

sweetgreen®

NUTRITION BINDER

S4 2019




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







NUTRITION INFORMATION





last update 6/01/19

DC | MD | VA | PHL | BOS | NYC | CHI | LA | SF

KEY:  = Vegan  = Contains gluten  = Contains caffeine



- Calories include light dressing
- All lemon and lime juice is fresh squeezed and therefore unpasteurized
- Apple cider vinegar is unpasteurized










SEASONAL MENU S4 - LATE SUMMER 2019	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 SALADS / WARM BOWLS												
Peach + Burrata	322	445	275	31	6	0	20	330	21	5	11	11
Summer BBQ	427	390	149	18	3	0	75	760	27	7	12	23
Ratatouille Bowl	513	630	356	40	9	0	95	1190	47	9	6	31
SEASONAL INGREDIENTS												
Peaches 	35	15	0	0	0	0	0	0	4	1	3	1
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
Watermelon 	50	15	0	0	0	0	0	0	4	0	3	0
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Roasted Peppers + Eggplant 	96	30	14	2	0	0	0	95	4	1	2	1
Heirloom Tomatoes 	45	15	0	0	0	0	0	0	2	1	1	0
SEASONAL DRESSINGS												
Green Goddess Ranch	30	140	90	10	2	0	10	300	1	0	0	1
SEASONAL BEVERAGES												
Watermelon Cilantro Fresca 	475	60	0	0	0	0	0	15	15	1	11	1


SIGNATURE MENU	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 / WARM BOWLS												
Hummus Tahina 	397	560	342	39	9	0	30	1335	45	11	6	19
Kale Caesar	319	405	207	24	8	0	81	1214	10	4	3	39
Guacamole Greens	374	530	328	37	5	0	56	619	24	9	1	25
Lentil + Avocado	450	520	362	41	4	0	0	467	33	19	11	10
Spicy Thai Salad 	369	460	281	33	5	0	0	488	25	7	8	22
Harvest Bowl	362	695	325	37	7	0	71	1124	59	8	9	37
Hollywood Bowl	388	725	316	36	7	0	71	974	69	10	19	36
Chicken Pesto Parm 	395	525	251	28	4	0	56	1304	46	6	2	36
Shroomami 	408	685	353	40	4	0	0	1134	58	8	9	21
Fish Taco	338	520	268	31	4	0	43	802	46	6	3	30
Curry Chickpea Bowl	422	650	188	21	1	0	61	1024	72	14	14	39











KID'S MENU (select locations)	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)
KID'S MEALS												
Chicken Little (LA ONLY)	273	375	137	16	1	0	70	415	50	7	9	34
Chicken Little	257	360	137	16	2	0	70	415	46	7	5	34
Little Dipper	207	365	221	25	4	0	0	15	32	10	9	9




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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)
HOUSEMADE BEVERAGES												
Kale Gingerade	475	80	0	0	0	0	0	25	22	1	14	1
Hibiscus Berry + Clover Tea	475	0	0	0	0	0	0	0	0	0	0	0
Jasmine Green Iced Tea 	475	0	0	0	0	0	0	20	0	0	0	0
Cucumber Lemon Lime	475	70	0	0	0	0	0	15	21	1	15	1
Tangerine Fresca	475	80	0	0	0	0	0	15	16	0	15	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)
LOCAL BAKERY BREADS												
Whole Wheat Bread (PHL) 	40	80	0	0	0	0	0	170	16	2	0	3
Whole Wheat Bread (BOS) 	34	80	0	0	0	0	0	200	18	3	0	3
Whole Wheat Bread (SF) 	34	80	0	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)
GREENS + GRAINS												
Organic Arugula - Full Portion	95	25	5	1	0	0	0	25	3	2	2	2
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Organic Baby Spinach - Full Portion	105	25	0	0	0	0	0	80	4	2	0	2
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Organic Mesclun - Full Portion	95	20	0	0	0	0	0	0	0	0	0	0
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Chopped Romaine - Full Portion	150	25	0	0	0	0	0	10	5	3	2	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale - Full Portion	85	40	9	1	0	0	0	30	7	3	2	4
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4





DRESSINGS + 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)
DRESSINGS												
Balsamic Vinegar 	15	15	0	0	0	0	0	0	2	0	2	0
Balsamic Vinaigrette	30	150	144	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	110	99	11	1	0	0	140	2	0	0	1
Curry Yogurt Dressing	30	110	36	4	0	0	5	150	2	0	1	1
Crushed Red Pepper 	1	0	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
Lemon Squeeze 	15	0	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeño Vinaigrette 	30	140	135	15	1	0	0	210	0	0	0	0
Lime Squeeze 	15	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger Dressing 	30	160	153	17	2	0	0	310	3	0	2	1
Pesto Vinaigrette 	30	150	144	16	2	0	0	190	1	0	0	0
Spicy Cashew Dressing 	30	150	126	14	2	0	0	220	6	0	2	2
Sweetgreen Hot Sauce 	28	10	0	0	0	0	0	170	2	1	1	1

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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)
\$.50 TOPPINGS												
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	1	0	1	0
Grapes	45	30	0	0	0	0	0	0	8	0	7	0
Hot Chickpeas	80	160	45	5	0	0	0	330	21	6	3	7
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Lentils	55	60	0	0	0	0	0	65	7	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 Beets	40	15	0	0	0	0	0	30	4	1	3	0
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Roasted Sweet Potatoes	39	40	9	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	18	2	0	0	0	110	2	1	0	1
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Toasted Almonds	14	80	63	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	32	4	1	0	0	15	11	0	0	1
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Za'atar Breadcrumbs 	15	45	14	2	0	0	0	160	8	0	0	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)
PREMIUM TOPPINGS												
Avocado 	87	160	135	15	3	0	0	0	9	9	0	3
Hard Boiled Egg	50	70	41	5	2	0	190	70	1	0	1	7
Herb Falafel 	60	190	101	11	2	0	0	518	16	5	1	6
Housemade Hummus 	50	80	60	7	1	0	0	217	8	2	0	3
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Parmesan Crisp	20	100	63	7	5	0	20	430	0	0	0	10
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
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Warm Portobello Mix 	65	65	36	4	1	0	0	239	4	1	2	3


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WEWORK HEADQUARTERS MENU	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)
WEWORK HEADQUARTERS												
Hummus Tahina 	397	560	342	39	9	0	30	1335	45	11	6	19
Spicy Kale Caesar	412	515	325	38	10	0	35	705	40	15	7	15
OMG Omega	462	595	405	45	8	0	43	715	24	14	6	29
Lentil Avocado	450	520	362	41	4	0	0	467	33	19	11	10
Spicy Thai Salad 	369	460	281	33	5	0	0	488	25	7	8	22
Veggie Caesar	349	395	217	26	8	0	25	1080	27	7	7	22
Sweet Harvest	331	725	425	48	8	0	15	785	64	10	9	18
Porto Pesto Parm 	382	485	270	30	4	0	0	1149	50	7	4	18
Shroomami 	408	685	353	40	4	0	0	1134	58	8	9	21
Fish Taco	338	520	268	31	4	0	43	802	46	6	3	30
Chickpea Curry	419	705	270	30	3	0	5	821	73	15	14	32

MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY.

DETAILED NUTRITION INFORMATION FOR CORE MENU


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HUMMUS TAHINA 	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)
	397	560	342	39	9	0	30	1335	45	11	6	19
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Za'atar Bread Crumbs	15	45	14	2	0	0	0	160	8	0	0	2
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Housemade Hummus	50	80	60	7	1	0	0	217	8	2	0	3
Herb Falafal	60	190	101	11	2	0	0	518	16	5	1	6
Cucumber Tahini Yogurt Dressing	30	110	99	11	1	0	0	140	2	0	0	1

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	207	24	8	0	81	1214	10	4	3	39
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Parmesan Crisp	20	100	63	7	5	0	20	430	0	0	0	10
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	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)
	374	530	328	37	5	0	56	619	24	9	1	25
Organic Mesclun - Full Portion	95	20	0	0	0	0	0	0	0	0	0	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	7	5	0	0	0	0	0	0	1	0	0	0
Tortilla Chips	16	80	32	4	1	0	0	15	11	0	0	1
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeño Vinaigrette	30	140	144	16	1	0	0	210	0	0	0	0


LENTIL + 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)
	450	520	362	41	4	0	0	467	33	19	11	10
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Lentils	55	60	0	0	0	0	0	65	7	4	1	4
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	0
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Organic 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
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0

SPICY THAI 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)
	369	460	281	33	5	0	0	488	25	7	8	22
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
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	1	0	1	0
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Spicy Sunflower Seeds	13	70	54	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	126	14	2	0	0	220	6	0	2	2

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	325	37	7	0	71	1124	59	8	9	37
Organic Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Toasted Almonds	14	80	63	7	0.5	0	0	0	3	2	0	3
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	2	0	3	0

HOLLYWOOD 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)
	388	725	316	36	7	0	71	974	69	10	19	36
Organic Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	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	63	7	1	0	0	0	3	2	0	3
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	2	0	3	0




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	525	251	28	4	0	56	1304	46	6	2	36
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Za'atar Bread Crumbs	15	45	14	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	144	16	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	353	40	4	0	0	1134	58	8	9	21
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Organic Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Raw Beets	40	15	0	0	0	0	0	30	4	1	3	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Warm Portobello Mix	65	65	36	4	1	0	0	239	4	1	2	3
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
Miso Sesame Ginger Dressing	30	160	153	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	520	268	31	4	0	43	802	46	6	3	30
Organic Arugula - Half Portion	48	15	2	1	0	0	0	12	2	1	1	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
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
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Tortilla Chips	16	80	32	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 Jalapeño Vinaigrette	30	140	144	16	1	0	0	210	0	0	0	0

CURRY CHICKPEA 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)
	422	650	188	21	1	0	61	1024	72	14	14	39
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Hot Chickpeas	80	160	45	5	0	0	0	330	21	6	3	7
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
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Toasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Curry Yogurt Dressing	30	110	36	4	0	0	5	150	2	0	1	1

DETAILED NUTRITION INFORMATION FOR WEWORK MENU

KEY:  = Vegan  = Contains gluten  = Contains caffeine


WEWORK MENU

SPICY 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)
	412	515	325	38	10	0	35	705	40	15	7	15
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Local Feta Cheese	31	80	63	7	5	0	30	280	1	0	1	4
Tortilla Chips	16	80	32	4	1	0	0	15	11	0	0	1
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1

OMG OMEGA	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)
	462	595	405	45	8	0	43	715	24	14	6	29
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Miso Sesame Ginger Dressing	30	160	153	17	2	0	0	310	3	0	2	1




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)
	349	395	217	26	8	0	25	1080	27	7	7	22
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Parmesan Crisp	20	100	63	7	5	0	20	430	0	0	0	10
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1

SWEET HARVEST	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)
	331	725	425	48	8	0	15	785	64	10	9	18
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Organic Wild Rice	95	190	24	3	0	0	0	175	37	3	0	4
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Local Goat Cheese	34	90	63	7	5	0	15	160	0	0	0	6
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Toasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Walnuts	12	70	63	7	0	0	0	0	1	1	0	0
Lemon Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0

PORTO 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)
	382	485	270	30	4	0	0	1149	50	7	4	18
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Warm Portobello Mix	65	65	36	4	1	0	0	239	4	1	2	3
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Za'atar Bread Crumbs	15	45	14	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	144	16	2	0	0	190	1	0	0	0

CHICKPEA CURRY	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	705	270	30	3	0	5	821	73	15	14	32
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Roasted Sesame Tofu	75	160	99	11	2	0	0	191	1	1	0	14
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Shredded Cabbage	25	10	0	0	0	0	0	330	2	1	1	0
Raisins	14	40	0	0	0	0	0	5	11	1	8	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Hot Chickpeas	80	160	45	5	0	0	0	330	21	6	3	7
Toasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Curry Yogurt Dressing	30	110	36	4	0	0	5	150	2	0	1	1

DETAILED NUTRITION INFORMATION FOR SEASONAL MENU

KEY:  = Vegan  = Contains gluten  = Contains caffeine




PEACH + BURRATA	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)
	322	445	275	31	6	0	20	330	21	5	11	11
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Peaches	35	15	0	0	0	0	0	0	4	1	3	1
Peaches	35	15	0	0	0	0	0	0	4	1	3	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Red Onion	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
Burrata	57	140	63	7	4	0	20	85	0	0	0	5
Roasted Almonds	14	80	63	7	1	0	0	0	3	2	0	3
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0

SUMMER BBQ	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	390	149	18	3	0	75	760	27	7	12	23
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Shredded Kale - Half Portion	43	20	4	1	0	0	0	15	4	2	1	2
Watermelon	50	15	0	0	0	0	0	0	4	0	3	0
Watermelon	50	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
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
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
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Green Goddess Ranch	30	140	90	10	2	0	10	300	1	0	0	1

RATATOUILLE 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)
	513	630	356	40	9	0	95	1190	47	9	6	31
Organic Baby Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Roasted Peppers + Eggplant	96	30	14	2	0	0	0	95	4	1	2	1
Heirloom Tomatoes	45	15	0	0	0	0	0	0	2	1	1	0
Organic Carrots	23	10	0	0	0	0	0	15	2	0	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
Feta	31	80	63	7	5	0	30	280	1	0	1	4
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0

INGREDIENT LIST

last update 2/06/19

KEY:  = Vegan  = Contains gluten  = Contains caffeine

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)

DRESSINGS

BALSAMIC VINAIGRETTE

GRAPSEED OIL HONEY
BALSAMIC SALT
VINEGAR CRACKED
DIJON MUSTARD BLACK PEPPER

PESTO VINAIGRETTE

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

CAESAR DRESSING

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

CURRY YOGURT DRESSING

PLAIN YOGURT GREEN ONION
MAYONNAISE LEMON JUICE
GARLIC CURRY POWDER
JALAPENO UMAMI SEASONING

CUCUMBER TAHINI YOGURT DRESSING

PLAIN YOGURT GARLIC
GRAPSEED OIL UMAMI SEASONING
LEMON JUICE CRUSHED RED
EXTRA VIRGIN PEPPER
OLIVE OIL BASIL
TAHINI PASTE APPLE CIDER
CUCUMBER VINEGAR

LIME CILANTRO JALAPEÑO VINAIGRETTE

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

SPICY CASHEW DRESSING

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

SWEETGREEN HOT SAUCE

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

MISO SESAME GINGER DRESSING

GRAPSEED OIL AGAVE NECTAR
TAMARI UMAMI SEASONING
MISO PASTE GARLIC
RICE VINEGAR SESAME OIL
YOUNG GINGER
CRUSHED RED
PEPPER

HOUSE BEVERAGES

KALE GINGERADE

KALE LIME JUICE
YOUNG GINGER AGAVE NECTAR
LEMON JUICE

HIBISCUS BERRY + CLOVER TEA

HIBISCUS BERRY TEA
WATER

JASMINE GREEN ICED TEA

JASMINE GREEN TEA
WATER

CUCUMBER LEMON LIME

CUCUMBERS AGAVE NECTAR
LEMONS WATER
LIMES

TANGERINE FRESCA

TANGERINE JUICE AGAVE NECTAR
LEMONS WATER
LEMON JUICE

KEY:  = Vegan  = Contains gluten  = Contains caffeine

TOPPINGS + PREMIUMS

ZA'ATAR BREADCRUMBS

WHOLE WHEAT BREAD
 THYME
 SESAME SEEDS
 EXTRA VIRGIN OLIVE OIL
 SALT
 SUMAC
 UMAMI SEASONING
 HYSOPO
 OREGANO
 SALT
 SOYBEAN OIL

HERB FALAFEL

GARLIC
 CHICKPEAS
 EXTRA VIRGIN OLIVE OIL
 CRUSHED RED PEPPER
 CORIANDER
 BAKING POWDER
 RED ONION
 CUMIN
 PARSLEY
 CILANTRO
 UMAMI SEASONING
 SALT

HOT CHICKPEAS

CHICKPEAS
 UMAMI SEASONING
 GRAPSEED OIL
 CUMIN
 CHILI POWDER
 CILANTRO

PARMESAN CRIPS

PASTEURIZED SKIM COWS MILK
 CHEESE CULTURES
 RENNET
 PEPPER
 SALT

HUMMUS

LEMON ZEST
 LEMON JUICE
 TAHINI PASTE
 EXTRA VIRGIN OLIVE OIL
 GARLIC
 SALT
 CRACKED BLACK PEPPER
 CUMIN
 JALAPENO
 CHICKPEAS

SPICY SUNFLOWER SEEDS

SUNFLOWER SEEDS
 SUNFLOWER OIL
 GARLIC
 CHILI POWDER
 UMAMI SEASONING
 RED PEPPER FLAKES
 CUMIN
 OREGANO
 PAPRIKA
 MUSHROOMS
 TOMATO
 YEAST EXTRACT
 SUMAC
 BLACK PEPPER
 CRYSTALLIZED LIME

WARM PORTOBELLO MIX

PORTOBELLO MUSHROOMS
 BUTTON MUSHROOMS
 UMAMI SEASONING
 GRAPSEED OIL


ROASTED SESAME TOFU

TOFU
 SESAME OIL
 TAMARI
 SCALLIONS
 CRUSHED RED PEPPER
 UMAMI SEASONING
 GRAPSEED OIL

SPICY BROCCOLI

BROCCOLI
 KALE STEMS
 UMAMI SEASONING
 CRUSHED RED PEPPER
 GRAPSEED OIL

THE FOLLOWING ARE MADE WITH ONLY GRAPSEED OIL + UMAMI SEASONING:

ROASTED SWEET POTATOES 
 ROASTED STEELHEAD
 ROASTED CHICKEN

BREAD INGREDIENTS

BOS

ORGANIC WHOLE WHEAT FLOUR
 MALTED BARLEY FLOUR
 FILTERED WATER
 NATURAL WHOLE WHEAT STARTER
 SEA SALT

NYC

WHOLE WHEAT FLOUR
 WHITE FLOUR
 WATER
 SALT
 NATURAL STARTER
 WHEAT BRAN

PHL

WATER
 WHOLE WHEAT FLOUR
 WHITE FLOUR
 MALTED BARLEY FLOUR
 YEAST

CHI

ORGANIC WHOLE WHEAT FLOUR
 SEA SALT
 LEVAIN
 WATER

DMV

WHEAT FLOUR
 MALTED BARLEY FLOUR
 FILTERED WATER
 LEVAIN
 BUCKWHEAT FLOUR
 RYE FLOUR
 SALT

LA

ORGANIC WHEAT FLOUR
 FILTERED WATER
 SEA SALT

SF

UNBLEACHED WHEAT FLOUR
 MALTED BARLEY FLOUR
 FILTERED WATER
 WHOLE WHEAT FLOUR
 SEA SALT

TORTILLA CHIP INGREDIENTS

BOS

WHOLE GROUND CORN
 WATER
 SOYBEAN OIL
 SALT
 TRACE OF LIME

NYC

STONEGROUND CORN FLOUR
 SOYBEAN OIL
 TRACE OF LIME
 SALT

PHL

STONE GROUND CORN
 WATER
 SOYBEAN OIL
 SALT
 TRACE OF LIME

CHI

WHOLE GROUND CORN
 WATER
 SOYBEAN OIL
 SALT
 TRACE OF LIME

DMV

STONE GROUND CORN
 WATER
 SOYBEAN OIL
 SALT
 TRACE OF LIME

LA

WHITE CORN
 WATER
 SOYBEAN OIL
 SALT
 TRACE OF LIME

SF

STONE GROUND CORN
 WATER
 SOYBEAN OIL
 SALT
 TRACE OF CALCIUM HYDROXIDE - FOOD GRADE

PLEASE NOTE TORTILLA CHIPS IN ALL MARKETS MAY CONTAIN ONE OR MORE OF THE FOLLOWING:

CORN
 SUNFLOWER
 SOYBEAN
 CANOLA
 COTTONSEED
 RICE BRAN

SEASONAL

ROASTED PEPPERS + EGGPLANT

EGGPLANT
 BELL PEPPERS
 GRAPSEED OIL
 UMAMI SEASONING

BLACKENED CHICKEN THIGHS

CHICKEN THIGHS
 GRAPSEED OIL
 BALSAMIC VINEGAR
 CHILI POWDER
 SALT
 BLACK PEPPER
 CUMIN
 CORIANDER
 CRUSHED RED PEPPER

GREEN GODDESS RANCH

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

WATERMELON CILANTRO FRESCA

WATERMELON
 LEMON JUICE
 CILANTRO
 WATER

ALLERGEN INFORMATION

If a customer has a food allergy or food sensitivity, either the Head Coach or a Lead in the restaurant must make that customer's order. Please wash hands and change gloves prior to making the salad.

X = CONTAINS ALLERGEN

SALAD/WARM BOWL		WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
SEASONALS	PEACH + BURRATA		X		X				
	SUMMER BBQ		X			X			
	RATATOUILLE BOWL		X						X
CORE SALADS + WARM BOWLS	CURRY CHICKPEA BOWL		X		X				
	GUACAMOLE GREENS						X		
	KALE CAESAR		X	X		X			X
	HUMMUS TAHINA	X	X				X	X	
	HARVEST/HOLLYWOOD BOWL		X		X				
	FISH TACO			X			X		
	SPICY THAI SALAD				X		X	X	X
	SHROOMAMI						X	X	X
	CHICKEN PESTO PARM	X	X				X	X	
	LENTIL + AVOCADO				X				
	KIDS MEALS	CHICKEN LITTLE				X			
LITTLE DIPPER							X	X	
DRESSINGS	BALSAMIC VINAIGRETTE								
	PESTO VINAIGRETTE								
	CAESAR DRESSING		X	X		X			X
	CUCUMBER TAHINI YOGURT DRESSING		X					X	
	LIME CILANTRO JALAPENO VINAIGRETTE								
	SPICY CASHEW DRESSING				X			X	
	MISO SESAME GINGER DRESSING						X	X	
	SWEETGREEN HOT SAUCE								
	CURRY YOGURT DRESSING		X						
GREEN GODDESS RANCH (seasonal)		X				X			

X = CONTAINS ALLERGEN

WEWORK HQ MENU	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
SPICY KALE CAESAR		X	X		X			
OMG OMEGA			X					X
VEGGIE CAESAR		X	X		X			
SWEET HARVEST		X		X				X
PORTO PESTO PARM	X	X					X	
CHICKPEA CURRY		X		X		X	X	

INGREDIENTS	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
BREAD	X							
ROASTED SESAME TOFU						X	X	
HUMMUS							X	
STEELHEAD			X					
LOCAL GOAT CHEESE		X						
LOCAL FETA CHEESE		X						
SHAVED PARMESAN		X						
PARMESAN CRISP		X						
HARD BOILED EGGS					X			
ZA'ATAR BREAD CRUMBS	X					X	X	
ALMONDS / WALNUTS				X				
SPICY SUNFLOWER SEEDS								X
TORTILLA CHIPS						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	
Local Goat Cheese	Firefly Farms Accident, MD Goat - Pasteurized	Kirchenburg Dairy Fleetwood, PA Goat - Pasteurized	Westfield Farm Hubbardston, MA Goat - Pasteurized		Drake Family Farms Ontario, CA Goat - Pasteurized		Prairie Fruit Farms New York Goat - Pasteurized	Belmont Goat Cheese New York Goat - Pasteurized
Local Feta Cheese	Mountain View Farms Fairfield, VA Cow - Pasteurized		Maplebrook Bennington, VT Cow - Pasteurized		Belfiore Cheese Co Berkeley, CA Cow - Pasteurized		Klondike Cheese Co. Monroe, WI Cow - Pasteurized	
Parmesan Cheese	Belgioioso USA Cow - Aged							
Parm Crisp	Raison D'Etire Bakery USA Cow - Aged, Baked							
Burrata (Seasonal)	Siano Mozzarella Charlotte, NC Cow - Pasteurized		Belgioioso USA Cow - Pasteurized	Calabro Cheese East Haven, CT Cow - Pasteurized	DiStefano Pomona, CA Cow - Pasteurized	Belfiore Berkeley, CA Cow - Pasteurized	Belgioioso USA Cow - Pasteurized	

ADDED SUGAR

Agave nectar can be found in:

- KALE GINGERADE**
- CUCUMBER LEMON LIME FRESCA**
- TANGERINE FRESCA**
- MISO SESAME GINGER DRESSING**
- SPICY CASHEW DRESSING**

Honey can be found in:

- BALSAMIC VINAIGRETTE**

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.

Eggplant Parm 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)
	351	345	226	26	4	0	0	890	23	5	5	11
Roasted Peppers + Eggplant	96	30	14	2	0	0	0	95	4	1	2	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Za'atar Breadcrumbs *	15	45	14	2	0	0	0	160	8	0	0	2
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Sweetgreen Hot Sauce	28	10	0	0	0	0	0	170	2	1	1	1
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0
Heirloom Green Goddess *												
	383	425	239	28	5	0	10	465	30	13	5	9
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Heirloom Tomatoes	45	15	0	0	0	0	0	0	2	1	1	0
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Cucumbers	40	5	0	0	0	0	0	0	1	0	1	0
Basil	7	0	0	0	0	0	0	0	0	0	0	0
Za'atar Breadcrumbs *	15	45	13.5	1.5	0	0	0	160	8	0	0	2
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Green Goddess Ranch	30	140	90	10	2	0	10	300	1	0	0	1
Peach + Watermelon Bowl												
	373	490	293	33	8	0	30	635	50	8	10	15
Peaches	35	15	0	0	0	0	0	0	4	0.5	3	0.5
Watermelon	50	15	0	0	0	0	0	0	4	0	3	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shredded Cabbage	25	10	0	0	0	0	0	5	2	1	1	0
Local Feta	31	80	63	7	4.5	0	30	280	1	0	1	4
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0
OMG Omega												
	462	595	405	45	8	0	43	715	24	14	6	29
Roasted Steelhead	86	150	63	7	2	0	43	300	0	0	0	21
Avocado	87	160	135	15	3	0	0	0	9	9	0	3
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Cucumbers	40	5	0	0	0	0	0	0	1	0	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
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Organic Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine - Half Portion	75	15	0	0	0	0	0	5	2	2	1	1
Miso Sesame Ginger Vinaigrette	30	160	153	17	2	0	0	310	3	0	2	1
Veggie Caesar												
	349	395	217	26	8	0	25	1080	27	7	7	22
Roasted Sweet Potatoes	39	40	9	1	0	0	0	150	8	1	2	1
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Parmesan Crisps	20	100	63	7	4.5	0	20	430	0	0	0	10
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	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	5	220	1	0	0	1

Cali 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)
	333	365	208	25	8	0	25	945	21	6	6	21
Spicy Broccoli	33	25	18	2	0	0	0	110	2	1	0	1
Shredded Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Shaved Parmesan	12	45	32	4	2	0	0	150	0	0	0	4
Parmesan Crisps	20	100	63	7	4.5	0	20	430	0	0	0	10
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Chopped Romaine - Half Portion	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	5	220	1	0	0	1

Hello Portobello	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)
	261	365	248	28	7	0	20	894	13	4	5	15
Warm Portobello Mix	65	65	36	4	0.5	0	0	239	4	1	2	3
Shredded Carrots	23	10	0	0	0	0	0	15	2	0	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
Parmesan Crisps	20	100	63	7	4.5	0	20	430	0	0	0	10
Organic Mesclun - Half Portion	48	10	0	0	0	0	0	0	0	0	0	0
Shredded Kale - Half Portion	43	20	5	1	0	0	0	15	4	2	1	2
Pesto Vinaigrette	30	150	144	16	2	0	0	190	1	0	0	0

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)
	422	595	320	36	7	0	95	1240	50	6	4	30
Blackened Chicken Thighs	90	130	54	6	1	0	65	420	1	1	0	17
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Shredded Carrots	23	10	0	0	0	0	0	15	2	0	1	0
Cilantro	5	0	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	80	31.5	3.5	0.5	0	0	15	11	0	0	1
Local Feta	31	80	63	7	5	0	30	280	1	0	1	4
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Organic Spinach - Half Portion	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	144	16	1	0	0	210	0	0	0	0

Spicy Cashew 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)
	411	560	224	26	3	0	56	804	62	8	14	34
Roasted Chicken	78	110	17	2	0	0	56	394	0	0	0	21
Raw Corn	36	35	0	1	0	0	0	0	7	1	2	2
Cucumbers	40	5	0	0	0	0	0	0	1	0	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
Spicy Sunflower Seeds	13	70	54	6	1	0	0	55	3	1	0	2
Raisins	14	40	0	0	0	0	0	0	11	1	8	0
Warm Quinoa	100	120	27	3	0	0	0	90	29	3	0	6
Organic Spinach - Half Portion	53	15	0	0	0	0	0	40	2	1	0	1
Lime Squeeze	15	5	0	0	0	0	0	0	1	0	0	0
Spicy Cashew Dressing	30	150	126	14	2	0	0	220	6	0	2	2

S4 OLO ONLY MENU ALLERGEN INFORMATION

BOWLS	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	NUTS	EGGS	SOY	SESAME	SUNFLOWER SEEDS
PEACH + WATERMELON SALAD		X						X
EGGPLANT PARM SALAD	X	X				X	X	
HEIRLOOM GREEN GODDESS	X	X			X	X	X	
OMG OMEGA			X			X	X	X
VEGGIE CAESAR		X	X		X			X
CALI CAESAR		X	X		X			X
HELLO PORTOBELLO		X						
CHICKEN TOSTADA		X				X		
SPICY CASHEW CHICKEN BOWL				X			X	X

At Sweetgreen, we use most major allergens including tree nuts, wheat, egg, milk, soy, and fish in our kitchens. We also use sesame, sunflower seeds, and sunflower oil. Due to this, we cannot guarantee that our food is completely free of any allergen. You may be at risk of an allergic reaction if consuming with an allergy.

Individual foods may come in contact with one another during preparation which is not reflected on our allergy charts. 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.