

# 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)
<b>SALADS</b>												
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
<b>INGREDIENTS</b>												
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
<b>PREMIUMS</b>												
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
<b>DRESSING</b>												
Cider Vinaigrette ^	30	130	130	15	1	0	0	180	0	0	0	0
<b>BEVERAGES</b>												
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)
<b>GREENS</b>												
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
<b>GRAINS</b>												
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.