauliflower (V)	30	18	12	1	0	0	0	48	2	>1	>1	>1
Roasted Brussels Sprouts (V)	20	18	12	1	0	0	0	53	1	>1	>1	>1
SEASONAL DRESSINGS												
Cranberry Maple Vinaigrette (V)	30	120	108	12	1	0	0	220	3	0	2	0
SEASONAL BEVERAGES												
Kale Gingerade	475	80	0	0	0	0	0	25	22	1	15	1
SIGNATURE MENU												
SIGNATURE SALADS / WARM BOWLS	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)
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 (V)	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 (V)	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
KID'S MENU (select locations)												
KID'S MEALS	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)
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												
HOUSEMADE BEVERAGES (V)	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

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)
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												
	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 + 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
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 Almonds	14	80	63	7	1	0	0	0	3	2	0	3
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
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
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TOPPINGS + PROTEINS INGREDIENTS

ZA'ATAR BREADCRUMBS * WHOLE WHEAT BREAD EXTRA VIRGIN OLIVE OIL UMAMI SEASONING OREGANO THYME SESAME SEEDS SALT SUMAC HYSOP	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	

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 LEMON JUICE LIME JUICE GINGER HONEY
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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											
	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)
Hummus Tahina*	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
Roasted 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	40.5	4.5	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
Roasted 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
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

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
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
Roasted 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

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Curry Cauliflower	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	450	192	22	2	0	70	822	51	8	12	32
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
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Curry Roasted Cauliflower (dbl portion)	60	35	23	2.5	0	0	0	95	3	1	1	1
Roasted Chicken	78	110	40.5	4.5	0.5	0	70	310	0	0	0	22
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Cucumber Tahini Yogurt Dressing	30	110	99	11	1	0	0	140	2	0	0	1

Chicken + Brussels	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)
	351	415	244	27	2	0	70	790	21	5	9	25
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Raw Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Roasted Brussels Sprouts (dbl portion)	40	35	23	2.5	0	0	0	105	3	1	1	1
Roasted Chicken	78	110	40.5	4.5	0.5	0	70	310	0	0	0	22
Cranberry Maple Vinaigrette	30	120	108	12	1	0	0	220	3	0	2	0