

sweetgreen®

NUTRITION BINDER

S2 2019




- NUTRITION + GRAM WEIGHT INFORMATION
- INGREDIENT LIST
- ALLERGEN INFORMATION
- CHEESE INFORMATION
- DIETARY RESTRICTION EXPLANATIONS
- ONLINE EXCLUSIVES NUTRITION + ALLERGEN










NUTRITION INFORMATION





Last update: 3/4/19

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 squeezed and therefore unpasteurized
- Apple cider vinegar is unpasteurized










SEASONAL MENU S2 - SPRING 2019	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												
Rustic Tomato Harvest Bowl	391	680	342	39	7	0	80	965	41	6	8	30
Spring Burrata + Green Goddess Salad 	389	405	167	20	6	0	30	797	22	6	6	12
Superfood Bowl 	460	500	202	23	3	0	0	1065	59	24	10	18
SEASONAL INGREDIENTS												
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Roasted Tomatoes + Spring Onions 	40	15	0	0	0	0	0	25	3	0	2	0
Asparagus + Snap Pea + Radish 	40	15	0	0	0	0	0	115	2	1	1	1
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
Mint 	7	5	0	0	0	0	0	0	1	0	0	0
Toasted Buckwheat 	10	35	0	0	0	0	0	0	8	1	0	1
Beet Hummus 	40	50	27	3	0	0	0	160	5	1	0	2
SEASONAL DRESSINGS												
Green Goddess Ranch	30	140	90	10	2	0	10	300	1	0	0	1
Lemon Ginger Turmeric Vinaigrette 	30	40	27	3	0	0	0	550	5	0	3	0
SEASONAL BEVERAGES												
Strawberry Mint Lemonade 	475	60	0	0	0	0	0	15	1	1	14	0


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	940	72	14	14	40











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




KEY:  = Vegan  = Contains gluten  = Contains caffeine



HOUSEMADE 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												
Kale Gingerade	475	80	0	0	0	0	0	25	2	1	14	1
Hibiscus Berry + Clover Tea	475	0	0	0	0	0	0	0	0	0	0	0
Jasmine Green Iced Tea 	475	0	0	0	0	0	0	20	0	0	0	0
Cucumber Lemon Lime	475	70	0	0	0	0	0	15	1	1	15	1
Tangerine Fresca	475	80	0	0	0	0	0	15	0	0	15	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												
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)
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





DRESSINGS + FINISHERS	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)
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
Crushed Red Pepper 	1	0	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil 	15	130	130	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

KEY:  = Vegan  = Contains gluten  = Contains caffeine

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)
\$.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	330	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 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 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)
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
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


KEY:  = Vegan  = Contains gluten  = Contains caffeine

WEWORK HEADQUARTERS 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)
WEWORK HEADQUARTERS												
Hummus Tahina 	397	560	298	34	7	0	30	1190	40	9	7	16
Spicy Kale Caesar	412	515	324	38	10	0	35	705	40	15	7	15
OMG Omega	462	595	378	42	10	0	20	695	24	14	6	23
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
Veggie Caesar	303	385	216	26	8	0	25	1080	25	7	6	22
Sweet Harvest	331	724	414	47	8	0	15	700	53	9	10	19
Porto Pesto Parm 	382	485	270	30	4	0	0	1180	50	7	4	18
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
Chickpea Curry	419	705	252	28	2	0	5	940	74	14	14	27

MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY.

DETAILED NUTRITION INFORMATION FOR CORE MENU


KEY:  = Vegan  = Contains gluten  = Contains caffeine

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 Falafal	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	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	39
Organic Wild Rice	95	189	14	2	0	0	90	26	2	1	5	
Shredded Kale - Half Portion	43	20	5	1	0	0	15	4	2	1	2	
Local Apples	29	15	0	0	0	0	0	4	0	3	0	
Roasted Sweet Potatoes	39	40	9	1	0	0	150	8	1	2	1	
Toasted Almonds	14	80	63	7	0.5	0	0	3	2	0	3	
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	6	
Roasted Chicken	78	110	41	5	1	0	70	310	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	38
Organic Wild Rice	95	189	14	2	0	0	90	26	2	1	5	
Shredded Kale - Half Portion	43	20	5	1	0	0	15	4	2	1	2	
Jicama	35	15	0	0	0	0	0	3	2	0	0	
Grapes	45	30	0	0	0	0	0	8	0	7	0	
Raisins	14	40	0	0	0	0	0	11	1	8	0	
Toasted Almonds	14	80	63	7	1	0	0	3	2	0	3	
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	6	
Roasted Chicken	78	110	41	5	1	0	70	310	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	37
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	40	2	1	0	1	
Warm Quinoa	100	120	27	3	0	0	90	29	3	0	6	
Roasted Chicken	78	110	41	5	1	0	70	310	0	0	22	
Spicy Broccoli	33	25	18	2	0	0	110	2	1	0	1	
Tomatoes	46	10	0	0	0	0	0	2	0	1	0	
Shaved Parmesan	12	45	32	4	2	0	150	0	0	0	4	
Za'atar Bread Crumbs	15	45	14	2	0	0	160	8	0	0	2	
Sweetgreen Hot Sauce	28	10	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	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	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	0	75	940	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	330	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

SPICY 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)
	412	515	324	38	10	0	35	705	40	15	7	15
Shredded Kale - Half Portion	43	20	4	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
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Tortilla Chips	16	80	32	4	1	0	0	15	11	0	0	1
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
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
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1

OMG OMEGA	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)
	462	595	378	42	10	0	20	695	24	14	6	23
Organic Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Roasted Steelhead	86	150	36	4	5	0	20	280	0	0	0	15
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	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
Miso Sesame Ginger Dressing	30	160	153	17	2	0	0	310	3	0	2	1
Cabbage	25	10	0	0	0	0	0	5	2	1	1	0




VEGGIE 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)
	303	385	216	26	8	0	25	1080	25	7	6	22
Shredded Kale - Half Portion	43	20	4	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
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
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
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

SWEET HARVEST	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)
	331	724	414	47	8	0	15	700	53	9	10	19
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Organic Wild Rice	95	189	14	2	0	0	0	90	26	2	1	5
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
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
Toasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0

PORTO 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)
	382	485	270	30	4	0	0	1180	50	7	4	18
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
Warm Portobello Mix	65	65	36	4	1	0	0	270	4	1	2	3
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

CHICKPEA CURRY	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)
	419	705	252	28	2	0	5	940	74	14	14	27
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 Sesame Tofu	75	160	81	9	1	0	0	310	2	0	0	9
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Shredded Cabbage	25	10	0	0	0	0	0	330	2	1	1	0
Raisins	14	40	0	0	0	0	0	5	11	1	8	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Hot Chickpeas	80	160	45	5	0	0	0	330	21	6	3	7
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

DETAILED NUTRITION INFORMATION FOR SEASONAL MENU

KEY:  = Vegan  = Contains gluten  = Contains caffeine




RUSTIC TOMATO 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)
	391	680	342	39	7	0	80	965	41	6	8	30
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Organic Wild Rice	95	190	14	2	0	0	0	90	26	2	< 1	5
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Roasted Tomatoes + Spring Onions	40	15	0	0	0	0	0	25	3	0	2	0
Roasted Tomatoes + Spring Onions	40	15	0	0	0	0	0	25	3	0	2	0
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0

SPRING BURRATA + GREEN GODDESS 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)
	389	405	167	20	6	0	30	797	22	6	6	12
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Asparagus + Snap Peas + Radish	40	15	0	0	0	0	0	115	2	1	1	1
Asparagus + Snap Peas + Radish	40	15	0	0	0	0	0	115	2	1	1	1
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Mint	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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
Za'atar Bread Crumbs	15	45	14	2	0	0	0	160	8	0	0	2
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Green Goddess Ranch	30	140	90	10	2	0	10	300	1	0	0	1

SUPERFOOD 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)
	460	500	202	23	3	0	0	1065	59	24	10	18
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Lentils	55	60	0	0	0	0	0	65	7	4	1	4
Lentils	55	60	0	0	0	0	0	65	7	4	1	4
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Toasted Buckwheat	10	35	0	0	0	0	0	0	8	1	0	1
Beet Hummus	40	50	27	3	0	0	0	160	5	1	0	2
Lemon Ginger Turmeric Vinaigrette	30	40	27	3	0	0	0	550	5	0	3	0

INGREDIENT LIST

last update 2/06/19

KEY:  = Vegan  = Contains gluten  = Contains caffeine

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)

DRESSINGS

BALSAMIC VINAIGRETTE

GRAPESEED OIL HONEY
BALSAMIC SALT
VINEGAR CRACKED
DIJON MUSTARD BLACK PEPPER

PESTO VINAIGRETTE

EXTRA VIRGIN GARLIC
OLIVE OIL SALT
GRAPESEED OIL UMAMI
CIDER VINEGAR SEASONING
BASIL

CAESAR DRESSING

PLAIN YOGURT GARLIC
MAYONNAISE SALT
PARMESAN CHEESE CRACKED BLACK
LEMON JUICE PEPPER
ANCHOVIES

CURRY YOGURT DRESSING

PLAIN YOGURT GREEN ONION
MAYONNAISE LEMON JUICE
GARLIC CURRY POWDER
JALAPENO UMAMI SEASONING

CUCUMBER TAHINI YOGURT DRESSING

PLAIN YOGURT GARLIC
GRAPESEED OIL UMAMI SEASONING
LEMON JUICE CRUSHED RED
EXTRA VIRGIN PEPPER
OLIVE OIL BASIL
TAHINI PASTE WHITE WINE
CUCUMBER VINEGAR

LIME CILANTRO JALAPENO VINAIGRETTE

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

SPICY CASHEW DRESSING

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

SWEETGREEN HOT SAUCE

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

MISO SESAME GINGER DRESSING

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

HOUSE BEVERAGES

KALE GINGERADE

KALE LIME JUICE
YOUNG GINGER AGAVE NECTAR
LEMON JUICE

HIBISCUS BERRY + CLOVER TEA

HIBISCUS BERRY TEA
WATER

JASMINE GREEN ICED TEA

JASMINE GREEN TEA
WATER

CUCUMBER LEMON LIME

CUCUMBERS AGAVE NECTAR
LEMONS WATER
LIMES

TANGERINE FRESCA

TANGERINE JUICE AGAVE NECTAR
LEMONS WATER
LEMON JUICE

KEY:  = Vegan  = Contains gluten  = Contains caffeine

TOPPINGS + PREMIUMS

ZA'ATAR BREADCRUMBS

WHOLE WHEAT BREAD	THYME
EXTRA VIRGIN OLIVE OIL	SESAME SEEDS
UMAMI SEASONING	SALT
OREGANO	SUMAC
	HYSSOP

HUMMUS

LEMON PEEL	SALT
LEMON JUICE	CRACKED BLACK PEPPER
TAHINI PASTE	CUMIN
EXTRA VIRGIN OLIVE OIL	JALAPENO
GARLIC	CHICKPEAS

ROASTED SESAME TOFU

TOFU	CRUSHED RED PEPPER
SESAME OIL	UMAMI SEASONING
TAMARI	GRAPSEED OIL
SCALLIONS	

HERB FALAFEL

GARLIC	BAKING POWDER
CHICKPEAS	ONION
EXTRA VIRGIN OLIVE OIL	CUMIN
CRUSHED RED PEPPER	PARSLEY
CORIANDER	CILANTRO
	UMAMI SEASONING

SPICY SUNFLOWER SEEDS

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

SPICY BROCCOLI

BROCCOLI	CRUSHED RED PEPPER
KALE STEMS	GRAPSEED OIL
UMAMI SEASONING	


HOT CHICKPEAS

CHICKPEAS	CUMIN
UMAMI SEASONING	CHILI POWDER
GRAPSEED OIL	CILANTRO

WARM PORTOBELLO MIX

PORTOBELLO MUSHROOMS	UMAMI SEASONING
BUTTON MUSHROOMS	GRAPSEED OIL

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

ROASTED SWEET POTATOES 
ROASTED STEELHEAD
ROASTED CHICKEN

BREAD INGREDIENTS

BOS

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

NYC

WHOLE WHEAT FLOUR	SALT
WHITE FLOUR	NATURAL STARTER
WATER	WHEAT BRAN

PHL

WATER	MALTED BARLEY FLOUR
WHOLE WHEAT FLOUR	YEAST
WHITE FLOUR	

CHI

ORGANIC WHOLE WHEAT FLOUR	LEVAIN
SEA SALT	WATER

DMV

WHEAT FLOUR	BUCKWHEAT FLOUR
MALTED BARLEY FLOUR	RYE FLOUR
FILTERED WATER	SALT
LEVAIN	

LA

ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

SF

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

SEASONAL

ROASTED TOMATO + SPRING ONION

TOMATOES	BALSAMIC VINEGAR
SCALLIONS	GRAPSEED OIL
KOSHER SALT	
CRACKED BLACK PEPPER	

BLACKENED CHICKEN THIGHS

CHICKEN THIGHS	CORIANDER
CRUSHED RED PEPPER	CHILI POWDER
CRACKED BLACK PEPPER	BALSAMIC VINEGAR
KOSHER SALT	GRAPSEED OIL
CUMIN	

GREEN GODDESS RANCH

KOSHER SALT	CILANTRO
CRACKED BLACK PEPPER	YOGURT
GARLIC	MAYONNAISE
RED ONION	LEMON JUICE
BASIL	WHITE WINE VINEGAR
DILL	SWEETGREEN
PARSLEY	HOT SAUCE

ASPARAGUS + SNAP PEA + RADISH

ASPARAGUS	KOSHER SALT
SNAP PEAS	CRACKED BLACKPEPPER
RADISH	GRAPSEED OIL
LEMON ZEST	
LEMON JUICE	

LEMON GINGER TURMERIC VINAIGRETTE

KOSHER SALT	AGAVE NECTAR
TURMERIC POWDER	LEMON JUICE
UMAMI SEASONING	APPLE CIDER VINEGAR
LEMON ZEST	GRAPSEED OIL
GARLIC	
GINGER	

STRAWBERRY MINT LEMONADE

STRAWBERRIES	LEMON JUICE
MINT	AGAVE NECTAR
LEMONS	

BEET HUMMUS

BEETS
SWEETGREEN
HUMMUS

ALLERGEN INFORMATION

If a customer has a food allergy or food sensitivity, either the Head Coach or a Lead in the restaurant must make that customer's order. Please wash hands and change gloves prior to making the salad.

X = CONTAINS ALLERGEN

SALAD/WARM BOWL		WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
SEASONALS	RUSTIC TOMATO HARVEST BOWL		X		X				
	SPRING BURRATA + GREEN GODDESS SALAD	X	X			X	X	X	
	SUPERFOOD BOWL							X	
CORE SALADS + WARM BOWLS	CURRY CHICKPEA BOWL		X		X				
	GUACAMOLE GREENS						X		
	KALE CAESAR		X	X		X			X
	HUMMUS TAHINA	X	X				X	X	
	HARVEST/HOLLYWOOD BOWL		X		X				
	FISH TACO			X			X		
	SPICY THAI SALAD				X		X	X	X
	SHROOMAMI						X	X	X
	CHICKEN PESTO PARM	X	X				X	X	
	LENTIL + AVOCADO				X				
KIDS MEALS	CHICKEN LITTLE				X				
	LITTLE DIPPER						X	X	
DRESSINGS	BALSAMIC VINAIGRETTE								
	PESTO VINAIGRETTE								
	CAESAR DRESSING		X	X		X			X
	CUCUMBER TAHINI YOGURT DRESSING		X					X	
	LIME CILANTRO JALAPENO VINAIGRETTE								
	SPICY CASHEW DRESSING				X			X	
	MISO SESAME GINGER DRESSING						X	X	
	SWEETGREEN HOT SAUCE								
	CURRY YOGURT DRESSING		X						
GREEN GODDESS RANCH (seasonal)		X				X			

X = CONTAINS ALLERGEN

WEWORK HQ MENU	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
SPICY KALE CAESAR		X	X		X			X
OMG OMEGA			X			X	X	X
VEGGIE CAESAR		X	X		X			X
SWEET HARVEST		X		X				X
PORTO PESTO PARM	X	X					X	
CHICKPEA CURRY		X		X		X	X	

	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
BREAD	X							
ROASTED SESAME TOFU						X	X	
HUMMUS							X	
STEELHEAD			X					
LOCAL GOAT CHEESE		X						
LOCAL FETA CHEESE		X						
SHAVED PARMESAN		X						
PARMESAN CRISP		X						
TORTILLA CHIPS						X		
HARD BOILED EGGS					X			
ZA'ATAR BREAD CRUMBS	X					X	X	
ALMONDS / WALNUTS				X				
SPICY SUNFLOWER SEEDS								X
BURRATA (seasonal)		X						
BEEF HUMMUS (seasonal)							X	

CHEESE INFORMATION

All cheese sold in the United States must be made from either pasteurized milk or aged for 60 days. Both processes serve to kill harmful bacteria.

CHEESE	DMV	PHL	NY	BOS	LA	SF	CHI	
Local Goat Cheese	Firefly Farms Accident, MD Goat - Pasteurized	Kirchenburg Dairy Fleetwood, PA Goat - Pasteurized	Westfield Farm Hubbardston, MA Goat - Pasteurized		Drake Family Farms Ontario, CA Goat - Pasteurized		Prairie Fruit Farms New York Goat - Pasteurized	Belmont Goat Cheese New York Goat - Pasteurized
Local Feta Cheese	Mountain View Farms Fairfield, VA Cow - Aged		Maplebrook Bennington, VT Cow - Pasteurized		Belfiore Cheese Co Berkeley, CA Cow - Pasteurized		Klondike Cheese Co. Monroe, WI Cow - Pasteurized	
Parmesan Cheese	Belgioioso USA Cow - Aged							
Parm Crisp	Raison D'Etire Bakery USA Cow - Aged, Baked							
Burrata (seasonal)	Vendor will vary by market (see sourcing list in restaurant or email hello@sweetgreen.com for info) Pasteurized							

DIETARY RESTRICTION EXPLANATIONS

Gluten:

Many people have an intolerance or allergy to gluten, which can cause many symptoms ranging from stomach pain to headaches and vomiting. This is a serious allergy! If one of our customers states that they have a Gluten Allergy or Celiac Disease, we must take extra precautions to ensure their safety. Make sure to wash your hands and put on fresh gloves before assisting them. Although our menu has very few items that contain gluten, they are all prepared in the same areas of our kitchen.

Vegetarian:

Vegetarians follow a mostly plant-based diet, but allow for some animal products like honey, cheese, eggs in most cases. The term vegetarian can mean a lot of things, so if a customer tells you that they are vegetarian, it is best to ask them what they can and cannot eat within the guidelines.

Vegan:

Vegans follow a strict diet that does not allow for any animal protein or animal products, such as dairy, eggs, and sometimes honey.

Paleo/Caveman/Whole 30:

These diets are all low carb diets in varying degrees of intensity. For the most part aside from our whole grains, we are low-carb. Fruits and vegetables are lower in carbs than most processed foods, although sweet fruits like apples, pears, and watermelon are higher in carbs than say an avocado. Whole fat dairy products are low in carbs as well, as are Grapeseed Oil and Extra Virgin Olive Oil.

What has added sugar?

Agave nectar can be found in:

Lemon Fresca; Cucumber Ginger Lime Fresca; Miso Sesame Ginger Dressing; Spicy Cashew Dressing

Honey can be found in:

Balsamic Vinaigrette; Kale Gingerade

INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, SWEETGREEN DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.

OMG OMEGA	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)
	462	595	378	42	10	0	20	695	24	14	6	23
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	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
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Roasted Steelhead	86	150	36	4	5	0	20	280	0	0	0	15
Miso Sesame Ginger Dressing	30	160	153	17	2	0	0	310	3	0	2	1

VEGGIE 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)
	349	395	216	26	8	0	25	1080	27	7	7	22
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
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
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

CALI 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)
	333	365	207	25	8	0	25	945	21	6	6	21
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
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
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

HELLO PORTOBELLO	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)
	261	365	247	28	7	0	20	925	13	4	5	15
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Parmesan Crisp	20	100	63	7	5	0	20	430	0	0	0	10
Warm Portobello Mix	65	65	36	4	1	0	0	270	4	1	2	3
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0

CHICKEN TOSTADA	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	595	311	35	7	0	95	1240	50	6	4	30
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
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	80	32	4	1	0	0	15	11	0	0	1
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeno Vinaigrette	30	140	135	15	1	0	0	210	0	0	0	0

SPICY CASHEW CHICKEN 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)
	411	560	248	29	4	0	70	720	62	8	14	35
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
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
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
Raisins	14	40	0	0	0	0	0	0	11	1	8	0

SPICY CASHEW CHICKEN BOWL CONT.

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
Spicy Cashew Dressing	30	150	126	14	2	0	0	220	6	0	2	2

ROASTED TOMATO + BURRATA *	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)
	352	420	227	27	5	0	20	557	27	4	11	10
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Basil	7	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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	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
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
Roasted Tomatoes + Spring Onions	40	15	0	0	0	0	0	25	3	0	2	0
Roasted Tomatoes + Spring Onions	40	15	0	0	0	0	0	25	3	0	2	0
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0

GREEN GODDESS + 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)
	338	470	292	34	6	0	10	340	30	17	6	12
Shredded Kale - Half Portion	43	20	4	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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Toasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Green Goddess Ranch	30	140	90	10	2	0	10	300	1	0	0	1

SPRING PICNIC 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)
	389	480	302	34	5	0	255	915	11	6	4	27
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
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Asparagus + Snap Pea + Radish	35	15	0	0	0	0	0	115	2	1	1	1
Asparagus + Snap Pea + Radish	35	15	0	0	0	0	0	115	2	1	1	1
Hard Boiled Egg	50	70	41	5	2	0	190	70	1	0	1	7
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0

S2 OLO EXCLUSIVE ALLERGEN INFORMATION

BOWLS	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
OMG OMEGA			X			X	X	X
VEGGIE CAESAR		X	X		X			X
CALI CAESAR		X	X		X			X
HELLO PORTOBELLO		X						
CHICKEN TOSTADA		X				X		
SPICY CASHEW CHICKEN BOWL				X			X	X
RUSTIC TOMATO + BURRATA	X	X				X	X	
GREEN GODDESS + AVOCADO		X		X	X			
SPRING PICNIC SALAD				X	X			

DETAILED NUTRITION INFORMATION FOR CULVER CITY: THE LAB

Ratatouille Plate	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)
	378	595	356	40	9	0	95	1130	41	7	4	30
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Roasted Peppers + Eggplant	62	30	14	2	0	0	0	95	4	1	2	1
Heirloom Tomatoes	45	15	0	0	0	0	0	0	2	1	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0

Maple Mustard Steelhead Plate	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)
	403	650	270	30	3	0	65	1384	61	8	19	25
Roasted Steelhead	90	130	54	6	1	0	65	420	1	1	0	17
Organic Wild Rice	95	190	14	2	0	0	0	90	26	2	<1	5
Roasted Sweet Potato	39	40	9	1	0	0	0	150	8	1	2	1
Roasted Shallots	50	45	13.5	1.5	0	0	0	135	8	2	4	1
Kale + Apple Slaw	85	58	26	3	0	0	0	179	7	2	4	1
Roasted Almonds [Ⓢ]	14	80	63	7	1	0	0	0	6	0	5	0
Maple Mustard Vinaigrette	30	110	90	9	1	0	0	410	5	0	4	0

ALLERGEN INFORMATION FOR CULVER CITY: THE LAB

BOWLS	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
Ratatouille Plate		X						X
Maple Mustard Steelhead			X	X		X		



DETAILED NUTRITION INFORMATION FOR CLOUD KITCHEN

MISO SESAME STEELHEAD	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)
	398	675	396	44	6	0	65	1075	57	18	7	32
Roasted Steelhead	90	130	54	6	1	0	65	420	1	1	0	17
Organic Wild Rice	95	190	14	2	0	0	0	90	26	2	<1	5
Charred Cabbage	75	35	18	2	0	0	0	260	4	2	2	1
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Toasted Almonds	14	80	63	7	1	0	0	0	6	0	5	0
Scallions	7	0	0	0	0	0	0	0	1	0	0	0
Miso Sesame Sauce	30	160	153	17	2	0	0	310	3	0	2	1

CHICKEN TIKKA MASALA	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)
	522	780	243	27	3	0	70	1710	66	14	0	17
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Cauliflower Rice	100	50	36	4	1	0	0	380	5	2	2	2
Roasted Sweet Potatoes	140	130	18	2	0	0	0	280	28	4	6	2
Hot Chickpeas	80	160	45	5	0	0	0	330	21	6	3	7
Spinach	27	5	0	0	0	0	0	20	1	1	0	1
Mint	7	5	0	0	0	0	0	0	1	0	0	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Whole Milk Yogurt	43	35	18	2	1	0	5	30	3	0	3	3
Tikka Masala Sauce	30	265	72	8	0	0	0	250	6	0	4	1

CHICKEN CHIMMICHURRI	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)
	430	500	261	29	8	0	95	1630	34	9	6	29
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Cauliflower Rice	100	50	36	4	1	0	0	380	5	2	2	2
Roasted Corn	57	60	18	2	0	0	0	115	12	2	2	2
Black Beans	80	70	0	0	0	0	0	100	11	3	0	4
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Pickled Carrots + Celery	30	10	0	0	0	0	0	210	1	0	1	4
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Scallions	7	0	0	0	0	0	0	0	1	0	0	0
Chimichurri Sauce	30	100	90	10	1	0	0	125	2	1	0	0

SPICY CASHEW SWEET POTATO FRIES	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)
	195	365	198	22	2	0	0	540	38	5	8	7
Roasted Sweet Potatoes	140	130	18	2	0	0	0	280	29	4	6	2
Spicy Cashew Dressing	30	150	126	14	2	0	0	220	6	0	2	2
Sesame Seed Crunch	13	80	54	6	0	0	0	40	3	1	0	3
Mint	7	5	0	0	0	0	0	40	3	1	0	3
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0

ROASTED CINNAMON APPLES + SQUASH	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)
	154	350	63	7	1	0	5	240	30	6	20	5
Cinnamon Apples + Squash 	90	200	36	4	0	0	0	210	10	2	3	1
Whole Milk Yogurt	43	35	18	2	1	0	5	30	3	0	3	3
Dried Cranberries 	14	55	0	0	0	0	0	0	11	1	8	0
Honey Granola	7	65	9	1	0	0	0	0	11	1	8	0

ALLERGEN INFORMATION FOR CLOUD KITCHEN

BOWLS	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME
MISO SESAME STEELHEAD				X		X	X
CHICKEN TIKKA MASSALA		X					
CHICKEN CHIMMICHURRI		X					

SIDE DISHES	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME
SPICY CASHEW SWEET POTATO FRIES				X			X
ROASTED CINNAMON APPLES + SQUASH		X		X			