

swæetgreen®

NUTRITION INFORMATION - UPDATED 04/18
FOR ALLERGEN INFORMATION, SEE LAST PAGE

||||| DC / MD / VA / PHL / BOS / NY / LA / SF |||||

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 / ⊕ = VEGAN / * = CONTAINS GLUTEN / + = CONTAINS CAFFEINE / ^ = CONTAINS UMAMI SEASONING

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

UMAMI SEASONING IS GLUTEN FREE AND VEGAN

SEASONAL MENU - SUMMER 2016	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												
Mexican Corn Elote Bowl *	375	590	175	21	6	0	10	685	51	8	7	18
Spring Chicken	318	480	303	35	8	0	90	1203	9	2	1	35
Strawberry Fields	283	360	253	30	6	0	30	533	16	4	8	9
Watermelon + Local Feta	300	340	245	29	7	0	30	543	12	4	5	9
Roasted Eggplant + Falafel ⊕	309	325	215	25	2	0	0	748	22	8	6	6
INGREDIENTS												
Mint ⊕	5	0	0	0	0	0	0	0	0	0	0	0
Watermelon ⊕	45	15	0	0	0	0	0	0	3	0	3	0
Broccoli Leaf ⊕	45	15	0	0	0	0	0	10	2	0	0	1
PREMIUMS												
Roasted Corn + Peppers ⊕	57	80	35	4	0	0	0	220	10	1	4	2
Roasted Zucchini, Squash, + Asparagus ^ ⊕	70	20	10	1	0	0	0	110	2	0	0	0
Roasted Eggplant + Peppers ^ ⊕	38	40	25	3	0	0	0	160	4	2	2	0
Heirloom Tomatoes ⊕	46	10	0	0	0	0	0	0	0	0	0	0
Local Strawberries ⊕	70	20	0	0	0	0	0	0	5	1	3	0
DRESSING												
Cider Vinaigrette ^	30	130	130	15	1	0	0	180	0	0	0	0
BEVERAGES												
Blueberry Basil Fresca ⊕	475	60	0	0	0	0	0	25	17	0	14	0
Watermelon Cilantro Fresca ⊕	475	60	0	0	0	0	0	20	15	0	12	1

SIGNATURE SALADS	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
GREENS												
Hummus Tahina *	437	550	300	36	6	0	30	1365	48	9	4	16
Kale Caesar	319	420	223	26	8	0	95	1200	10	3	2	40
Guacamole Greens	402	530	325	37	4	0	70	635	26	6	2	26
Rad Thai	314	365	200	24	3	0	145	715	16	1	3	24
Spicy Sabzi (East Coast) ⊕	329	380	228	28	1	0	22	873	26	5	5	13
Spicy Sabzi (West Coast) ⊕	359	440	263	32	2	0	0	993	27	5	5	17
OMG Omega	399	555	418	47	8	0	20	715	16	8	4	20
GRAINS												
Hello Portobello ⊕	312	510	278	32	3	0	0	820	49	8	8	13
Earth Bowl *	443	765	383	44	10	0	105	1213	51	8	4	43
Harvest Bowl	362	705	318	38	7	0	80	975	57	9	10	39
Hollywood Bowl	340	705	300	36	7	0	80	750	47	7	19	35
Bay Bowl	340	705	300	36	7	0	80	750	47	7	19	35

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	100	0	0	0	0	0	230	20	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	90	5	1	0	0	0	190	20	2	1	4
Whole Wheat Bread (LA) *	34	90	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	15	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
Quinoa + Farro mix *	100	160	25	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	130	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
Dried Chiles	1	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	0	0	0	0	0	0	0	0	0	0	0
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
Organic Chickpeas	40	35	5	1	0	0	0	110	5	2	0	2
Raw Red Beets	40	15	0	0	0	0	0	30	4	1	3	0
Raw Corn	36	30	0	0	0	0	0	5	7	0	2	1
Red Onion	35	15	0	0	0	0	0	0	3	0	1	0
Roasted Sweet Potatoes ^	39	70	10	1	0	0	0	170	13	2	3	1
Shredded Cabbage	25	5	0	0	0	0	0	0	1	0	0	0
Spicy Broccoli ^	33	45	30	4	0	0	0	170	3	1	0	2
Spicy Quinoa ^	36	50	10	2	0	0	0	160	7	0	0	2
Sprouts	19	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Pita Chips *	20	90	30	4	0	0	0	190	14	1	0	2
Spicy Sunflower Seeds ^	13	70	50	6	1	0	0	55	3	1	0	2
Sprouted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Toasted Almonds	14	80	60	7	1	0	0	0	3	2	0	3
Tortilla Chips	16	80	35	4	1	0	0	15	11	0	0	1
Nori Furikake ^	3	10	5	1	0	0	0	105	0	0	0	0
Grapes	45	30	0	0	0	0	0	0	8	0	7	0
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Hot Chickpeas	80	110	30	3	0	0	0	260	14	5	3	5
Raisins	14	40	0	0	0	0	0	0	11	0	8	0

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)
Roasted Chicken ^	78	130	40	5	1	0	70	380	0	0	0	22
Citrus Shrimp	71	140	50	6	0	0	145	430	2	0	0	20
Roasted Steelhead ^	86	230	170	18	5	0	20	280	0	0	0	15
Hard Boiled Egg	50	80	50	5	2	0	185	60	0	0	0	6
Herb Falafel ^	60	150	60	7	1	0	0	360	11	3	2	3
Avocado	87	140	110	13	2	0	0	5	7	6	0	2
Roasted Organic Tofu ^	45	70	45	5	0	0	0	290	1	0	0	5
Roasted Sesame Tofu ^	75	130	80	9	1	0	0	410	2	0	0	9
Housemade Hummus	57	90	50	6	0	0	0	230	8	2	0	3
Local Goat Cheese	34	80	60	7	5	0	10	70	0	0	0	5
Local Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Organic White Cheddar	32	130	90	10	7	0	35	190	0	0	0	8
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Baked Falafel ^	60	150	70	8	1	0	0	520	16	4	0	5
Warm Portobello Mix ^	65	100	80	9	1	0	0	340	4	1	2	3
Parmesan Crisp	20	100	60	7	5	0	20	430	0	0	0	10

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 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
Carrot Chili Vinaigrette ^	30	150	140	17	1	0	0	150	2	0	1	0
Cucumber Tahini Yogurt Dressing ^	30	100	90	11	1	0	0	140	2	0	0	1
Lime Cilantro Jalapeno Vinaigrette	30	140	140	16	1	0	0	210	0	0	0	0
Miso Sesame Ginger Dressing ^	30	140	130	15	1	0	0	270	3	0	2	0
Pesto Vinaigrette	30	190	190	22	3	0	0	240	0	0	0	0
Spicy Cashew Dressing ^	30	120	100	12	2	0	0	190	5	0	2	1
Balsamic Vinegar	15	15	0	0	0	0	0	0	2	0	2	0
Extra Virgin Olive Oil	15	120	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 Squeeze	15	0	0	0	0	0	0	0	1	0	0	0

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

SOME MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY

DRESSING INGREDIENTS

BALSAMIC VINAIGRETTE

GRAPSEED OIL
BALSAMIC VINEGAR
DIJON MUSTARD
HONEY
SALT
PEPPER

PESTO VINAIGRETTE

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

CAESAR DRESSING

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

CARROT CHILI VINAIGRETTE

GRAPSEED OIL
CARROT JUICE
WHITE WINE VINEGAR
AGAVE NECTAR
RED PEPPER FLAKES
UMAMI SEASONING ^
GARLIC
CHILI POWDER

CIDER VINAIGRETTE

RED ONION
GARLIC
UMAMI SEASONING ^
APPLE CIDER VINEGAR
DIJON MUSTARD
GRAPSEED OIL

CUCUMBER TAHINI YOGURT DRESSING

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

SPICY CASHEW DRESSING

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

MISO SESAME GINGER DRESSING

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

LIME CILANTRO JALAPEÑO

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

^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
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ROASTED ZUCCHINI, SQUASH, +
ASPARAGUS
ROASTED CORN + PEPPERS
ROASTED STEELHEAD
ROASTED CHICKEN
WARM PORTOBELLO MIX
ROASTED SWEET POTATOES
ROASTED ORGANIC TOFU

CITRUS SHRIMP
SHRIMP
RICE VINEGAR
GRAPESEED OIL
LIME JUICE
LEMON JUICE
LEMON PEEL
SALT
CILANTRO

BAKED FALAFEL
CHICKPEAS
EXTRA VIRGIN OLIVE OIL
FLOUR
BAKING POWDER
ONION
CUMIN
PARSLEY
CILANTRO
UMAMI SEASONING^
GARLIC
LEMON JUICE

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

SPICY BROCCOLI
BROCCOLI
KALE STEMS
UMAMI SEASONING^
DRIED CHILES
GRAPESEED OIL

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

**ROASTED EGGPLANT +
PEPPERS**
EGGPLANT
PEPPERS
RED ONION
PESTO VINAIGRETTE
BLACK PEPPER
UMAMI SEASONING ^

SESAME TOFU
TOFU
SESAME OIL
SOY SAUCE
SCALLIONS
CRUSHED RED PEPPER
UMAMI SEASONING ^
GRAPESEED OIL

HERB FALAFEL
GARLIC
CHICKPEAS
EXTRA VIRGIN OLIVE OIL
CORIANDER
BAKING POWDER
ONION
CUMIN
PARSLEY
CILANTRO
UMAMI SEASONING^
DRIED CHILES

NORI FURIKAKE
SEAWEED
UMAMI SALT
SPICY SUNFLOWER
SEEDS

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

BREAD INGREDIENTS

BREAD (DMV + PHL)
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

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

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

BREAD (LA)
ORGANIC WHEAT FLOUR
FILTERED WATER
SEA SALT

S3 Allergen Card - West

		WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS/SUNFLOWER SEEDS	EGGS	SOY	SESAME
SALADS	MEXICAN CORN ELOTE BOWL	X	X		X			
	ROASTED EGGPLANT + FALAFEL							
	WATERMELON + FETA		X		X			
	SPICY SABZI						X	X
	GUACAMOLE GREENS							
	KALE CAESAR		X	X		X		
	HUMMUS TAHINA	X	X					X
	RAD THAI			X	X			X
	HELLO PORTOBELLO				X		X	X
	OMG OMEGA			X	X		X	X
	EARTH BOWL	X	X					
BAY BOWL		X		X				
DRESSINGS	CIDER VINAIGRETTE							
	BALSAMIC VINAIGRETTE							
	CARROT CHILI VINAIGRETTE							
	PESTO VINAIGRETTE							
	CAESAR DRESSING		X	X		X		
	CUCUMBER TAHINI YOGURT DRESSING		X					X
	LIME CILANTRO JALAPENO VINAIGRETTE							
	SPICY CASHEW DRESSING				X			X
	MISO SESAME GINGER DRESSING						X	X

		WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS/SUNFLOWER SEEDS	EGGS	SOY	SESAME
BREAD	BREAD	X						
BASE	ORGANIC WILD RICE							
	QUINOA + FARRO	X						
TOPPINGS	NORI FURIKAKE				X			
	COLUMBIA RIVER STEELHEAD			X				
	LOCAL GOAT CHEESE		X					
	LOCAL FETA CHEESE		X					
	ORGANIC WHITE CHEDDAR		X					
	SHAVED PARMESAN		X					
	PARMESAN CRISP		X					
	HARDBOILED EGGS					X		
	CITRUS SHRIMP			X				
	HERB FALAFEL							
	HUMMUS							X
	PITA CHIPS	X						
	TOASTED ALMONDS				X			
	SPICY SUNFLOWER SEEDS				X			
TORTILLA CHIPS								
ROASTED SESAME TOFU						X	X	

X = contains allergen

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.

Gluten:

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

Vegetarian:

Vegetarians follow a mostly plant based diet, but allow for some animal products like honey, cheese, eggs in most cases. The term vegetarian can mean a lot of things, so if a guest tells you that they are vegetarian, it is best to ask them what they can and cannot eat within the guidelines, some will not eat eggs, others will not eat cheese or yogurt. The only truly non-vegetarian items on our menu are Chicken, Bacon, Anchovy, Shrimp and Steelhead.

Vegan:

Vegans follow a strict diet that does not allow for any animal protein or animal products, like cheese, eggs or honey. They need to avoid the cucumber tahini yogurt dressing, all cheeses, meats, seafood, eggs, Caesar dressing, parm crisps, Balsamic dressing, Blue Cheese dressing, Cider Vinaigrette.

Paleo, Caveman, No Carb, Atkins Diet:

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

What has added sugar?

lemon Fresca, Cucumber Ginger Lime Fresca & Hibiscus Lime Fresca all have added Agave Nectar, which is a form of sugar. Miso Sesame Ginger dressing, Spicy Cashew and Carrot Chili Dressing all have added Agave Nectar, Balsamic Dressing has added Honey. Caesar dressing has added sugar in the mayonnaise that we add to it. All of these amounts of added sugar are well within the USDA's guidelines for a healthy diet.