

sweetgreen

NUTRITION INFORMATION - UPDATED 2/28/18
FOR ALLERGEN INFORMATION, SEE LAST PAGE

||||| DC / MD / VA / PHL / BOS / NY / LA / BAY / CHI |||||

AT SWEETGREEN:
WE SOURCE LOCAL AND ORGANIC INGREDIENTS FROM FARMERS WE KNOW. WE LEAVE A GENTLE FOOTPRINT TO PROTECT OUR PLANET.
WE SHARE FUN, FOOD, MUSIC AND IDEAS WITH OUR FRIENDS. WE BUILD MEANINGFUL RELATIONSHIPS WITH THOSE AROUND US.

CALORIES INCLUDE LIGHT DRESSING

UMAMI SEASONING CONTAINS SALT, GARLIC POWDER, ONION POWDER, CHILI POWDER, AND NUTRITIONAL YEAST

Ⓜ VEGAN

* CONTAINS GLUTEN

+ CONTAINS CAFFEINE

^ CONTAINS UMAMI SEASONING

UMAMI SEASONING IS GLUTEN FREE AND VEGAN

ALL LEMON AND LIME JUICE USED AT SWEETGREEN IS FRESH SQUEEZED AND THEREFORE UNPASTEURIZED

S2 SEASONAL MENU - Spring 2018	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SALADS												
Beets + Goat Cheese	337	659	300	38	6	0	80	875	44	6	7	36
Spring Asparagus + Herb	356	320	200	25	6	0	30	855	27	7	6	15
Nancy Silverton Salad	407	435	196	23	5	0	20	1005	28	8	6	13
INGREDIENTS (\$5.0) Ⓜ												
Fresh Dill	5	0	0	0	0	0	0	0	0	0	0	0
Pickled Celery	30	15	1	0	0	0	0	65	1	0	0	0
Oregano	0	0	0	0	0	0	0	0	0	0	0	0
PREMIUMS												
Roasted Beets + Pickled Onions	Ⓜ 45	30	0	1	0	0	0	140	5	1	4	1
Lemon Marinated Asparagus -	Ⓜ 36	13	0	2	0	0	0	35	1	1	1	1
Salami	28	110	72	9	4	0	20	450	0	0	0	5
DRESSINGS												
Lemon Vinaigrette	30	100	90	10	1.5	0	0	210	2	0	0	0
BEVERAGES Ⓜ												
Honey Basil Fresca	Ⓜ 475	70	0	0	0	0	0	30	18	0	15	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)
SIGNATURE SALADS												
Hummus Tahina *	425	560	278	33	7	0	30	1190	41	8	6	16
Kale Caesar	319	405	223	26	8	0	95	1130	10	3	2	40
Guacamole Greens	402	530	325	37	4	0	70	565	26	6	2	26
Lentil + Avocado	427	520	333	40	3	0	0	590	32	15	9	11
Spicy Thai Salad	369	460	233	27	4	0	0	578	23	4	6	15
SIGNATURE WARM BOWLS												
Harvest Bowl	362	695	318	38	7	0	80	905	57	9	10	39
Hollywood Bowl	340	725	300	36	7	0	80	735	47	7	19	35
Chicken Pesto Parm	395	525	330	38	5	0	70	1348	49	7	2	40
Shroomami	377	685	358	41	4	0	0	1060	50	8	8	22
Fish Taco	338	520	373	41	6	0	20	793	48	6	2	25
Curry Chickpea Bowl	424	540	190	22	1	0	75	883	67	13	13	40

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)
Buckwheat Bread (DMV + PHL) *	47	80	0	0	0	0	0	230	20	2	0	3
Whole Wheat Bread (PHL) *	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (BOS) *	34	80	10	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (SF) *	34	80	10	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (NY) *	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (CHI) *	34	80	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (DMV) *	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (LA) *	34	80	5	1	0	0	0	190	20	2	1	4

BASES	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Organic Arugula	95	25	5	1	0	0	0	25	3	2	2	2
Organic Baby Spinach	105	25	0	0	0	0	0	85	4	2	0	3
Organic Mesclun	95	20	0	0	0	0	0	25	2	<1	0	1
Chopped Romaine	150	25	0	0	0	0	0	10	5	3	2	2
Shredded Kale	85	40	0	1	0	0	0	35	9	2	0	3
Warm Quinoa	100	120	25	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	189	10	2	0	0	0	90	26	2	<1	5

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)
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Cucumbers	40	5	0	0	0	0	0	0	0	0	0	0
Grapes	45	30	0	0	0	0	0	0	8	0	7	0
Hot Chickpeas ^	80	160	30	3	0	0	0	260	14	5	3	5
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Lentils	55	60	0	0	0	0	0	75	8	4	1	4
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Raw Red Beets	40	15	0	0	0	0	0	30	4	1	3	0
Raw Corn	36	35	0	0	0	0	0	5	7	0	2	1
Red Chilis	1	0	0	0	0	0	0	0	0	0	0	0
Red Onion	7	5	0	0	0	0	0	0	3	0	1	0
Roasted Sweet Potatoes ^	39	40	10	1	0	0	0	170	13	2	3	1
Shredded Cabbage	25	10	0	0	0	0	0	0	1	0	0	0
Spicy Broccoli ^	33	25	30	4	0	0	0	170	3	1	0	2
Spicy Sunflower Seeds ^	13	70	50	6	1	0	0	55	3	1	0	2
Toasted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Tortilla Chips	16	80	35	4	1	0	0	15	11	0	0	1
Walnuts	12	70	60	7	0	0	0	0	1	1	0	0
Za'atar Bread Crumbs *	15	45	15	2	0	0	0	160	8	0	0	2

PREMIUMS	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	110	13	2	0	0	5	7	6	0	2
Hard Boiled Egg	50	70	50	5	2	0	185	60	0	0	0	6
Herb Falafel ^	60	190	60	7	1	0	0	360	11	3	2	3
Housemade Hummus	50	80	50	6	0	0	0	230	8	2	0	3
Local Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Local Goat Cheese	34	90	60	7	5	0	10	70	0	0	0	5
Parmesan Crisp	20	100	60	7	5	0	20	430	0	0	0	10
Roasted Chicken ^	78	110	40	5	1	0	70	310	0	0	0	22
Roasted Sesame Tofu ^	75	160	80	9	1	0	0	310	2	0	0	9
Roasted Steelhead ^	86	150	170	18	5	0	20	280	0	0	0	15
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Warm Portobello Mix ^	65	65	80	9	1	0	0	270	4	1	2	3

DRESSINGS	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	2	0	2	0
Balsamic Vinaigrette	30	150	130	16	1	0	0	230	3	0	3	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1
Cucumber Tahini Yogurt Dressing ^	30	100	90	11	1	0	0	140	2	0	0	1
Curry Yogurt Dressing	30	110	35	4	0	0	5	150	2	0	1	1
Extra Virgin Olive Oil	15	130	120	14	2	0	0	0	0	0	0	0
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Vinaigrette	30	140	140	16	1	0	0	210	0	0	0	0
Lime Squeeze	15	5	0	7	0	0	0	0	1	0	0	0
Miso Sesame Ginger Dressing ^	30	160	130	15	1	0	0	270	3	0	2	0
Pesto Vinaigrette	30	150	190	22	3	0	0	240	0	0	0	0
Spicy Cashew Dressing ^	30	150	100	12	2	0	0	190	5	0	2	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1

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)
Lemon Fresca	475	60	0	0	0	0	0	10	17	0	15	0
Cucumber Ginger Lime Fresca	475	60	0	0	0	0	0	5	17	0	12	0
Jasmine Green Iced Tea +	475	0	0	0	0	0	0	20	0	0	0	0
Iced Chai	475	0	0	0	0	0	0	20	0	0	0	0
Chamomile Mint Iced tea	475	0	0	0	0	0	0	20	0	0	0	0

DRESSING INGREDIENTS

BALSAMIC VINAIGRETTE
 GRAPESEED OIL
 BALSAMIC VINEGAR
 DIJON MUSTARD
 HONEY
 SALT
 PEPPER

PESTO VINAIGRETTE
 EXTRA VIRGIN OLIVE OIL
 GRAPESEED OIL
 CIDER VINEGAR
 BASIL
 GARLIC
 SALT

CAESAR DRESSING
 FAT FREE YOGURT
 MAYONNAISE
 PARMESAN CHEESE
 LEMON JUICE
 ANCHOVIES
 GARLIC
 SALT
 PEPPER

CURRY YOGURT DRESSING
 FAT FREE YOGURT
 MAYONNAISE
 GARLIC
 JALAPENO
 GREEN ONION
 LEMON JUICE
 CURRY POWDER
 UMAMI SEASONING ^

LIME CILANTRO JALAPENO VINAIGRETTE
 GRAPESEED OIL
 LIME JUICE
 WHITE WINE VINEGAR
 CILANTRO
 JALAPENO PEPPERS
 SALT
 GARLIC
 CUMIN

CUCUMBER TAHINI YOGURT DRESSING
 FAT FREE YOGURT
 GRAPESEED OIL
 LEMON JUICE
 EXTRA VIRGIN OLIVE OIL
 TAHINI PASTE
 CUCUMBER
 GARLIC
 UMAMI SEASONING ^
 RED PEPPER FLAKES
 BASIL
 WHITE WINE VINEGAR

SPICY CASHEW DRESSING
 GRAPESEED OIL
 LIME JUICE
 CASHEW BUTTER
 RED PEPPER FLAKES
 AGAVE NECTAR
 GINGER
 RICE VINEGAR
 CILANTRO
 GARLIC
 SESAME OIL
 UMAMI SEASONING ^

MISO SESAME GINGER DRESSING
 GRAPESEED OIL
 GLUTEN-FREE SOY SAUCE
 MISO PASTE
 RICE VINEGAR
 GINGER
 RED PEPPER FLAKES
 AGAVE NECTAR
 UMAMI SEASONING ^
 GARLIC
 SESAME OIL

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

LEMON VINAIGRETTE
 LEMON JUICE
 APPLE CIDER VINEGAR
 EXTRA VIRGIN OLIVE OIL
 GARLIC
 DRIED OREGANO
 DIJON MUSTARD
 SALT
 BLACK PEPPER

^UMAMI SEASONING CONTAINS SALT, ONION POWDER, GARLIC POWDER, CHILI POWDER, AND NUTRITIONAL YEAST

TOPPINGS + PROTEINS INGREDIENTS

THE FOLLOWING TOPPINGS + PROTEINS ARE MADE WITH ONLY GRAPESEED OIL + UMAMI SEASONING

ROASTED CHICKEN
 ROASTED SWEET POTATOES
 ROASTED STEELHEAD
 ROASTED WINTER SQUASH

ZA'ATAR BREADCRUMBS ^
 WHOLE WHEAT
 EXTRA VIRGIN OLIVE OIL
 UMAMI SEASONING ^
 OREGANO
 THYME
 SESAME SEEDS
 SALT
 SUMAC
 HYSSOP

SPICY BROCCOLI
 BROCCOLI
 KALE STEMS
 UMAMI SEASONING^
 RED PEPPER
 GRAPESEED OIL

PICKLED CELERY
 CELERY
 LEMON JUICE
 APPLE CIDER VINEGAR
 EXTRA VIRGIN OLIVE OIL
 GARLIC
 DRIED OREGANO
 DIJON MUSTARD
 SALT
 BLACK PEPPER

HUMMUS
 LEMON PEEL
 LEMON JUICE
 TAHINI PASTE
 EXTRA VIRGIN OLIVE OIL
 GARLIC
 SALT
 PEPPER
 CUMIN
 JALAPENO PEPPERS
 CHICKPEAS

HOT CHICKPEAS
 CHICKPEAS
 UMAMI SEASONING ^
 GRAPESEED OIL
 CUMIN
 CHILI POWDER
 CILANTRO

ROASTED BEETS + PICKLED ONIONS
 RED BEETS
 RED ONION
 GRAPESEED OIL
 BALSAMIC VINEGAR
 UMAMI SEASONING ^
 AGAVE

SPICY SUNFLOWER SEEDS
 GARLIC
 LIME JUICE
 CHILI POWDER
 UMAMI SEASONING ^
 RED PEPPER
 GRAPESEED OIL
 SUNFLOWER SEEDS

HERB FALAFEL
 GARLIC
 CHICKPEAS
 EXTRA VIRGIN OLIVE OIL
 DRIED CHILES
 CORIANDER
 BAKING POWDER
 ONION

LEMON MARINATED ASPARAGUS
 ASPARAGUS
 LEMON JUICE
 LEMON ZEST
 GRAPESEED OIL
 KOSHER SALT

ROASTED SESAME TOFU (gluten free)
 TOFU
 SESAME OIL
 GLUTEN-FREE SOY SAUCE
 SCALLIONS
 RED PEPPER
 UMAMI SEASONING ^
 GRAPESEED OIL

WARM PORTOBELLO MIX
 PORTOBELLO MUSHROOMS
 BUTTON MUSHROOMS
 UMAMI SEASONING ^
 GRAPESEED OIL

BREAD INGREDIENTS

BREAD (BS)
 ORGANIC WHOLE WHEAT FLOUR
 UNBLEACHED, UNBROMATED WHEAT FLOUR (wheat, malted barley flour)
 FILTERED WATER
 NATURAL WHOLE WHEAT STARTER (organic whole wheat flour and filtered water)
 SEA SALT

BREAD (LA)
 ORGANIC WHEAT FLOUR
 FILTERED WATER
 SEA SALT

BREAD (NYC)
 WHOLE WHEAT FLOUR
 WHITE FLOUR
 WATER
 SALT
 NATURAL STARTER
 WHEAT BRAN

BREAD (PHL)
 WATER
 WHOLE WHEAT FOUR
 WHITE FLOUR
 MALTED BARLEY FLOUR
 FALT
 YEAST

BREAD (SF)
 UNBLEACHED, UNBROMATED WHEAT FLOUR (wheat, malted barley flour)
 FILTERED WATER
 WHOLE WHEAT FLOUR
 SEA SALT

BREAD (DMV)
 UNBLEACHED, UNBROMATED WHEAT FLOUR (malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, and folic acid)
 FILTERED WATER
 LEVAIN
 BUCKWHEAT FLOUR
 RYE FLOUR
 SALT
 contains 2% or less of : malted barley flour, yeast
 barley flour, yeast

BREAD (CH)
 ORGANIC WHOLE WHEAT FLOWER
 SEA SALT
 WATER
 LEAVIAN
 SEA SALT

swaetgreen®

	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)
Kale Caesar	319	405	223	26	8	0	95	1130	10	3	2	40
Shredded Kale	43	20	3	1	0	0	0	15	4	2	0	2
Chopped Romaine	75	15	0	0	0	0	0	5	3	2	1	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Parmesan Crisp	20	100	60	7	5	0	20	430	0	0	0	10
Roasted Chicken ^	78	110	40	5	1	0	70	310	0	0	0	22
Lime Squeeze	15	5	0	7	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1

Guacamole Greens	402	530	325	37	4	0	70	565	26	6	2	26
Organic Mesclun	95	20	0	0	0	0	0	25	2	0	0	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	35	5	0	0	0	0	0	0	3	0	1	0
Tortilla Chips	16	80	35	4	1	0	0	15	11	0	0	1
Avocado	87	160	110	13	2	0	0	5	7	6	0	2
Roasted Chicken ^	78	110	40	5	1	0	70	310	0	0	0	22
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Vinaigrette	30	140	140	16	1	0	0	210	0	0	0	0

Harvest Bowl	362	695	318	38	7	0	80	905	57	9	10	39
Organic Wild Rice	95	190	15	2	0	0	0	110	30	3	1	33
Shredded Kale	43	20	3	1	0	0	0	15	4	2	0	2
Local Apples	15	0	0	0	0	0	0	0	4	0	3	0
Roasted Sweet Potatoes ^	39	40	10	1	0	0	0	170	13	2	3	1
Toasted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Local Goat Cheese	34	90	60	7	5	0	10	70	0	0	0	5
Roasted Chicken ^	78	110	40	5	1	0	70	310	0	0	0	22
Balsamic Vinaigrette	30	150	130	16	1	0	0	230	3	0	3	0

Hollywood Bowl	388	725	308	37	7	0	80	735	62	10	19	65
Organic Wild Rice	95	190	15	2	0	0	0	110	30	3	1	33
Shredded Kale	43	20	3	1	0	0	0	15	4	2	0	2
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Grapes	45	30	0	0	0	0	0	0	8	0	7	0
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Toasted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Local Goat Cheese	34	90	60	7	5	0	10	70	0	0	0	5
Roasted Chicken	78	110	40	5	1	0	70	310	0	0	0	22
Balsamic Vinaigrette	30	150	130	16	1	0	0	230	3	0	3	0

Shroomami	408	685	358	41	4	0	0	1060	50	8	8	22
Shredded Kale	43	20	3	1	0	0	0	15	4	2	0	2
Organic Wild Rice	95	190	15	2	0	0	0	110	30	3	1	6
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	0
Cucumbers	40	5	0	0	0	0	0	0	0	0	0	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	50	6	1	0	0	55	3	1	0	2
Warm Portobello Mix	65	65	80	9	1	0	0	270	4	1	2	3
Sesame Roasted Tofu	75	160	80	9	1	0	0	310	2	0	0	9
Miso Sesame Ginger Dressing	30	160	130	15	1	0	0	270	3	0	2	0

Hummus Tahina *	425	560	278	33	7	0	30	1190	41	8	6	16
Shredded Kale	43	20	3	1	0	0	0	15	4	2	0	2
Chopped Romaine	75	15	0	0	0	0	0	5	3	2	1	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	35	5	0	0	0	0	0	0	3	0	1	0
Cucumbers	40	5	0	0	0	0	0	0	0	0	0	0
Za'atar Bread Crumbs *	15	45	15	2	0	0	0	160	8	0	0	2
Local Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Housemade Hummus	50	80	50	6	0	0	0	230	8	2	0	3
Herb Falafel	60	190	60	7	1	0	0	360	11	3	2	3
Cucumber Tahini Yogurt Dressing ^	30	110	90	11	1	0	0	140	2	0	0	1

Fish Taco	338	520	373	41	6	0	20	793	48	6	2	25
Organic Arugula	48	10	3	0	0	0	0	13	2	1	1	1
Warm Quinoa	100	120	25	3	0	0	0	105	32	4	0	7
Shredded Cabbage	25	10	0	0	0	0	0	0	1	0	0	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Roasted Steelhead	86	150	170	18	5	0	20	280	0	0	0	15
Tortilla Chips	16	80	35	4	1	0	0	15	11	0	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeno	30	140	140	16	1	0	0	210	0	0	0	0

Lentil + Avocado	427	520	333	40	3	0	0	580	32	15	9	11
Organic Arugula	48	10	3	0	0	0	0	13	2	1	1	1
Chopped Romaine	53	15	0	0	0	0	0	43	2	1	0	2
Lentils	55	60	0	0	0	0	0	75	8	4	1	4
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	0
Walnuts	12	70	60	7	0	0	0	0	1	1	0	0
Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Cucumber	40	5	0	0	0	0	0	0	0	0	0	0
Spicy Broccoli	33	25	30	4	0	0	0	170	3	1	0	2
Avocado	87	160	110	13	2	0	0	5	7	6	0	2
Balsamic Vinaigrette	30	150	130	16	1	0	0	230	3	0	3	0

Spicy Thai Salad	369	460	233	27	4	0	0	578	23	4	6	15
Organic Arugula	48	10	3	0	0	0	0	13	2	1	1	1
Chopped Romaine	75	15	0	0	0	0	0	5	3	2	1	1
Roasted Sesame Tofu	75	160	80	9	1	0	0	310	2	0	0	9
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Cucumber	40	5	0	0	0	0	0	0	0	0	0	0
Raw Corn	36	35	0	0	0	0	0	5	7	0	2	1
Shredded Cabbage	25	10	0	0	0	0	0	0	1	0	0	0
Spicy Sunflower Seeds	13	70	50	6	1	0	0	55	3	1	0	2
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	150	100	12	2	0	0	190	5	0	2	1

Chicken Pesto Parm *	395	525	330	38	5	0	70	1348	49	7	2	40
Organic Baby Spinach	53	10	0	0	0	0	0	43	2	1	0	2
Warm Quinoa	100	120	25	3	0	0	0	105	32	4	0	7
Roasted Chicken ^	78	110	40	5	1	0	70	310	0	0	0	22
Spicy Broccoli ^	33	25	30	4	0	0	0	170	3	1	0	2
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Za'atar Bread Crumbs *	15	45	15	2	0	0	0	160	8	0	0	2
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Pesto Vinaigrette	30	150	190	22	3	0	0	240	0	0	0	0

Curry Chickpea Bowl	424	650	190	22	1	0	75	883	67	13	13	40
Organic Baby Spinach	53	10	0	0	0	0	0	43	2	1	0	2
Warm Quinoa	100	120	25	3	0	0	0	105	32	4	0	7
Roasted Chicken	78	110	40	5	1	0	70	310	0	0	0	22
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Hot Chickpeas	80	160	30	3	0	0	0	260	14	5	3	5
Shredded Cabbage	25	10	0	0	0	0	0	0	1	0	0	0
Cilantro	7	0	0	0	0	0	0	0	0	0	0	0
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Toasted Almonds	14	80	60	7	0.5	0	0	0	3	2	0	3
Curry Yogurt Dressing	30	110	35	4	0	0	5	150	2	0	1	1

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars	Protein (g)
Beets + Goat Cheese	337	659	300	38	6	0	80	875	44	6	7	36
Shredded Kale	43	20	0	1	0	0	0	35	9	2	0	3
Organic Wild Rice	95	189	10	2	0	0	0	90	26	2	< 1	5
Roasted Beets + Pickled Onions ^	45	30	0	1	0	0	0	140	5	1	4	1
Local Goat Cheese	34	90	60	7	5	0	10	70	0	0	0	5
Roasted Chicken ^	78	110	40	5	1	0	70	310	0	0	0	22
Walnuts	12	70	60	7	0	0	0	0	1	1	0	0
Balsamic Vinaigrette	30	150	130	16	1	0	0	230	3	0	3	0

Spring Asparagus + Herb *	356	320	200	25	6	0	30	855	27	7	6	15
Organic Arugula	47	10	5	1	0	0	0	25	3	2	2	2
Chopped Romaine	75	25	0	0	0	0	0	10	5	3	2	2
Lemon Marinated Asparagus ■	73	25	0	2	0	0	0	70	3	1	1	2
Fresh Dill	5	0	0	0	0	0	0	0	0	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	0	1	0	0	0
Spicy Broccoli ^	33	25	30	4	0	0	0	170	3	1	0	2
Local Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Za'atar Breadcrumbs	15	45	15	2	0	0	0	160	8	0	0	2
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Cucumber Tahini Yogurt Dressing	30	100	90	11	1	0	0	140	2	0	0	1

■ lemon marinated asparagus is a double portion in this salad

Nancy Silverton Salad	419	435	226	26	7	0	20	1155	28	8	6	17
Chopped Romaine	75	25	0	0	0	0	0	5	3	2	1	1
Shredded Kale	43	20	3	1	0	0	0	15	4	2	0	2
Hot Chickpeas	80	110	30	3	0	0	0	260	14	5	3	5
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Cucumbers	40	0	0	0	0	0	0	0	0	0	0	0
Red Onion	35	15	0	0	0	0	0	0	3	0	1	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Pickled Celery	30	15	1	0	0	0	0	65	1	0	0	0
Salami	28	110	72	9	3.5	0	20	450	0	0	0	5
Dried Oregano	0	0	0	0	0	0	0	0	0	0	0	0
Lemon Vinaigrette	30	100	90	10	1.5	0	0	210	2	0	0	0

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

Cheese	DMV	PHL	NY	BOS	LA / SF	CHI
Local Goat Cheese	Firefly Farms Accident, MD Goat Pasteurized	Kirchenburg Dairy Fleetwood, PA Goat Pasteurized	Westfield Farm Hubbardston, MA Goat Pasteurized	Westfield Farm Hubbardston, MA Goat Pasteurized	Drake Family Farms Ontario, CA Goat Pasteurized	Belmont Chevre Belmont, WI Goat Pasteurized
Local Feta Cheese	Mountain View Farms Fairfield, VA Cow Aged	Mountain View Farms Fairfield, VA Cow Aged	Maplebrook Bennington, VT Cow Pasteurized	Maplebrook Bennington, VT Cow Pasteurized	Belfiore Cheese Co Berkeley, CA Caw Pasteurized	Klondike Cheese Co. Monroe, WI Cow Pasteurized
Organic Cheddar Cheese	Organic Valley Northeast Region Cow Pasteurized	Organic Valley Northeast Region Cow Pasteurized	Organic Valley Northeast Region Cow Pasteurized	Organic Valley Northeast Region Cow Pasteurized	Organic Valley Northeast Region Cow Pasteurized	Organic Valley Northeast Region Cow Pasteurized
Parmesan Cheese	Belgioioso USA Cow Aged	Belgioioso USA Cow Aged	Belgioioso USA Cow Aged	Belgioioso USA Cow Aged	Belgioioso USA Cow Aged	Belgioioso USA Cow Aged
Parm Crisp	Cello Whisps USA Cow Aged	Cello Whisps USA Cow Aged	Cello Whisps USA Cow Aged	Cello Whisps USA Cow Aged	Cello Whisps USA Cow Aged	Cello Whisps USA Cow Aged
Blue Cheese	Firefly Farms USA Goat Pasteurized	Firefly Farms USA Goat Pasteurized	Birch Run USA Cow Aged	Jasper Hill USA Cow Aged	Point Reyes USA Cow Aged	Organic Valley USA Pasteurized