

sweetgreen®

NUTRITION BINDER

S1 WINTER
2021

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



**NUTRITIONAL OVERVIEW
MENU + INGREDIENTS**

SEASONAL OVERVIEW	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 MENU												
CRISPY CHICKEN SALAD	419	415	136	15	2	0	70	1545	46	7	9	25
MISO BOWL	364	650	331	36	3	0	65	1095	58	11	9	27
MISO BOWL (Beet Mix)	364	640	330	36	3	0	65	1115	56	11	7	27
GREEN GODDESS + SWEET POTATO	362	420	269	30	5	0	190	1010	30	7	8	15
ROASTED CORN + PEPPER BOWL	382	605	351	39	8	0	15	590	53	9	7	17
MISO ROASTED CORN BOWL	382	670	339	37	3	0	65	1130	62	11	9	29
SOUTHWEST CAESAR	400	430	215	24	4	0	75	1085	31	7	7	24

SEASONAL INGREDIENTS												
MISO ROOT VEGETABLES (SUNCHOKES)	35	30	14	2	0	0	0	85	4	1	2	0
MISO ROOT VEGETABLES (BEETS)	35	25	14	2	0	0	0	95	3	1	1	0
CHOPPED PICKLES	35	5	0	0	0	0	0	280	1	0	0	0
REMOULADE DRESSING	30	60	54	6	1	0	5	250	2	0	3	1
ROASTED CORN + PEPPERS	65	70	36	4	0	0	0	190	10	1	3	2

SEASONAL BEVERAGES												
Kale Gingerade	475	80	0	0	0	0	0	25	22	1	14	1

SIGNATURE SALADS + WARM BOWLS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Buffalo Chicken Bowl	382	445	244	27	9	0	100	1620	22	8	6	31
Chicken Pesto Parm	395	530	249	29	4	0	56	1199	38	8	4	35
Chicken Tostada	415	605	304	34	9	0	80	970	43	9	4	31
Citrus Shrimp + Avocado (MIA)	487	620	283	36	6	0	95	1020	59	17	5	21
Crispy Rice Bowl	401	635	257	29	3	0	65	1090	69	9	9	28
Crispy Tofu Bowl	384	665	332	38	5	0	0	756	61	9	7	25
Fish Taco	338	525	258	29	5	0	43	645	38	7	4	28
Garden Cobb	426	650	455	51	13	0	215	815	33	15	9	22
Garlic Chili Shrimp Bowl (TX)	356	430	127	14	1	0	85	1530	60	9	11	17
Green Goddess Avocado Salad	429	585	368	40	6	0	0	855	51	21	9	22
Guacamole Greens	427	545	322	36	6	0	56	564	30	14	3	27
Harvest Bowl	362	695	311	35	7	0	71	1134	60	9	10	37
Harvest Bowl (TX)	362	705	321	37	8	0	71	1134	59	8	9	35
Kale Caesar	319	405	214	24	9	0	91	1334	13	5	4	40
Shroomami	408	685	374	41	5	0	0	1015	57	9	8	27
Veggie Caesar	353	375	222	25	9	0	35	1230	27	8	9	22

SIGNATURE PLATES AND SIDES	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)
Hot Honey Chicken	411	670	296	31	4	0	130	1586	47	10	9	43
Cashew Pesto Sweet Potatoes	174	320	172	20	2	0	0	644	33	5	6	3
Rosemary Focaccia	94	230	63	7	1	0	0	530	34	0	2	8

ONLINE EXCLUSIVES	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)
APPLE ALMOND CRUNCH	398	505	277	29	4	0	246	804	27	9	12	36
CHICKEN PESTO AVOCADO	427	615	424	48	7	0	65	945	30	16	4	26
SWEET CARROT + SWEET POTATO	320	430	227	25	3	0	56	619	25	8	8	28
SPICY GARDEN GREENS	408	435	320	37	7	0	190	360	19	14	4	13
CRUNCHY OMEGA BOOST	342	350	203	22	4	0	43	500	13	5	3	24
ALLY LOVE'S GO AVO CUSTOM	450	510	297	34	6	0	5	731	36	14	7	22
VALKYRAE'S EXTRA CRISPY CUSTOM	359	600	347	38	9	0	90	1725	35	7	5	35
HARPER WATTERS' NO PICKS PLS CUSTOM	358	330	122	14	2	0	70	1005	30	7	8	23

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)
Jasmine Green Iced Tea	475	0	0	0	0	0	0	20	0	0	0	0

BREAD *	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Whole Wheat Bread (AUS)	34	80	0	1	0	0	0	150	15	3	0	3
Whole Wheat Bread (BOS)	34	80	0	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (CHI)	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (DEN)	56	110	5	1	0	0	0	230	22	11	0	4
Whole Wheat Bread (DMV)	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (HOU)	34	80	0	1	0	0	0	150	15	3	0	3
Whole Wheat Bread (LA)	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (MIA)	34	80	0	1	0	0	0	150	15	3	0	3
Whole Wheat Bread (NY)	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (PHL)	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (SF)	34	80	0	0	0	0	0	200	18	3	0	3

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)
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
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
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
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	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)
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
Black Lentils	55	60	0	0	0	0	0	65	11	4	1	8
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Fresh Herbs (TX)	5	0	0	0	0	0	0	0	0	0	0	0
Pecans	14	90	80	9	1	0	0	0	2	1	0	1
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
Roasted Sweet Potatoes	39	40	5	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	20	2	0	0	0	110	2	1	0	1
Spicy Sunflower Seeds	13	70	60	6	1	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
Za'atar Breadcrumbs	15	45	15	2	0	0	0	130	6	1	1	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)
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Blue Cheese	30	110	80	9	6	0	25	340	1	0	0	6
Roasted Shrimp (MIA)	79	70	14	2	0	0	95	530	1	0	0	10
Roasted Shrimp (TX)	70	60	18	2	0	0	85	510	1	0	0	9
Goat Cheese	34	90	60	7	5	0	15	160	0	0	0	6
Hard Boiled Egg	50	70	40	5	2	0	190	70	1	0	1	7
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 Chicken	78	110	17	2	0	0	56	394	0	0	0	21
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, SAUCES, AND 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)
Balsamic Vinegar	15	15	0	0	0	0	0	0	3	0	2	0
Balsamic Vinaigrette	30	150	130	15	2	0	0	240	4	0	3	0
Caesar Dressing	30	100	90	10	2	0	10	280	1	0	1	1
Extra Virgin Olive Oil	15	130	130	15	2	0	0	0	0	0	0	0
Green Goddess Ranch	30	140	144	16	3	0	0	300	1	0	0	1
Hot Honey Mustard Sauce	30	100	72	8	1	0	0	420	4	0	4	0
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeño Vinaigrette	30	140	140	15	2	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	2	0	0	310	3	0	2	1
Nuoc Cham Dressing	30	25	0	0	0	0	0	810	6	0	5	1
Pesto Vinaigrette	30	150	150	17	2	0	0	190	1	0	0	0
Spicy Cashew Dressing	30	110	90	10	2	0	0	200	5	0	4	1
Spicy Cashew Pesto	30	150	135	16	2	0	0	205	4	0	1	1
Ceviche Dressing	30	110	84	12	2	0	0	270	1	0	0	0
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

SIGNATURE MENU												
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	91	1334	13	5	4	40
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
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	10	280	1	0	1	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	6	0	56	564	30	14	3	27
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	2	0	0	140	1	0	0	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	368	40	6	0	0	855	51	21	9	22
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	8
Chickpeas	43	45	14	2	0	0	0	250	7	0	0	2
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
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
Green Goddess Ranch	30	140	144	16	3	0	0	300	1	0	0	1
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	35	7	0	71	1134	60	9	10	37
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Roasted Sweet Potatoes	39	40	5	1	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	1	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	2	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	100	1620	22	8	6	31
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	10	280	1	0	1	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	530	249	29	4	0	56	1199	38	8	4	35
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	27
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	1	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	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	525	258	29	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	2	0	0	140	1	0	0	0
CRISPY RICE 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)
	401	635	257	29	3	0	65	1090	69	9	9	28
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	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	0	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
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
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	110	90	10	2	0	0	200	5	0	4	1
GARDEN COBB	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)
	426	650	455	51	13	0	215	815	33	15	9	22
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Hard Boiled Egg	50	70	40	5	2	0	190	70	1	0	1	7
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
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
Blue Cheese	30	110	80	9	6	0	25	340	1	0	0	6
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
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
Balsamic Vinaigrette	30	150	130	15	2	0	0	240	4	0	3	0

GARLIC CHILI SHRIMP 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)
	356	430	127	14	1	0	85	1530	60	9	11	17
Roasted Shrimp (TX)	70	60	18	2	0	0	85	510	1	0	0	9
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Red Onions	7	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
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Pecans	14	90	80	9	1	0	0	0	2	1	0	1
Fresh Herbs (TX)	5	0	0	0	0	0	0	0	0	0	0	0
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
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Nuoc Cham Dressing	30	25	0	0	0	0	0	810	6	0	5	1
HARVEST BOWL (TX + MIA)	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	705	321	37	8	0	71	1134	59	8	9	35
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Roasted Sweet Potatoes	39	40	5	1	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
Pecans	14	90	80	9	1	0	0	0	2	1	0	1
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	2	0	0	240	4	0	3	0
CITRUS SHRIMP + 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)
	487	620	283	36	6	0	95	1020	59	17	5	21
Roasted Shrimp (MIA)	79	70	14	2	0	0	95	530	1	0	0	10
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
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
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
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Ceviche Dressing	30	110	84	12	2	0	0	270	1	0	0	0
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)
	411	670	296	31	4	0	130	1586	47	10	9	43
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Kale Cabbage Slaw	35	25	12	0	0	0	0	101	3	1	1	1
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
Warm Quinoa	100	120	15	2	0	0	0	5	21	3	1	4
Hot Honey Mustard Sauce	30	100	72	8	1	0	0	420	4	0	4	0

CASHEW 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)
	174	320	172	20	2	0	0	644	33	5	6	3
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Hot Roasted Sweet Potatoes	72	85	18	2	0	0	0	220	15	2	2	1
Spicy Cashew Pesto	30	150	135	16	2	0	0	205	4	0	1	1
ROSEMARY FOCACCIA	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)
	94	230	63	7	1	0	0	530	34	0	2	8
Rosemary Focaccia	94	230	63	7	1	0	0	530	34	0	2	8

SIGNATURE MENU - ONLINE EXCLUSIVES

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)
	415	605	304	34	9	0	80	970	43	9	4	31
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
Goat Cheese	34	90	60	7	5	0	15	160	0	0	0	6
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	2	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)
	353	375	222	25	9	0	35	1230	27	8	9	22
Roasted Sweet Potatoes	39	40	5	1	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 Beets	40	15	0	0	0	0	0	30	4	1	3	1
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	10	280	1	0	1	1

SEASONAL MENU

CRISPY CHICKEN 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)
	419	415	136	15	2	0	70	1545	46	7	9	25
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Chopped Pickles	35	5	0	0	0	0	0	280	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
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1
MISO 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)
	364	650	331	36	3	0	65	1095	58	11	9	27
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Miso Root Vegetables (Sunchokes)	35	30	14	2	0	0	0	85	4	1	2	0
Miso Root Vegetables (Sunchokes)	35	30	14	2	0	0	0	85	4	1	2	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
Roasted Almonds	14	80	70	7	1	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
Miso Sesame Ginger Dressing	30	160	150	17	2	0	0	310	3	0	2	1
MISO BOWL (Beet Mix)	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)
	364	640	330	36	3	0	65	1115	56	11	7	27
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Miso Root Vegetables (Beets)	35	25	14	2	0	0	0	95	3	1	1	0
Miso Root Vegetables (Beets)	35	25	14	2	0	0	0	95	3	1	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
Roasted Almonds	14	80	70	7	1	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
Miso Sesame Ginger Dressing	30	160	150	17	2	0	0	310	3	0	2	1

ROASTED CORN + PEPPER 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	605	351	39	8	0	15	590	53	9	7	17
Roasted Corn + Peppers	65	70	36	4	0	0	0	190	10	1	3	2
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
Goat Cheese	34	90	60	7	5	0	15	160	0	0	0	6
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Spicy Sunflower Seeds	13	70	60	6	1	0	0	55	3	1	0	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
Lime Cilantro Jalapeño Vinaigrette	30	140	140	15	2	0	0	140	1	0	0	0

SEASONAL MENU - ONLINE EXCLUSIVES

GREEN GODDESS + SWEET POTATO	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	420	269	30	5	0	190	1010	30	7	8	15
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
Chopped Pickles	35	5	0	0	0	0	0	280	1	0	0	0
Hard Boiled Egg	50	70	40	5	2	0	190	70	1	0	1	7
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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Arugula	48	15	5	1	0	0	0	15	2	1	1	1
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Green Goddess Ranch	30	140	144	16	3	0	0	300	1	0	0	1
MISO ROASTED CORN 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	670	339	37	3	0	65	1130	62	11	9	29
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Roasted Corn + Peppers	65	70	36	4	0	0	0	190	10	1	3	2
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
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	80	70	7	1	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
Miso Sesame Ginger Dressing	30	160	150	17	2	0	0	310	3	0	2	1

SOUTHWEST 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)
	400	430	215	24	4	0	75	1085	31	7	7	24
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Roasted Corn + Peppers	65	70	36	4	0	0	0	190	10	1	3	2
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
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Tortilla Chips	16	80	35	4	1	0	0	10	10	1	0	1
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Spring Mix	48	10	0	0	0	0	0	0	0	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	10	280	1	0	1	1

ONLINE EXCLUSIVE COLLECTIONS MENU

APPLE ALMOND CRUNCH	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	505	277	29	4	0	246	804	27	9	12	36
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Apples	29	15	0	0	0	0	0	0	4	1	3	0
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	1
Hard Boiled Egg	50	70	40	5	2	0	190	70	1	0	1	7
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
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 Cilantro Jalapeño Vinaigrette	30	140	140	15	2	0	0	140	1	0	0	0
CHICKEN PESTO 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)
	427	615	424	48	7	0	65	945	30	16	4	26
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Avocado	87	160	130	15	3	0	0	0	9	9	0	3
Red Onions	7	5	0	0	0	0	0	0	1	0	0	0
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
Spicy Broccoli	33	25	20	2	0	0	0	110	2	1	0	1
Spicy Sunflower Seeds	13	70	60	6	1	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
Pesto Vinaigrette	30	150	150	17	2	0	0	190	1	0	0	0

SWEET CARROT + SWEET POTATO	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)
	320	430	227	25	3	0	56	619	25	8	8	28
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	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
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
Shredded Kale	43	20	5	0	0	0	0	15	4	2	1	2
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Balsamic Vinegar	15	15	0	0	0	0	0	0	3	0	2	0
Extra Virgin Olive Oil	15	130	130	15	2	0	0	0	0	0	0	0
SPICY GARDEN 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)
	408	435	320	37	7	0	190	360	19	14	4	13
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
Hard Boiled Egg	50	70	40	5	2	0	190	70	1	0	1	7
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
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Spring Mix	48	10	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
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
CRUNCHY OMEGA BOOST	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)
	342	350	203	22	4	0	43	500	13	5	3	24
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
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
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
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
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeño Vinaigrette	30	140	140	15	2	0	0	140	1	0	0	0

ALLY LOVE'S GO AVO CUSTOM	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	510	297	34	6	0	5	731	36	14	7	22
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
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
Cucumbers	40	5	0	0	0	0	0	0	1	0	0	0
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Spring Mix	48	10	0	0	0	0	0	0	0	0	0	0
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1
VALKYRAE'S EXTRA CRISPY CUSTOM	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)
	359	600	347	38	9	0	90	1725	35	7	5	35
Blackened Chicken	80	130	54	6	1	0	65	420	1	1	0	17
Roasted Sweet Potatoes	39	40	5	1	0	0	0	150	8	1	2	1
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Spicy Sunflower Seeds	13	70	60	6	1	0	0	55	3	1	0	2
Parmesan Crisps	20	100	70	8	5	0	25	480	1	0	0	10
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Green Goddess Ranch	30	140	144	16	3	0	0	300	1	0	0	1
HARPER WATERS' NO PICKS PLS CUSTOM	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)
	358	330	122	14	2	0	70	1005	30	7	8	23
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
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
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1

sgFaves Menu Exclusives

CRISPY 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)
	396	665	302	34	5	0	0	861	69	9	9	25
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
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
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Roasted Almonds	14	80	70	7	1	0	0	0	3	2	1	3
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
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
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	110	90	10	2	0	0	200	5	0	4	1
CRISPY CHICKEN 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)
	417	395	99	11	1	0	61	1519	45	6	9	29
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Chopped Pickles	35	5	0	0	0	0	0	280	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
Raw Carrots	23	10	0	0	0	0	0	15	2	1	1	0
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Crispy Rice	26	80	14	2	0	0	0	260	15	0	1	2
Chopped Romaine	75	15	0	0	0	0	0	5	2	2	1	1
Baby Spinach	53	15	0	0	0	0	0	40	2	1	0	1
Remoulade Dressing	30	60	54	6	1	0	5	250	2	0	3	1

SI 2021 FLEET INGREDIENTS

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 AND SAUCE INGREDIENTS

BALSAMIC VINAIGRETTE

SUNFLOWER OIL
BALSAMIC VINEGAR
DIJON MUSTARD
HONEY
SALT
CRACKED BLACK PEPPER

PESTO VINAIGRETTE (V)

SUNFLOWER OIL
EXTRA VIRGIN OLIVE OIL
APPLE CIDER VINEGAR
BASIL
GARLIC
UMAMI SEASONING

SWEETGREEN HOT SAUCE (V)

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

LIME CILANTRO JALAPEÑO VINAIGRETTE (V)

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

HOT HONEY SAUCE

SUNFLOWER OIL
APPLE CIDER VINEGAR
HONEY
DIJON MUSTARD
UMAMI SEASONING
CRUSHED RED PEPPER

CAESAR DRESSING

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

MISO SESAME GINGER DRESSING (V)

SUNFLOWER OIL
RICE VINEGAR
MISO PASTE
YOUNG GINGER
TAMARI
MAPLE SYRUP
GARLIC
UMAMI SEASONING
CRUSHED RED PEPPER
SESAME OIL

SPICY CASHEW DRESSING (V)

SUNFLOWER OIL
CASHEW BUTTER
MAPLE SYRUP
RICE VINEGAR
YOUNG GINGER
CILANTRO
GARLIC
SESAME OIL
LIME JUICE
UMAMI SEASONING
CRUSHED RED PEPPER

SPICY CASHEW PESTO (V)

SUNFLOWER OIL
EXTRA VIRGIN OLIVE OIL
SESAME OIL
APPLE CIDER VINEGAR
RICE VINEGAR
BASIL
CILANTRO
GARLIC
UMAMI SEASONING
CASHEW BUTTER
MAPLE SYRUP
YOUNG GINGER
CRUSHED RED PEPPER
LIME JUICE

GREEN GODDESS RANCH

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

CEVICHE DRESSING (V, MIA ONLY)

SUNFLOWER OIL
PUREED PEPPERS
LIME JUICE
GARLIC
CILANTRO
RED ONION
UMAMI SEASONING
SWEETGREEN HOT SAUCE

UMAMI SEASONING

GRANULATED ONION
GRANULATED GARLIC
PAPRIKA
CUMIN POWDER
CAYENNE POWDER
DRIED OREGANO
CORIANDER POWDER
NUTRITIONAL YEAST
KOSHER SALT

NUOC CHAM DRESSING (TX ONLY)

FISH SAUCE
LIME JUICE
HONEY
GARLIC
THAI CHILIES

SEASONAL ITEMS

<p>MISO-GLAZED ROOT VEGETABLES (TX, V)</p> <p>CARROTS WINTER SQUASH BEETS SCALLIONS UMAMI SEASONING MISO SESAME GINGER VINAIGRETTE</p> <p>KALE GINGERAGE (V)</p> <p>KALE GINGER LIME JUICE LEMON JUICE MAPLE SYRUP</p>	<p>MISO-GLAZED ROOT VEGETABLES (FLEET, V)</p> <p>CARROTS WINTER SQUASH SUNCHOKES SCALLIONS UMAMI SEASONING MISO SESAME GINGER VINAIGRETTE</p>	<p>PICKLES (V)</p> <p>CUCUMBERS WATER DISTILLED VINEGAR SALT GARLIC BLACK PEPPER MUSTARD SEED DILL SEED</p>	<p>REMOULADE DRESSING</p> <p>UMAMI SEASONING CRACKED BLACK PEPPER GARLIC HONEY APPLE CIDER VINEGAR LEMON JUICE SWEETGREEN HOT SAUCE YOGURT MAYONNAISE</p>	<p>ROASTED CORN + PEPPERS (V)</p> <p>CORN BELL PEPPERS SUNFLOWER OIL UMAMI SEASONING</p>
--	--	--	--	---

TOPPINGS, PROTEINS, AND BASE INGREDIENTS

<p>BLACKENED CHICKEN</p> <p>CHICKEN THIGHS SUNFLOWER OIL BALSAMIC VINEGAR CHILI POWDER SALT CRACKED BLACK PEPPER CUMIN CORIANDER CRUSHED RED PEPPER</p> <p>KALE CABBAGE SLAW</p> <p>KALE RED CABBAGE CARROTS GREEN GODDESS RANCH LEMON JUICE</p> <p>ZA'ATAR BREADCRUMBS * (V)</p> <p>WHOLE WHEAT BREAD EXTRA VIRGIN OLIVE OIL UMAMI SEASONING OREGANO THYME SESAME SEEDS SUMAC HYSSOP SALT SOYBEAN OIL</p>	<p>ROASTED SESAME TOFU (V)</p> <p>TOFU SUNFLOWER OIL SESAME OIL SCALLIONS HOT SAUCE CRUSHED RED PEPPER UMAMI SEASONING</p> <p>PARMESAN CRISPS</p> <p>PASTEURIZED SKIM COW'S MILK CHEESE CULTURES RENNET SALT CRACKED BLACK PEPPER</p> <p>WARM PORTOBELLO MIX (V)</p> <p>PORTOBELLO MUSHROOMS BUTTON MUSHROOMS SUNFLOWER OIL UMAMI SEASONING</p>	<p>ROASTED SHRIMP (TX ONLY)</p> <p>SHRIMP SUNFLOWER OIL UMAMI SEASONING PAPRIKA CELERY SEED</p> <p>BLACKENING SPICE (V)</p> <p>SALT CHILI POWDER CORIANDER CUMIN CRUSHED RED PEPPER BLACK PEPPER</p> <p>CRISPY RICE (V)</p> <p>CRISP RICE CRISP SORGHUM UMAMI SEASONING GARLIC LEMONGRASS KAFFIR LIME LEAVES SHALLOTS CHILI POWDER PALM SUGAR SUNFLOWER OIL COCONUT OIL</p>	<p>ROASTED SHRIMP (MIA ONLY)</p> <p>SHRIMP SUNFLOWER OIL CEVICHE DRESSING UMAMI SEASONING</p> <p>PICKLED CARROTS + CELERY (V)</p> <p>CARROTS CELERY KOSHER SALT WHITE WINE VINEGAR</p> <p>SPICY SUNFLOWER SEEDS (V)</p> <p>SUNFLOWER SEEDS SUNFLOWER OIL UMAMI SEASONING CRUSHED RED PEPPER CUMIN OREGANO PAPRIKA MUSHROOMS TOMATO SUMAC CRACKED BLACK PEPPER CRYSTALLIZED LIME</p>	<p>FRESH HERBS (V, TX ONLY)</p> <p>CILANTRO MINT THAI BASIL SCALLIONS</p> <p>SPICY BROCCOLI (V)</p> <p>BROCCOLI KALE STEMS SUNFLOWER OIL UMAMI SEASONING CRUSHED RED PEPPER</p> <p>HOT ROASTED SWEET POTATOES (V)</p> <p>SWEET POTATOES JAPANESE SWEET POTATOES SUNFLOWER OIL UMAMI SEASONING</p> <p>THE FOLLOWING ARE MADE WITH ONLY SUNFLOWER OIL AND UMAMI SEASONING:</p> <p>ROASTED CHICKEN ROASTED SWEET POTATOES (V) ROASTED STEELHEAD CHICKPEAS (V)</p>
---	--	--	--	--

TORTILLA CHIP INGREDIENTS (V)

BOS	NYC	PHL	CHI	DMV
WHOLE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME	STONEGROUND CORN FLOUR SOYBEAN OIL SALT TRACE OF LIME	STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME	WHOLE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME	STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME
LA	SF	MIA	<i>Please note: Tortilla chips in all markets may contain one or more of the following: corn, sunflower, soybean, canola, cottonseed, or rice bran.</i>	
WHITE CORN WATER SOYBEAN OIL SALT TRACE OF LIME	STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF CALCIUM HYDROXIDE - FOOD GRADE	STONE GROUND CORN WATER SOYBEAN OIL SALT TRACE OF LIME		

BREAD INGREDIENTS (V)

AUS	BOS	CHI	DEN	DMV
WHOLE WHEAT FLOUR ORGANIC SPELT FLOUR ORGANIC STEEL CUT GRAINS ORGANIC WHOLE RYE FLOUR CANE SYRUP SALT YEAST	ORGANIC WHOLE WHEAT FLOUR MALTED BARLEY FLOUR FILTERED WATER NATURAL WHOLE WHEAT STARTER SEA SALT	ORGANIC WHOLE WHEAT FLOUR SEA SALT LEVAIN WATER	WHOLE WHEAT FLOUR WATER SEA SALT	WHEAT FLOUR MALTED BARLEY FLOUR FILTERED WATER LEVAIN BUCKWHEAT FLOUR RYE FLOUR SALT
HOU	LA	MIA	NYC	PHL
WHOLE WHEAT FLOUR BREAD FLOUR WATER SEA SALT	ORGANIC WHEAT FLOUR FILTERED WATER SEA SALT	WHOLE WHEAT FLOUR WHITE FLOUR WATER SALT NATURAL STARTER WHEAT BRAN	WHOLE WHEAT FLOUR WHITE FLOUR WATER SALT NATURAL STARTER WHEAT BRAN	WATER WHOLE WHEAT FLOUR WHITE FLOUR MALTED BARLEY FLOUR YEAST
SF	FOCACCIA (FLEETWIDE)			
UNBLEACHED WHEAT FLOUR MALTED BARLEY FLOUR FILTERED WATER WHOLE WHEAT FLOUR SEA SALT	WHOLE WHEAT FLOUR WHEAT FLOUR EXTRA VIRGIN OLIVE OIL YEAST SEA SALT ROSEMARY			

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, Kale Gingerade

Palm Sugar can be found in:
Crispy Rice

Honey can be found in:
Balsamic Vinaigrette, Nuoc Cham Vinaigrette (TX Only) Hot Honey Mustard Sauce, Remoulade Dressing

**ALLERGEN DETAIL
MENU + INGREDIENTS**

*At sweetgreen we use all major allergens in our kitchens, so we cannot guarantee that our food is completely free of any allergen.
If you have a severe allergy, we recommend not ordering from our restaurant.*

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
SEASONAL MENU	CRISPY CHICKEN SALAD		X			X		X	X
	MISO BOWL					X			X
	GREEN GODDESS + SWEET POTATO		X					X	X
	ROASTED CORN + PEPPER BOWL		X						
	MISO ROASTED CORN BOWL					X			X
	SOUTHWEST CAESAR		X	X				X	
SEASONAL INGREDIENTS	PICKLES								
	MISO-GLAZED ROOT VEGETABLES								X
	REMOULADE DRESSING		X					X	
	ROASTED CORN + PEPPERS								
ONLINE EXCLUSIVES	APPLE ALMOND CRUNCH					X		X	
	CHICKEN PESTO AVOCADO								
	CRUNCHY OMEGA BOOST					X			
	SWEET CARROT + SWEET POTATO							X	
	SPICY GARDEN GREENS			X					
	ALLY LOVE'S GO AVO CUSTOM		X			X		X	X
	VALKYRAE'S EXTRA CRISPY CUSTOM		X			X		X	
	HARPER WATTERS' NO PICKS PLS CUSTOM		X			X		X	X
SIGNATURE SALADS + WARM BOWLS	BUFFALO CHICKEN BOWL	X	X					X	X
	CHICKEN PESTO PARM	X	X						X
	CHICKEN TOSTADA		X						X
	CITRUS SHRIMP + AVOCADO (MIA)				X				X
	CRISPY RICE BOWL					X			
	CRISPY TOFU BOWL					X			X
	FISH TACO			X					X
	GARDEN COBB		X			X		X	
	GARLIC CHILI SHRIMP BOWL (TX)				X	X			
	GREEN GODDESS AVOCADO		X			X		X	
	GUACAMOLE GREENS								X
	HARVEST BOWL		X			X			

CATEGORY	ITEM/INGREDIENT	WHEAT	DAIRY	FISH	SHELLFISH	TREE NUTS	PEANUTS	EGGS	SOY
TOPPINGS	BASIL								
	BLACK LENTILS								
	BLACKENED CHICKEN								
	BLUE CHEESE		X						
	BREAD	X							
	ROASTED SHRIMP (TX)				X				
	ROASTED SHRIMP (MIA)				X				
	CHICKPEAS								
	CILANTRO								
	CUCUMBER								
	CRISPY RICE					X			
	FRESH HERBS (TX)								
	GOAT CHEESE		X						
	HARD BOILED EGGS							X	
	HOT ROASTED SWEET POTATOES								
	PARMESAN CRISP			X					
	PECANS (TX)						X		
	PICKLED CARROTS + CELERY								
	RAW BEETS								
	RAW CARROTS								
	RED ONIONS								
	ROASTED CHICKEN								
	ROASTED SESAME TOFU								X
	ROASTED SWEET POTATOES								
	SHAVED PARMESAN			X					
	SHREDDED CABBAGE								
	SPICY BROCCOLI								
	SPICY SUNFLOWER SEEDS								
	STEELHEAD				X				
	TOMATOES								
TORTILLA CHIPS								X	
WARM PORTOBELLO MIX									
ZA'ATAR BREAD CRUMBS	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		TX	DEN	MIA
Local Goat Cheese	Firefly Farms	Kirchenburg Dairy	Westfield Farm		Drake Family Farms		Prarie Fruit Farms	LaClare Family Creamery	Cheesemakers	Haystack Mountain	Calyroad Creamery
	Accident, MD	Fleetwood, PA	Hubbardston, MA		Ontario, CA		Champaign, IL	Malone, WI	Cleveland, TX	Longmont, CO	Newborn, GA
	Goat	Goat	Goat		Goat		Goat	Goat	Goat	Goat	Goat
	Pasteurized	Pasteurized	Pasteurized		Pasteurized		Pasteurized	Pasteurized	Pasteurized	Pasteurized	Pasteurized
Parmesan Cheese	Belgioioso										
	USA										
	Cow										
	Aged										
Parm Crisp	Raison D'Etre Bakery										
	USA										
	Cow										
	Aged, Baked										
Blue Cheese	Firefly Farms	Organic Valley		Central Coast Creamery	Point Reyes Farmstead Cheese Co.	Carr Valley Cheese		Organic Valley	Organic Valley	Organic Valley	
	Accident, MD	La Farge, WI		San Luis Obispo, CA	Point Reyes Station, CA	Fennimore, WI		La Farge, WI	La Farge, WI	La Farge, WI	
	Cow	Cow		Cow	Cow	Cow		Cow	Cow	Cow	
	Pasteurized	Pasteurized		Pasteurized	Pasteurized	Pasteurized		Pasteurized	Pasteurized	Pasteurized	