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| Blackened Chicken | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Lemon Ginger Turmeric Dressing | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |

| Warm Portobello Mix | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Warm Quinoa | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Blackened Chicken | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Lemon Ginger Turmeric Dressing | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |

| Warm Portobello Mix | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Warm Quinoa | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Blackened Chicken | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Lemon Ginger Turmeric Dressing | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |

| Warm Portobello Mix | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Warm Quinoa | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Blackened Chicken | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Lemon Ginger Turmeric Dressing | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |

| Warm Portobello Mix | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Warm Quinoa | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
| Blackened Chicken | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |
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| Lemon Ginger Turmeric Dressing | 2.5 | 326 | 10 | 1 | 0 | 1 | 10 | 12 | 14 | 15 | 8 | 12 |</p>
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<th>Serving Size (g)</th>
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</table>

This table provides the nutritional information for various plates and sides, including serving size, calories, and macronutrients like fat, carbohydrates, and protein.
### ALLERGEN DETAIL

**MENU + INGREDIENTS**

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.

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### CHEESE CARD

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.

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**Toppings**

- Kale-Cabbage Slaw
- Parmesan Crisp
- Pecans (TX)
- Pickled Carrots + Celery
- Red Onions
- Roasted Chicken
- Roasted Sesame Tofu/Steak
- Roasted Sweet Potatoes
- Shaved Parmesan
- Shredded Cabbage
- Spicy Broccoli
- Spicy Sunflower Seeds
- Steelhead
- Tomatoes
- Tortilla Chips
- Walnuts
- Warm Portobello Mix
- Za'atar Bread Crumbs

**Cheese**

- 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.
S4 2020 FLEET INGREDIENTS

MENU ITEMS MAY BE SUBJECT TO STORE AVAILABILITY. UMAMI SEASONING CONTAINS SALT, ONION POWDER, GARLIC POWDER, CHILI POWDER, AND NUTRITIONAL YEAST

DRESSING AND SAUCE INGREDIENTS

<table>
<thead>
<tr>
<th>BALSAMIC VINAIGRETTE</th>
<th>PESTO VINAIGRETTE (V)</th>
<th>SWEETGREEN HOT SAUCE (V)</th>
<th>LIME CILANTRO JALAPENO VINAIGRETTE (V)</th>
<th>HOT HONEY SAUCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUNFLOWER OIL</td>
<td>SUNFLOWER OIL</td>
<td>APPLE CIDER VINEGAR</td>
<td>SUNFLOWER OIL</td>
<td>SUNFLOWER OIL</td>
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<tr>
<td>DINOS MUSTARD</td>
<td>EXTRA VIRGIN OLIVE OIL</td>
<td>BELL PEPPER</td>
<td>LIME JUICE</td>
<td>APPLE CIDER VINEGAR</td>
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<tr>
<td>HONEY</td>
<td>BASIL</td>
<td>TOMATO PASTE</td>
<td>UMAMI SEASONING</td>
<td>ONION</td>
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<td>GARLIC</td>
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<td>UMAMI SEASONING</td>
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<td>BELL PEPPER</td>
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<tr>
<td>CRACKED BLACK PEPPER</td>
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<td>UMAMI SEASONING</td>
<td>GARLIC</td>
<td>CARROT</td>
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<table>
<thead>
<tr>
<th>CAESAR DRESSING</th>
<th>MISO SESAME GINGER DRESSING (V)</th>
<th>SPICY CASHEW DRESSING (V)</th>
<th>SPICY CASHEW PESTO (V)</th>
<th>GREEN GODDESS RANCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>PLAIN YOGURT</td>
<td>SUNFLOWER OIL</td>
<td>SUNFLOWER OIL</td>
<td>SUNFLOWER OIL</td>
<td>MAYONNAISE</td>
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<tr>
<td>HAYDNAYNIG</td>
<td>RICE VINEGAR</td>
<td>LIME JUICE</td>
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<td>ANCHOVIES</td>
<td>YOUNG GINGER</td>
<td>GARLIC</td>
<td>YOUNG GINGER</td>
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<td>PARMESAN CHEESE</td>
<td>TAMARI</td>
<td>GARLIC</td>
<td>CILANTRO</td>
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<tr>
<td>LEMON JUICE</td>
<td>MAPLE SYRUP</td>
<td>GARLIC</td>
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<td>UMAMI SEASONING</td>
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<td>LIME JUICE</td>
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<table>
<thead>
<tr>
<th>NUOC CHAM DRESSING (TX ONLY)</th>
<th>CHIMICHURRI SAUCE (V)</th>
<th>(V, 2ND + PARK ONLY)</th>
<th>(V, 2ND + PARK ONLY)</th>
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<tbody>
<tr>
<td>FISH SAUCE</td>
<td>SUNFLOWER OIL</td>
<td>APPLE CIDER VINEGAR</td>
<td>SUNFLOWER OIL</td>
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<td>LIME JUICE</td>
<td>RICE VINEGAR</td>
<td>GARLIC</td>
<td>CARROT</td>
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<td>HONEY</td>
<td>YOUNG GINGER</td>
<td>GARLIC</td>
<td>UMAMI SEASONING</td>
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<td>GARLIC</td>
<td>UMAMI SEASONING</td>
<td>CRUSHED RED PEPPER</td>
<td>CRUSHED RED PEPPER</td>
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<td>SUNFLOWER OIL</td>
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<td>LIME JUICE</td>
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<td>LEMON JUICE</td>
<td>UMAMI SEASONING</td>
<td>CRUSHED RED PEPPER</td>
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<tr>
<td>THAI CHILLIES</td>
<td>GARLIC</td>
<td>CRUSHED RED PEPPER</td>
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SEASONAL ITEMS

<table>
<thead>
<tr>
<th>MINTY PEACH FRESCA</th>
<th>CASHEW YOGURT SAUCE</th>
<th>ROASTED CORN + PEPPERS (V)</th>
<th>ROASTED EGGPLANT + PEPPERS (V)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEACHES</td>
<td>CASHEW BUTTER</td>
<td>BELL PEPPERS</td>
<td>EGGPLANT</td>
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<td>HONEY</td>
<td>PLAIN YOGURT</td>
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<td>LIME JUICE</td>
<td>HONEY</td>
<td>SUNFLOWER OIL</td>
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<tr>
<td>SALT</td>
<td>UMAMI SEASONING</td>
<td>UMAMI SEASONING</td>
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Toppings, Proteins, and Base Ingredients

<table>
<thead>
<tr>
<th>BLACKENED CHICKEN THIGS</th>
<th>CAULIFLOWER RICE (V)</th>
<th>CAJUN SHRIMP (TX ONLY)</th>
<th>CHISPY RICE (V)</th>
<th>FRESH HERBS (V, TX ONLY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHICKEN THIGS</td>
<td>RICE CAULIFLOWER</td>
<td>SHRIMP</td>
<td>CRISP RICE</td>
<td>CILANTRO</td>
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<tr>
<td>SUNFLOWER OIL</td>
<td>KALE</td>
<td>UMAMI SEASONING</td>
<td>CRISP SOYBEAN OIL</td>
<td>MINT</td>
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<tr>
<td>BALSAIC VINEGAR</td>
<td>RED ONION</td>
<td>PAPRIKA</td>
<td>UMAMI SEASONING</td>
<td>THY BASIL</td>
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<tr>
<td>CHILI POWDER</td>
<td>GARLIC</td>
<td>CELERY SEED</td>
<td>GARLIC</td>
<td>SCALLIONS</td>
</tr>
<tr>
<td>SALT</td>
<td>EXTRA VIRGIN OLIVE OIL</td>
<td>CRUSHED BLACK PEPPER</td>
<td>LIME JUICE</td>
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<table>
<thead>
<tr>
<th>CALE BACAGE SLAW</th>
<th>PARMESAN CRISPS</th>
<th>PICKLED CARROTS + CELERY (V)</th>
<th>ROASTED SESAME TOFU (V)</th>
<th>SEASONED BLACK BEANS (V)</th>
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<tbody>
<tr>
<td>KALE</td>
<td>PASTEURIZED SHIM COW'S MILK</td>
<td>CARROTS</td>
<td>TOFU</td>
<td>BLACK BEANS</td>
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<tr>
<td>RED CABBAGE</td>
<td>CHEESE CULTURES</td>
<td>CELERY</td>
<td>SUNFLOWER OIL</td>
<td>LIME CILANTRO</td>
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<tr>
<td>CARROTS</td>
<td>RENNET</td>
<td>GREEN GODDESS RANCH</td>
<td>LIME JUICE</td>
<td>JALAPENO VINAIGRETTE</td>
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<td>WW LEAVE</td>
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<td>LEMON JUICE</td>
<td>CRUSHED BLACK PEPPER</td>
<td>HOT WINE VINEGAR</td>
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<table>
<thead>
<tr>
<th>SPICY BROCCOLI (V)</th>
<th>WARM PORTOBELLO MIX (V)</th>
<th>HOT ROASTED SWEET POTATOES (V)</th>
<th>(V, 2ND + PARK ONLY)</th>
<th>(V, 2ND + PARK ONLY)</th>
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</thead>
<tbody>
<tr>
<td>KALE STEMS</td>
<td>PORTOBELLO MUSHROOMS</td>
<td>JAPANESE SWEET POTATOES</td>
<td>HOT ROASTED SWEET</td>
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<tr>
<td>SUNFLOWER OIL</td>
<td>SUNFLOWER OIL</td>
<td>SUNFLOWER OIL</td>
<td>POTATOES (V)</td>
<td>POTATOES (V)</td>
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<tr>
<td>UMAMI SEASONING</td>
<td>UMAMI SEASONING</td>
<td>UMAMI SEASONING</td>
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<tr>
<td>CRUSHED RED PEPPER</td>
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<td></td>
<td>ROASTED SWEET POTATOES (V)</td>
<td>CRUSHED RED PEPPER</td>
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</table>

<table>
<thead>
<tr>
<th>ZA'ATAR BREADCRUNS * (V)</th>
<th>ROASTED TOFU STEAK (V)</th>
<th>BLACKENING SPICE (V)</th>
<th>(V, 2ND + PARK ONLY)</th>
<th>(V, 2ND + PARK ONLY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHOLE WHEAT BREAD</td>
<td>TOFU</td>
<td>SALT</td>
<td>HOT ROASTED SWEET</td>
<td>HOT ROASTED SWEET</td>
</tr>
<tr>
<td>EXTRA VIRGIN OLIVE OIL</td>
<td>SUNFLOWER OIL</td>
<td>CHILI POWDER</td>
<td>POTATOES (V)</td>
<td>POTATOES (V)</td>
</tr>
<tr>
<td>UMAMI SEASONING</td>
<td>SESAME OIL</td>
<td>CORINER</td>
<td>CRUSHED RED PEPPER</td>
<td>CRUSHED RED PEPPER</td>
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<tr>
<td>ORGANIC</td>
<td>SCALLIONS</td>
<td>CRUSHED BLACK PEPPER</td>
<td>BLACK PEPPER</td>
<td>BLACK PEPPER</td>
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<tr>
<td>THYME</td>
<td>HOT SAUCE</td>
<td>CRUSHED BLACK PEPPER</td>
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<td>CRUSHED BLACK PEPPER</td>
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<tr>
<td>SESAME SEEDS</td>
<td>CRUSHED BLACK PEPPER</td>
<td>CRUNCH</td>
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<tr>
<td>SUMAC</td>
<td>BLACKENING SPICE</td>
<td>.svg</td>
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<tr>
<td>HYSOP</td>
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<td></td>
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</tr>
<tr>
<td>SALT</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>SOYBEAN OIL</td>
<td></td>
<td></td>
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</tbody>
</table>

* (V, 32ND + PARK ONLY)

THE FOLLOWING ARE MADE WITH ONLY SUNFLOWER OIL AND UMAMI SEASONING:

- BLACKENED CHICKEN THIGS
- CAJUN SHRIMP (TX ONLY)
- CHISPY RICE (V)
- FRESH HERBS (V, TX ONLY)
## Tortilla Chip Ingredients (V)

<table>
<thead>
<tr>
<th>Location</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOS</td>
<td>Whole Ground Corn, Stoneground Corn Flour, Salt, Trace of Lime</td>
</tr>
<tr>
<td>NYC</td>
<td>Whole Ground Corn, Stoneground Corn Flour, Salt, Trace of Lime</td>
</tr>
<tr>
<td>PHI</td>
<td>Whole Ground Corn, Stoneground Corn Flour, Salt, Trace of Lime</td>
</tr>
<tr>
<td>CHI</td>
<td>Whole Ground Corn, Stoneground Corn Flour, Salt, Trace of Lime</td>
</tr>
<tr>
<td>DMV</td>
<td>Whole Ground Corn, Stoneground Corn Flour, Salt, Trace of Lime</td>
</tr>
</tbody>
</table>

Please note: Tortilla chips in all markets may contain one or more of the following: corn, sunflower, soybean, canola, cottonseed, or rice bran.

## Bread Ingredients (V)

<table>
<thead>
<tr>
<th>Location</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUS</td>
<td>Whole Wheat Flour, Organic Spelt Flour, Organic Steel Cut Grains, Organic Whole Rye Flour, Cane Syrup, Salt, Yeast</td>
</tr>
<tr>
<td>BOS</td>
<td>Whole Wheat Flour, Malted Barley Flour, Filtered Water, Sea Salt, Natural Whole Wheat Starter, Sea Salt</td>
</tr>
<tr>
<td>CHI</td>
<td>Whole Wheat Flour, Sea Salt, Water</td>
</tr>
<tr>
<td>DMV</td>
<td>Whole Wheat Flour, Sea Salt, Water, Malted Barley Flour, Filtered Water, Yeast</td>
</tr>
<tr>
<td>HOU</td>
<td>Whole Wheat Flour, Bread Flour, Water, Sea Salt</td>
</tr>
<tr>
<td>LA</td>
<td>Whole Wheat Flour, Filtered Water, Sea Salt, Natural Starter, Wheat Bran</td>
</tr>
<tr>
<td>PHIL</td>
<td>Whole Wheat Flour, White Flour, Salt, Malted Barley Flour, Yeast</td>
</tr>
<tr>
<td>SF</td>
<td>Whole Wheat Flour, Sea Salt</td>
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</table>

## Focaccia (Fleetwide)

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Wheat Flour, Wheat Flour, Extra Virgin Olive Oil, Yeast, Sea Salt, Rosemary</td>
</tr>
</tbody>
</table>

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.

### What has added sugar?

- Maple Syrup can be found in Miso Sesame Ginger Dressing, Spicy Cashew Dressing, Spicy Cashew Pesto, Lemon Ginger Turmeric Vinaigrette
- Palm Sugar can be found in Crispy Rice
- Honey is used in Balsamic Vinaigrette, Nuoc Cham Vinaigrette (Tx Only), Hot Honey Mustard Sauce, Minty Peach Fresca, Cashew Yogurt Sauce