

# sweetgreen®

NUTRITION INFORMATION - UPDATED 3/1/17  
FOR ALLERGEN INFORMATION, SEE LAST PAGE

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

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

## SEASONAL MENU - Summer 2017

	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	356	560	313	36	7	0	10	673	50	7	6	17
Spring Chicken	319	480	303	35	8	0	90	1133	10	2	2	35
Thai Watermelon	393	315	183	21	3	0	0	518	21	3	10	12
Strawberry Fields	289	465	263	31	7	0	30	650	35	13	8	17
Mexican Corn Elote Bowl (PHL)	377	640	348	40	7	0	10	688	61	7	6	18
Spring Chicken (PHL)	319	480	303	35	8	0	90	1133	10	2	2	35
<b>INGREDIENTS</b>												
Snap Peas	⊕ 35	130	10	2	0	0	0	50	22	9	3	8
Watermelon	⊕ 45	15	0	0	0	0	0	3	0	3	0	0
Mint	⊕ 5	0	0	0	0	0	0	0	0	0	0	0
Cilantro	⊕ 5	0	0	0	0	0	0	0	0	0	0	0
<b>PREMIUMS</b>												
Roasted Zucchini, Yellow Squash, Green Beans	⊕ 70	20	10	1	0	0	0	110	3	0	1	0
Roast Corn and Peppers	⊕ 60	80	35	4	0	0	0	220	10	1	4	2
Strawberries	⊕ 35	20	0	0	0	0	0	0	5	1	3	0
Blueberries	⊕ 35	20	0	0	0	0	0	0	5	0	3	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

## CORE MENU TEST

	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>												
Cashew Tofu	358	445	313	36	4	0	0	843	20	5	6	17
Fish Taco	338	655	373	41	6	0	20	793	48	6	2	25
<b>DRESSINGS</b>												
Miso Sesame Ginger Dressing ^	30	140	130	15	1	0	0	270	3	0	2	0
Spicy Cashew Dressing ^	30	120	100	12	2	0	0	190	5	0	2	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 *	432	495	278	33	7	0	30	1190	41	8	6	16
Kale Caesar	319	420	223	26	8	0	95	1130	10	3	2	40
Guacamole Greens	402	530	325	37	4	0	70	565	26	6	2	26
Rad Thai	314	365	200	24	3	0	145	715	16	1	3	24
Spicy Sabzi (Fort Point)	⊕ 329	380	228	28	1	0	0	873	25	5	5	13
Spicy Sabzi	⊕ 359	440	263	32	2	0	0	893	27	5	5	17
OMG Omega	⊕ 399	555	418	47	8	0	20	715	16	8	4	20
<b>GRAINS</b>												
Harvest Bowl	362	705	318	38	7	0	80	905	57	9	10	39
Hollywood Bowl	340	705	300	36	7	0	80	735	47	7	19	35
Hello Portobello (Fort. Point)	⊕ 312	510	278	32	3	0	0	750	49	8	8	13
Earth Bowl (Fort Point)	443	765	383	44	10	0	105	1128	48	7	4	42
Earth Bowl	451	820	318	36	3	0	70	1088	57	10	7	37
<b>HOT GRAIN BOWLS</b>												
Shroomami	⊕ 377	640	358	41	4	0	0	1060	50	8	8	22
Pesto Portobello	470	775	398	45	4	0	70	1373	62	12	8	41

## 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	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
Warm Quinoa	100	160	25	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	160	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	0	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	110	30	3	0	0	0	260	14	5	3	5
Jicama	35	15	0	0	0	0	0	0	3	2	0	0
Local Apples	29	15	0	0	0	0	0	0	4	0	3	0
Nori Furikake ^	3	10	5	1	0	0	0	105	0	0	0	0
Organic Chickpeas	40	35	5	1	0	0	0	110	5	2	0	2
Organic Carrots	23	10	0	0	0	0	0	15	2	0	1	0
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 Chilis	1	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
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
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
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
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	140	110	13	2	0	0	5	7	6	0	2
Citrus Shrimp	71	140	50	6	0	0	145	430	2	0	0	20
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
Housemade Hummus	57	90	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	80	60	7	5	0	10	70	0	0	0	5
Organic White Cheddar	32	130	90	10	7	0	35	190	0	0	0	8
Parmesan Crisp	20	100	60	7	5	0	20	430	0	0	0	10
Roasted Chicken ^	78	130	40	5	1	0	70	310	0	0	0	22
Roasted Organic Tofu ^	45	70	45	5	0	0	0	290	0	0	0	5
Roasted Sesame Tofu ^	75	130	80	9	1	0	0	310	2	0	0	9
Roasted Steelhead ^	86	230	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	100	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
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
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 Cilantro Jalapeno Vinaigrette	30	140	140	16	1	0	0	210	0	0	0	0
Lime Squeeze	15	0	0	0	0	0	0	0	1	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
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

MENU ITEMS MAY BE SUBJECT TO SEASONAL AND STORE AVAILABILITY

**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

**CARROT CHILI VINAIGRETTE**

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

**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

**APPLE CIDER VINAIGRETTE**

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

^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 ORGANIC TOFU

**CITRUS SHRIMP**

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

**ZA'ATAR BREADCRUMBS \***

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

**HUMMUS**

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

**SPICY SUNFLOWER SEEDS**

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

**ROASTED SESAME TOFU (gluten free)**

TOFU  
SESAME OIL  
GLUTEN-FREE SOY SAUCE  
SCALLIONS  
RED PEPPER  
UMAMI SEASONING ^  
GRAPESEED OIL

**NORI FURIKAKE**

SEAWEED  
UMAMI SEASONING ^  
SPICY SUNFLOWER SEEDS

**SPICY BROCCOLI**

BROCCOLI  
KALE STEMS  
UMAMI SEASONING ^  
RED PEPPER  
GRAPESEED OIL

**HOT CHICKPEAS**

CHICKPEAS  
UMAMI SEASONING ^  
GRAPESEED OIL  
CUMIN  
CHILI POWDER  
CILANTRO

**HERB FALAFEL**

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

**WARM PORTOBELLO MIX**

PORTOBELLO MUSHROOMS  
BUTTON MUSHROOMS  
UMAMI SEASONING ^  
GRAPESEED OIL

**ROASTED ZUCCHINI, YELLOW SQUASH, GREEN BEANS**

GREEN BEANS  
ZUCCHINI  
YELLOW SQUASH  
UMAMI SEASONING ^  
GRAPESEED OIL

**ROAST CORN + PEPPERS**

CORN  
BELL PEPPER  
UMAMI SEASONING ^  
GRAPESEED OIL

**BREAD INGREDIENTS**

**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 (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