

sweetgreen®

NUTRITION BINDER

S2 2020

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



ALLERGEN INFORMATION

last update 2/28/2020

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	DAIRY	FISH	TREE NUTS	EGGS	SOY
SEASONALS	RUSTIC TOMATO HARVEST BOWL		X		X		
	GREEN GODDESS AVOCADO SALAD		X		X	X	
	ROASTED CARROT + FETA BOWL	X	X		X		X
CORE	BUFFALO CHICKEN BOWL	X	X			X	X
	GUACAMOLE GREENS						X
	KALE CAESAR		X	X		X	
	HUMMUS TAHINA	X	X				X
	FISH TACO			X			X
	SPICY THAI SALAD				X		X
	SHROOMAMI						X
	CHICKEN PESTO PARM	X	X				X
	LENTIL + AVOCADO				X		
KIDS MEALS	CHICKEN LITTLE				X		
	LITTLE DIPPER						X
OLO EXCLUSIVES	VEGGIE CAESAR		X	X		X	
	CHICKEN TOSTADA		X				X
	SPRING MEZZE SALAD	X	X				X

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.

X = CONTAINS ALLERGEN

INGREDIENTS	WHEAT + GLUTEN	DAIRY	FISH	TREE NUTS	EGGS	SOY
BREAD	X					
ROASTED SESAME TOFU						X
HUMMUS						
STEELHEAD			X			
GOAT CHEESE		X				
FETA CHEESE		X				
SHAVED PARMESAN		X				
PARMESAN CRISPS		X				
BLUE CHEESE		X				
HARD BOILED EGGS					X	
ZA'ATAR BREAD CRUMBS	X					X
ALMONDS / WALNUTS				X		
TORTILLA CHIPS						X
CHICKPEAS						
SUMAC ROASTED CARROTS (seasonal)						
ROASTED TOMATOES (seasonal)						

DRESSING	WHEAT + GLUTEN	DAIRY	FISH	TREE NUTS	EGGS	SOY
BALSAMIC VINAIGRETTE						
PESTO VINAIGRETTE						
CAESAR DRESSING		X	X		X	
PEPPERCORN TAHINA DRESSING						
LIME CILANTRO JALAPENO VINAIGRETTE						
SPICY CASHEW DRESSING				X		
MISO SESAME GINGER DRESSING						X
SWEETGREEN HOT SAUCE						
GREEN GODDESS RANCH		X			X	

X = CONTAINS ALLERGEN

OUTPOST VEGETARIAN EXCLUSIVE MENU	WHEAT + GLUTEN	DAIRY	FISH	TREE NUTS	EGGS	SOY
SPICY KALE CAESAR		X	X		X	X
OMG OMEGA			X			X
VEGGIE CAESAR		X	X		X	
SWEET HARVEST		X		X		
PORTO PESTO PARM	X	X				

32ND + PARK EXCLUSIVE MENU	WHEAT + GLUTEN	DAIRY	FISH	TREE NUTS	EGGS	SOY
OMG OMEGA			X			X
HELLO PORTOBELLO		X				
BUFFALO CHICKEN BOWL	X	X			X	X
SUPERFOOD BOWL				X		
APPLE + BLUE CHEESE		X		X		
GREENER GODDESS SALAD	X	X			X	X
STEELHEAD GREEN GODDESS		X	X	X	X	
CHICKEN TOSTADA		X				X
SPICY CASHEW CHICKEN BOWL				X		
BURRATA BRUSCHETTA BOWL	X	X				X
LEMON GINGER TOFU BOWL				X		X
VEGGIE CAESAR		X	X		X	
STEELHEAD + ROASTED TOMATO (seasonal)			X	X		X
ROASTED CARROT + GREEN GODDESS (seasonal)		X		X	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	
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
Feta Cheese	Mountain View Farms Fairfield, VA Cow - Pasteurized		Maplebrook Bennington, VT Cow - Pasteurized		Belfiore Cheese Co Berkeley, CA Cow - Pasteurized		Klondike Cheese Co. Monroe, WI Cow - Pasteurized	
Parmesan Cheese	Belgioso USA Cow - Aged							
Parm Crisps	Raison D'Etire Bakery USA Cow - Aged, Baked							
Blue Cheese	Firefly Farms Accident, MD Cow or Goat - Pasteurized		Organic Valley La Farge, WI Cow - Pasteurized		Central Coast San Luis Obispo, CA Cow - Pasteurized	Point Reyes Farmstead Point Reyes, CA Cow - Pasteurized	Carr Valley Cheese Fennimore, WI Cow - Pasteurized	
Burrata	N/A		Belgioso USA Cow - Pasteurized	N/A	N/A	N/A	N/A	

ADDED SUGAR

Agave nectar can be found in:

- CUCUMBER LEMON LIME FRESCA**
- KALE GINGERADE**
- LEMON GINGER TURMERIC VINAIGRETTE**
- MISO SESAME GINGER DRESSING**
- PEPPERCORN TAHINA DRESSING**
- SPICY CASHEW DRESSING**
- STRAWBERRY MINT LEMONADE**
- TANGERINE FRESCA**

Honey can be found in:

- BALSAMIC VINAIGRETTE**
- HIBISCUS BERRY SPARKLING FRESCA**
- LEMON GINGER SPARKLING FRESCA**

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










NUTRITION INFORMATION

last update 2/28/2020

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




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 2020	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	352	765	422	47	8	0	80	1238	51	10	7	36
Green Goddess Avocado Salad	429	585	367.5	40	6	0	250	612	44	21	9	19
Roasted Carrot + Feta Bowl 	352	560	273	30	7	0	30	1020	60	14	21	18
SEASONAL INGREDIENTS												
Sumac Roasted Carrots 	65	35	9	1	0	0	0	170	6	2	3	1
Roasted Tomatoes 	49	105	79	9	0	0	0	228	2	2	2	4
Strawberries 	35	10	0	0	0	0	0	0	3	1	2	0
Mint 	2	0	0	0	0	0	0	0	0	0	0	0
Dried Apricots 	12	50	0	0	0	0	0	5	13	2	11	1
Chickpeas 	43	45	13.5	1.5	0	0	250	7	0	0	0	2
SEASONAL DRESSINGS												
Green Goddess Ranch	30	140	144	16	2.5	0	0	300	1	0	0	1
SEASONAL BEVERAGE												
Strawberry Mint Lemonade 	475	60	0	0	0	0	0	15	17	1	14	1
SIGNATURE MENU												
SIGNATURE SALADS + WARM BOWLS												
Hummus Tahina 	397	570	340	38	9.5	0	30	1585	46	14	7	20
Kale Caesar	319	405	214	24	9	0	86	1274	13	5	3	40
Guacamole Greens	427	545	322	36	5.5	0	56	564	30	14	3	27
Lentil + Avocado	450	520	355	41	5	0	0	480	39	20	10	14
Spicy Thai Salad 	369	460	294	33	4.5	0	0	491	25	7	7	22
Harvest Bowl	362	695	311	34.5	7	0	71	1134	60	9	10	37
Buffalo Chicken Bowl	382	445	244	27	9	0	95	1560	22	8	5	31
Chicken Pesto Parm 	395	525	249	29	4	0	56	1199	38	8	4	35
Shroomami 	408	685	374	41	5	0	0	1015	57	9	8	27
Fish Taco	338	520	258	29	4.5	0	43	645	38	7	4	28
ONLINE EXCLUSIVE MENU												
SEASONAL SALADS + WARM BOWLS												
Spring Mezze Salad 	373	480	318	36	7.5	0	30	1290	30	11	8	17
SIGNATURE SALADS + WARM BOWLS												
Chicken Tostada	412	595	304	34	8.5	0	95	1090	44	9	5	29
Veggie Caesar	349	395	232	25.5	9	0	30	1140	30	8	7	23
WeWork Vegetarian Menu												
WeWork HQ MENU												
Hummus Tahina 	397	570	340	38	9.5	0	30	1585	46	14	7	20
Spicy Kale Caesar	409	505	340	38	11	0	35	820	36	17	5	15
Veggie Caesar	349	395	232	25.5	9	0	30	1140	30	8	7	23
Lentil + Avocado	452	535	355	40	5	0	0	480	40	21	11	15
Spicy Thai Salad 	356	440	284	32	4.5	0	0	506	20	7	6	20
Sweet Harvest	319	655	354	38.5	7.5	0	15	795	64	10	10	18
OMG Omega	462	595	403	45	7	0	43	725	26	15	5	30
Porto Pesto Parm 	382	485	268	31	5	0	0	1044	42	9	6	17
Shroomami 	408	685	374	41	5	0	0	1015	57	9	8	27
Fish Taco	338	520	258	29	4.5	0	43	645	38	7	4	28

KEY: = Vegan = Contains gluten = Contains caffeine

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 												
HOUSEMADE BEVERAGES												
Kale Gingerade	475	80	0	0	0	0	0	25	22	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	21	1	15	1
Tangerine Fresca	475	80	0	0	0	0	0	15	16	0	15	0
Agave Syrup	14	10	0	0	0	0	0	0	3	0	3	0
BREAD 												
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 (DEN)	41	80	0	0	0	0	0	170	16	8	0	3
Whole Wheat Bread (LA)	34	80	5	1	0	0	0	190	20	2	1	4
BASES 												
GREENS + GRAINS												
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
SIGNATURE INGREDIENTS 												
\$.50 TOPPINGS												
Roasted Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Chickpeas	43	45	13.5	1.5	0	0	250	7	0	0	0	2
Raw Corn	36	35	10	1	0	0	0	0	7	1	2	2
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Black Lentils	55	60	0	0	0	0	0	65	11	4	1	5
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Roasted Sweet Potatoes	39	40	5	0.5	0	0	0	150	8	1	2	1
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Raw Walnuts	12	70	70	8	0.5	0	0	0	2	1	0	2



KEY:  = Vegan  = Contains gluten  = Contains caffeine


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	130	15	3	0	0	0	9	9	0	3
Blue Cheese	30	110	80	9	6	0	25	340	1	0	0	6
Hard Boiled Egg	50	70	40	4.5	1.5	0	190	70	1	0	1	7
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Herb Falafel 	60	190	101	11	2	0	0	518	16	5	1	6
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Goat Cheese	34	90	60	7	5	0	15	160	0	0	0	6
Housemade Hummus 	50	80	60	7	1	0	0	217	8	2	0	3
Parmesan Crisps	20	100	70	8	5	0	25	480	1	0	0	10
Pickled Carrots + Celery 	30	5	0	0	0	0	0	250	1	0	0	0
Roasted Sesame Tofu 	75	160	99	11	2	0	0	191	1	1	0	14
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Warm Portobello Mix 	65	65	36	4	1	0	0	239	4	1	2	3

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	3	0	2	0
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1
Extra Virgin Olive Oil 	15	130	130	15	2	0	0	0	0	0	0	0
Green Goddess Ranch	30	140	144	16	2.5	0	0	300	1	0	0	1
Lemon Ginger Turmeric Dressing (32nd + Park Ex) 	30	40	20	2.5	0	0	0	550	5	0	3	0
Lemon Squeeze 	15	0	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeño Vinaigrette 	30	140	140	15	1.5	0	0	140	1	0	0	0
Lime Squeeze 	15	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger Dressing 	30	160	150	17	1.5	0	0	310	3	0	2	1
Pesto Vinaigrette 	30	150	150	17	2	0	0	190	1	0	0	0
Peppercorn Tahina Dressing 	30	120	99	11	1.5	0	0	410	3	1	1	1
Spicy Cashew Dressing 	30	150	120	14	2	0	0	220	6	0	2	2
Sweetgreen Hot Sauce 	28	10	0	0	0	0	0	170	2	1	1	1
Crushed Red Pepper 	1	0	0	0	0	0	0	0	0	0	0	0

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	570	340	38	9.5	0	30	1585	46	14	7
Herb Falafel	60	190	101	11	2	0	0	518	16	5	1	6
Housemade Hummus	50	80	60	7	1	0	0	217	8	2	0	3
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Peppercorn Tahina Dressing	30	120	99	11	1.5	0	0	410	3	1	1	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	214	24	9	0	86	1274	13	5	3
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Parmesan Crisps	20	100	70	8	5	0	25	480	1	0	0	10
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
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)
		427	545	322	36	5.5	0	56	564	30	14	3
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Red Onions	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
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeño Vinaigrette	30	140	140	15	1.5	0	0	140	1	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	355	41	5	0	0	480	39	20	10
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Black Lentils	55	60	0	0	0	0	0	65	11	4	1	5
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Raw Walnuts	12	70	70	8	0.5	0	0	0	2	1	0	2
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0


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	258	29	4.5	0	43	645	38	7	4
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
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
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	30	140	140	15	1.5	0	0	140	1	0	0	0

KEY:  = Vegan  = Contains gluten  = Contains caffeine

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	294	33	4.5	0	0	491	25	7	7
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
Raw Corn	36	35	10	1	0	0	0	0	7	1	2	2
Cucumbers	40	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
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
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	150	120	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	311	34.5	7	0	71	1134	60	9	10
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Roasted Sweet Potatoes	39	40	5	0.5	0	0	0	150	8	1	2	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Goat Cheese	34	90	60	7	5	0	15	160	0	0	0	6
Roasted Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0
BUFFALO 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)
		382	445	244	27	9	0	95	1560	22	8	5
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Blue Cheese	30	110	80	9	6	0	25	340	1	0	0	6
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1
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	249	29	4	0	56	1199	38	8	4
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Pesto Vinaigrette	30	150	150	17	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	374	41	5	0	0	1015	57	9	8
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
Warm Portobello Mix	65	65	36	4	1	0	0	239	4	1	2	3
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Miso Sesame Ginger Dressing	30	160	150	17	1.5	0	0	310	3	0	2	1

DETAILED NUTRITION INFORMATION FOR WEWORK 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	570	340	38	9.5	0	30	1585	46	14	7	20
Herb Falafel	60	190	101	11	2	0	0	518	16	5	1	6
Housemade Hummus	50	80	60	7	1	0	0	217	8	2	0	3
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Peppercorn Tahina Dressing	30	120	99	11	1.5	0	0	410	3	1	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)
	409	505	340	38	11	0	35	820	36	17	5	15
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	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	232	25.5	9	0	30	1140	30	8	7	23
Roasted Sweet Potatoes	39	40	5	0.5	0	0	0	150	8	1	2	1
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Raw Corn	36	35	10	1	0	0	0	0	7	1	2	2
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Parmesan Crisps	20	100	70	8	5	0	25	480	1	0	0	10
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
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

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)
	452	535	355	40	5	0	0	480	40	21	11	15
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Black Lentils	55	60	0	0	0	0	0	65	11	4	1	5
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Roasted Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0

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	258	29	4.5	0	43	645	38	7	4	28
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
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
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	30	140	140	15	1.5	0	0	140	1	0	0	0

KEY:  = Vegan  = Contains gluten  = Contains caffeine

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)
		356	440	284	32	4.5	0	0	506	20	7	6
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Cucumbers	40	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
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
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	150	120	14	2	0	0	220	6	0	2	2
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)
		319	655	354	38.5	7.5	0	15	795	64	10	10
Roasted Sweet Potatoes	39	40	5	0.5	0	0	0	150	8	1	2	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Goat Cheese	34	90	60	7	5	0	15	160	0	0	0	6
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Roasted Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0
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	403	45	7	0	43	725	26	15	5
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Cucumbers	40	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
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Miso Sesame Ginger Dressing	30	160	150	17	1.5	0	0	310	3	0	2	1
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	268	31	5	0	0	1044	42	9	6
Warm Portobello Mix	65	65	36	4	1	0	0	239	4	1	2	3
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Pesto Vinaigrette	30	150	150	17	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	374	41	5	0	0	1015	57	9	8
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
Warm Portobello Mix	65	65	36	4	1	0	0	239	4	1	2	3
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Miso Sesame Ginger Dressing	30	160	150	17	1.5	0	0	310	3	0	2	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)	
352	765	422	47	8	0	80	1238	51	10	7	36	
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Roasted Tomatoes	49	105	79	9	0	0	228	2	2	2	4	
Basil	7	0	0	0	0	0	0	0	0	0	0	
Goat Cheese	34	90	60	7	5	0	15	160	0	0	6	
Roasted Almonds	14	80	70	7	0.5	0	0	3	2	1	3	
Warm Wild Rice	95	190	24	3	0	0	175	37	3	0	4	
Shredded Kale	43	20	5	0	0	0	15	4	2	1	2	
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0
GREEN GODDESS AVOCADO 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)	
429	585	367.5	40	6	0	250	612	44	21	9	19	
Avocado	87	160	130	15	3	0	0	9	9	0	3	
Black Lentils	55	60	0	0	0	0	65	11	4	1	5	
Chickpeas	43	45	13.5	1.5	0	250	7	0	0	0	2	
Roasted Sweet Potatoes	39	40	5	0.5	0	0	150	8	1	2	1	
Shredded Cabbage	25	10	0	0	0	0	5	2	1	1	0	
Raw Beets	40	15	0	0	0	0	30	4	1	3	1	
Roasted Almonds	14	80	70	7	0.5	0	0	3	2	1	3	
Baby Spinach	53	15	0	0	0	0	40	2	1	0	1	
Shredded Kale	43	20	5	0	0	0	15	4	2	1	2	
Green Goddess Ranch	30	140	144	16	2.5	0	0	300	1	0	1	
ROASTED CARROT + FETA 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)	
352	560	273	30	7	0	30	1020	60	14	21	18	
Sumac Roasted Carrots	65	35	9	1	0	0	170	6	2	3	1	
Shredded Cabbage	25	10	0	0	0	0	5	2	1	1	0	
Mint	2	0	0	0	0	0	0	0	0	0	0	
Feta Cheese	31	80	60	7	5	0	30	280	1	0	4	
Roasted Almonds	14	80	70	7	0.5	0	0	3	2	1	3	
Za'atar Breadcrumbs	15	45	15	2	0	0	130	6	1	1	2	
Dried Apricots	12	50	0	0	0	0	5	13	2	11	1	
Warm Quinoa	100	120	15	2	0	0	5	21	3	1	4	
Shredded Kale	43	20	5	0	0	0	15	4	2	1	2	
Lemon Squeeze	15	0	0	0	0	0	0	1	0	0	0	
Peppercorn Tahina Dressing	30	120	99	11	1.5	0	0	410	3	1	1	

DETAILED NUTRITION INFORMATION FOR ONLINE EXCLUSIVE MENU


KEY:  = Vegan  = Contains gluten  = Contains caffeine




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)
	412	595	304	34	8.5	0	95	1090	44	9	5	29
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeño Vinaigrette	30	140	140	15	1.5	0	0	140	1	0	0	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)
	349	395	232	25.5	9	0	30	1140	30	8	7	23
Roasted Sweet Potatoes	39	40	5	0.5	0	0	0	150	8	1	2	1
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Raw Corn	36	35	10	1	0	0	0	0	7	1	2	2
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Parmesan Crisps	20	100	70	8	5	0	25	480	1	0	0	10
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
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

SPRING MEZZE 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)
	373	480	318	36	7.5	0	30	1290	30	11	8	17
Roasted Tomatoes	49	105	79	9	0	0	0	228	2	2	2	4
Housemade Hummus	50	80	60	7	1	0	0	217	8	2	0	3
Cucumbers	40	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
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Peppercorn Tahina Dressing	30	120	99	11	1.5	0	0	410	3	1	1	1

DETAILED NUTRITION INFORMATION FOR 32nd + PARK EXCLUSIVE MENU

KEY:  = Vegan  = Contains gluten  = Contains caffeine

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	403	45	7	0	43	725	26	15	5	30
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Cucumbers	40	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
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Miso Sesame Ginger Dressing	30	160	150	17	1.5	0	0	310	3	0	2	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	261	29	8	0	25	944	14	5	5	15
Warm Portobello Mix	65	65	36	4	1	0	0	239	4	1	2	3
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
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Parmesan Crisps	20	100	70	8	5	0	25	480	1	0	0	10
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Pesto Vinaigrette	30	150	150	17	2	0	0	190	1	0	0	0
APPLE + BLUE CHEESE	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)
	330	590	344	38.5	9	0	90	1205	37	8	17	29
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Roasted Sweet Potatoes	39	40	5	0.5	0	0	0	150	8	1	2	1
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Blue Cheese	30	110	80	9	6	0	25	340	1	0	0	6
Raw Walnuts	12	70	70	8	0.5	0	0	0	2	1	0	2
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0
GREENER 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)
	429	540	316	36	5.5	0	56	889	31	16	6	31
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Raw Corn	36	35	10	1	0	0	0	0	7	1	2	2
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Green Goddess Ranch	30	140	144	16	2.5	0	0	300	1	0	0	1
STEELHEAD GREEN GODDESS	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)
	407	415	277	31	5	0	43	870	14	5	3	26
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
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	0	0
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0
Raw Walnuts	12	70	70	8	0.5	0	0	0	2	1	0	2
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Green Goddess Ranch	30	140	144	16	2.5	0	0	300	1	0	0	1

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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	222	25	2.5	0	56	719	54	8	14	32
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Raw Corn	36	35	10	1	0	0	0	0	7	1	2	2
Cucumbers	40	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
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	150	120	14	2	0	0	220	6	0	2	2

BURRATA BRUSCHETTA 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)
	311	485	228	27	5.5	0	20	485	38	6	7	13
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Red Onions	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
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	2
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Crushed Red Pepper	1	0	0	0	0	0	0	0	0	0	0	0
Balsamic Vinaigrette	30	150	130	15	1.5	0	0	240	4	0	3	0

LEMON GINGER TOFU 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)
	465	670	348	39.5	5.5	0	0	946	64	18	7	26
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
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 Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Lemon Ginger Turmeric Dressing	30	40	20	2.5	0	0	0	550	5	0	3	0

STEELHEAD + ROASTED TOMATO	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	725	386	43	4	0	43	1073	52	10	7	34
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Roasted Tomatoes	49	105	79	9	0	0	0	228	2	2	2	4
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Roasted Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Miso Sesame Ginger Dressing	30	160	150	17	1.5	0	0	310	3	0	2	1

ROASTED CARROT + GREEN GODDESS	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)
	406	550	418	47	11	0	15	660	28	17	7	17
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Sumac Roasted Carrots	65	35	9	1	0	0	0	170	6	2	3	1
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Goat Cheese	34	90	60	7	5	0	15	160	0	0	0	6
Roasted Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Green Goddess Ranch	30	140	144	16	2.5	0	0	300	1	0	0	1

INGREDIENT LIST

last update 2/28/2020

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

GRAPSEED OIL	HONEY
BALSAMIC	SALT
VINEGAR	CRACKED
DIJON MUSTARD	BLACK PEPPER

PESTO VINAIGRETTE

EXTRA VIRGIN	BASIL
OLIVE OIL	GARLIC
GRAPSEED OIL	SALT
APPLE CIDER	UMAMI
VINEGAR	SEASONING

CAESAR DRESSING

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

SWEETGREEN HOT SAUCE

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

PEPPERCORN TAHINA

EXTRA VIRGIN	AGAVE NECTAR
OLIVE OIL	GARLIC
TAHINI	CUMIN
LEMON JUICE	SALT
APPLE CIDER	CRACKED BLACK
VINEGAR	PEPPER
WATER	
DIJON MUSTARD	

LIME CILANTRO

JALAPEÑO VINAIGRETTE

GRAPSEED OIL	JALAPEÑO
LIME JUICE	GARLIC
WHITE WINE	CUMIN
VINEGAR	UMAMI SEASONING
CILANTRO	

SPICY CASHEW DRESSING

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

MISO SESAME GINGER DRESSING

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




32ND + PARK EXCLUSIVES

GREEN GODDESS RANCH

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

LEMON GINGER TURMERIC VINAIGRETTE

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

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TOPPINGS + PROTEINS

ZA'ATAR BREADCRUMBS

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

HUMMUS

LEMON ZEST	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	

SPICY SUNFLOWER SEEDS

SUNFLOWER SEEDS	MUSHROOMS
SUNFLOWER OIL	TOMATO
GARLIC	YEAST EXTRACT
CHILI POWDER	SUMAC
UMAMI SEASONING	BLACK PEPPER
RED PEPPER FLAKES	CRYSTALLIZED LIME
CUMIN	
OREGANO	
PAPRIKA	

HERB FALAFEL

CHICKPEAS	SPICES
RED ONION	GARLIC
WATER	KOSHER SALT
OLIVE OIL	BAKING POWDER
CILANTRO	NUTRITIONAL YEAST
PARSLEY	
WHITE RICE FLOUR	

SPICY BROCCOLI

BROCCOLI	CRUSHED RED PEPPER
KALE STEMS	GRAPSEED OIL
UMAMI SEASONING	

CHICKPEAS

CHICKPEAS
UMAMI SEASONING
GRAPSEED OIL

WARM PORTOBELLO MIX

PORTOBELLO MUSHROOMS	UMAMI SEASONING
BUTTON MUSHROOMS	GRAPSEED OIL


PARMESAN CRISPS



PASTEURIZED SKIM COWS MILK	PEPPER
CHEESE CULTURES	SALT
RENNET	

BLACKENED CHICKEN

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

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

ROASTED SWEET POTATOES 
ROASTED STEELHEAD
ROASTED CHICKEN

KEY:  = Vegan  = Contains gluten  = Contains caffeine

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

32ND + PARK EXCLUSIVES

LEMON GINGER SPARKLING FRESCA

SPARKLING WATER LEMON JUICE
 HONEY GINGER
 WATER

HIBISCUS SPARKLING FRESCA

SPARKLING WATER WATER
 LEMON JUICE HONEY
 HIBISCUS CLOVER TEA

BREAD INGREDIENTS

BOS

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

NYC

WHOLE WHEAT FLOUR SALT
 NATURAL STARTER
 WHITE FLOUR WHEAT BRAN
 WATER

PHL

WATER MALTED BARLEY FLOUR
 WHOLE WHEAT FLOUR YEAST
 WHITE FLOUR

CHI

ORGANIC WHOLE WHEAT FLOUR LEVAIN
 WATER
 SEA SALT

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

DEN

WHOLE WHEAT FLOUR
 WATER
 SEA SALT

KEY:  = Vegan  = Contains gluten  = Contains caffeine

TORTILLA CHIP INGREDIENTS



BOS	WHOLE GROUND CORN WATER SOYBEAN OIL SALT	TRACE OF LIME	NYC	STONE GROUND CORN FLOUR SOYBEAN OIL TRACE OF LIME SALT	PHL	STONE GROUND CORN WATER SOYBEAN OIL SALT	TRACE OF LIME						
CHI	WHOLE GROUND CORN WATER	SOYBEAN OIL SALT TRACE OF LIME	DMV	STONE GROUND CORN WATER SOYBEAN OIL SALT	LA	WHITE CORN WATER SOYBEAN OIL SALT	TRACE OF LIME						
SF	STONE GROUND CORN WATER SOYBEAN OIL SALT	TRACE OF CALCIUM HYDROXIDE - FOOD GRADE	DEN	CORN WATER HIGH-OLEIC SUNFLOWER OIL SEA SALT TRACE OF LIME	<div style="border: 2px solid #008080; padding: 10px;"> <p>PLEASE NOTE TORTILLA CHIPS IN ALL MARKETS MAY CONTAIN ONE OR MORE OF THE FOLLOWING:</p> <table border="0"> <tr> <td>CORN</td> <td>CANOLA</td> </tr> <tr> <td>SUNFLOWER</td> <td>COTTONSEED</td> </tr> <tr> <td>SOYBEAN</td> <td>RICE BRAN</td> </tr> </table> </div>			CORN	CANOLA	SUNFLOWER	COTTONSEED	SOYBEAN	RICE BRAN
CORN	CANOLA												
SUNFLOWER	COTTONSEED												
SOYBEAN	RICE BRAN												

SEASONAL

ROASTED TOMATOES

ROASTED TOMATOES
SUNFLOWER OR CANOLA OIL
VINEGAR
GARLIC
SEA SALT
OREGANO

SUMAC ROASTED CARROTS

CARROTS
WHITE WINE VINEGAR
GRAPSEED OIL
SUMAC
KOSHER SALT
CHILI POWDER
CRACKED BLACK PEPPER

GREEN GODDESS RANCH

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

STRAWBERRY MINT LEMONADE

WATER
STRAWBERRIES
LEMON JUICE
AGAVE
LEMONS
MINT

DAVID CHANG NUTRITION

ALLERGEN INFORMATION

last update 01/11/2020

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	DAIRY	SHELLFISH	FISH	TREE NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
TINGLY SWEET POTATO + KELP BOWL		X			X		X	X	

INGREDIENTS	WHEAT + GLUTEN	DAIRY	SHELLFISH	FISH	TREE NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
MOMOFUKU TINGLY JAPANESE SWEET POTATOES							X		
MARINATED KELP							X		
PARM CRISP FURIKAKE		X						X	

DRESSING	WHEAT + GLUTEN	DAIRY	SHELLFISH	FISH	TREE NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
LIME CASHEW DRESSING					X			X	

ADDED SUGAR


Agave nectar can be found in:

MARINATED KELP




LIME CASHEW DRESSING

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.

NUTRITION INFORMATION

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 - S1 WINTER 2020	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												
Tingly Sweet Potato + Kelp Bowl by David Chang	460	645	186	23	1	0	56	1459	71	9	9	34
SEASONAL INGREDIENTS												
Momofuku Tingly Japanese Sweet Potatoes 	67	90	35	4	0	0	0	250	12	2	3	1
Marinated Kelp 	41	25	0	0	0	0	0	420	5	0	2	1
Parm Crisp Furikake	15	75	15	3	0	0	0	75	3	0	0	3
SEASONAL DRESSINGS												
Lime Cashew Dressing 	30	110	90	11	1	0	0	115	3	0	1	1

DETAILED NUTRITION INFORMATION FOR SEASONAL MENU

TINGLY SWEET POTATO + KELP BOWL BY DAVID CHANG	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	645	186	23	1	0	56	1459	71	9	9	34
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Momofuku Tingly Japanese Sweet Potatoes	67	90	35	4	0	0	0	250	12	2	3	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Marinated Kelp	41	25	0	0	0	0	0	420	5	0	2	1
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Parm Crisp Furikake	15	75	15	3	0	0	0	75	3	0	0	3
Organic Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Shredded Kale - Half Portion	43	20	5	0	0	0	0	15	4	2	1	2
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Lime Cashew Dressing	30	110	90	11	1	0	0	115	3	0	1	1

INGREDIENT LIST

last update 1/11/2020

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)

SEASONAL

LIME CASHEW DRESSING

UMAMI SEASONING LIME JUICE
CUMIN CASHEW BUTTER
GARLIC APPLE CIDER VINEGAR
CILANTRO WATER
JALAPEÑO SESAME OIL
GINGER GRAPSEED OIL
AGAVE NECTAR

MARINATED KELP

KELP
UMAMI SEASONING
APPLE CIDER VINEGAR
AGAVE NECTAR
TAMARI

MOMOFUKU TINGLY JAPANESE SWEET POTATOES

JAPANESE SWEET POTATO
MOMOFUKU SPICE BLEND
GRAPSEED OIL

PARM CRISP FURIKAKE

PARM CRISPS
NORI FLAKES
OREGANO
MARJORAM
UMAMI SEASONING
TOASTED WHITE SESAME SEEDS

MOMOFUKU TINGLY SPICE

SALT TAMARI (WATER, SOYBEANS, SALT, SUGAR)
SICHUAN PEPPER MUSHROOMS
ONION SEAWEED
YEAST EXTRACT SPICES
CITRIC ACID
KELP

Now Testing at Galley!

HOT HONEY CHICKEN	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)
	321	555	242.5	25	3	0	122	1155	45	9	9	33
Blackened Chicken	80	160	57	6	1.5	0	122	440	2	1	0	24
Hot Roasted Sweet Potatoes	59	70	15	2	0	0	0	180	12	2	2	1
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Kale + Cabbage Slaw	38	25	13.5	0	0	0	0	110	3	1	1	1
Roasted Almonds	14	80	70	7	0.5	0	0	0	3	2	1	3
Hot Honey Mustard	30	100	72	8	1	0	0	420	4	0	4	0

CHICKEN TERIYAKI + NOODLES	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)
	409	785	241	26	3.5	0	122	1990	104	10	9	37
Blackened Chicken	80	160	57	6	1.5	0	122	440	2	1	0	24
Cucumbers	40	5	0	0	0	0	0	1	0	0	0	0
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0
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
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Spicy Sunflower Seeds	13	70	60	6	0.5	0	0	55	3	1	0	2
Marinated Brown Rice Noodles	76	250	35	4	1	0	0	340	51	4	4	5
Teriyaki Dressing	30	80	45	5	0.5	0	0	620	7	0	5	1

STEELHEAD + CAULIFLOWER RICE	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)
	457	740	411	47	7.5	0	43	1835	59	16	2	34
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
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
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0
Superseed Crunch	9	40	25	3	0	0	0	570	2	1	0	2
Cauliflower Rice	62	45	25	3	0	0	0	230	5	2	1	2
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Green Goddess Ranch	30	140	144	16	2.5	0	0	300	1	0	0	1

ROASTED CAULIFLOWER + WILD RICE	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)
	361	570	164	19	1	0	0	825	65	13	3	12
Cauliflower Al Pastor	73	60	35	4	0	0	0	170	5	1	2	1
Red Onions	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
Tomatoes	46	10	0	0	0	0	0	10	4	1	1	1
Seasoned Black Beans	60	100	15	2	0	0	0	300	16	7	0	6
Warm Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Almond Flour Tortilla	30	100										
Chimichurri Sauce	30	100	90	10	1	0	0	170	1	1	0	0

CHICKEN CHIMICHURRI	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)
	357	560	262	30	7.5	0	152	1850	38	13	4	37
Blackened Chicken	80	160	57	6	1.5	0	122	440	2	1	0	24
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Pickled Carrots + Celery	30	5	0	0	0	0	0	250	1	0	0	0
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Hot Roasted Sweet Potatoes	59	70	15	2	0	0	0	180	12	2	2	1
Seasoned Black Beans	60	100	15	2	0	0	0	300	16	7	0	6
Cauliflower Rice	62	45	25	3	0	0	0	230	5	2	1	2
Chimichurri Sauce	30	100	90	10	1	0	0	170	1	1	0	0

KALE + CABBAGE SLAW	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)
	76	50	27	0	0	0	0	220	6	2	2	2
Kale + Cabbage Slaw	38	25	13.5	0	0	0	0	110	3	1	1	1
Kale + Cabbage Slaw	38	25	13.5	0	0	0	0	110	3	1	1	1

CHIMICHURRI 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)
	176	220	160	18	1	0	0	510	11	3	4	2
Cauliflower Al Pastor	73	60	35	4	0	0	0	170	5	1	2	1
Cauliflower Al Pastor	73	60	35	4	0	0	0	170	5	1	2	1
Chimichurri Sauce	30	100	90	10	1	0	0	170	1	1	0	0

CAULI RICE + BEANS	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)
	183	325	190	22	6	0	30	980	23	10	2	12
Cauliflower Rice	62	45	25	3	0	0	0	230	5	2	1	2
Seasoned Black Beans	60	100	15	2	0	0	0	300	16	7	0	6
Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Chimichurri Sauce	30	100	90	10	1	0	0	170	1	1	0	0

SPICY PESTO SWEET POTATOES	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)
	178	290	165	19.5	2	0	0	565	27.5	4	5	3
Hot Roasted Sweet Potatoes	59	70	15	2	0	0	0	180	12	2	2	1
Hot Roasted Sweet Potatoes	59	70	15	2	0	0	0	180	12	2	2	1
Pesto Vinaigrette	30	75	75	8.5	1	0	0	95	0.5	0	0	0
Spicy Cashew Dressing	30	75	60	7	1	0	0	110	3	0	1	1

CRISPY BROWN RICE TREAT	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)
	45	190	70	8	1.5	0	0	65	27	2	8	4
Crispy Brown Rice Treat	45	190	70	8	1.5	0	0	65	27	2	8	4

GALLEY ALLERGY ADDENDUM

	ITEM	WHEAT + GLUTEN	DAIRY	FISH	SHELLFISH	TREE NUTS	EGGS	SOY
PLATES	CHICKEN CHIMICHURRI		X					
	HOT HONEY CHICKEN					X		
	CHICKEN TERIYAKI + NOODLES							X
	STEELHEAD + CAULIFLOWER RICE		X	X			X	
	ROASTED CAULIFLOWER + WILD RICE					X		
SIDES	SPICY PESTO SWEET POTATOES					X		
	CAULI RICE + BEANS		X					
	KALE + CABBAGE SLAW							
	CHIMICHURRI CAULIFLOWER							
	CRISPY BROWN RICE TREAT					X		
SAUCES	Chimichurri Sauce							
	Hot Honey Mustard Sauce							
	Teriyaki Dressing							X
TOPPINGS	Seasoned Black Beans							
	Cauliflower Rice							
	Almond Flour Tortilla					X		
	Roasted Cauliflower al Pastor							
	Kale + Cabbage Slaw							
	Hot Roasted Sweet Potatoes							
	Superseed Crunch							
Marinated Brown Rice Noodles							X	
KIDS MENU	CHICKEN LITTLE					X		
	LITTLE DIPPER							X

Now Testing New Ingredients!

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

Teriyaki Dressing

tamari
agave
sesame oil
young ginger
water
dijon mustard
rice wine vinegar
grapeseed oil

Hot Honey Mustard Sauce

honey
mustard
grapeseed oil
umami seasoning
crushed red pepper
water
apple cider vinegar

Chimichurri Sauce

red onions
jalapeno
garlic
apple cider vinegar
kosher salt
cilantro
parsley
oregano
cumin
grapeseed oil
water

BASE + TOPPINGS + PROTEINS INGREDIENTS

Cauliflower Rice

cauliflower, riced
kale stems, riced
red onion
garlic
kosher salt
olive oil

Black Beans

black beans
lime cilantro jalapeno dressing
umami seasoning
green onion

Marinated Rice Noodles

brown rice noodles
water
teriyaki dressing

Hot Roasted Sweet Potatoes

sweet potatoes
japanese sweet potatoes
grapeseed oil
umami seasoning

Kale + Cabbage Slaw

shredded kale
red cabbage
raw carrots
pesto vinaigrette
umami seasoning

Superseed Crunch

hemp seeds
chia seeds
black sesame seeds
white sesame seeds
flax seeds
kosher salt
nutritional yeast

Roasted Cauliflower Al Pastor

cauliflower
orange juice
apple cider vinegar
grapeseed oil
oranges
green onion
sweetgreen hot sauce
garlic
umami seasoning
agave nectar
oregano
paprika
cumin

Crispy Brown Rice Treat

crisp sorghum cereal
cashew butter
crisp brown rice cereal
dates
maple syrup
honey
hemp seeds
flax seeds
extra virgin olive oil
chia seeds
cinnamon
vanilla extract
kosher salt