

sweetgreen

NUTRITION INFORMATION - UPDATED 12/5/17
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

S1 SEASONAL MENU - Winter 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												
Curry Chickpea Bowl	424	593	190	22	1	0	75	883	67	13	13	40
Miso Bowl	327	595	283	33	2	0	70	1155	47	8	4	61
Winter Squash + Blue Cheese	266	493	318	40	8	0	25	1148	29	5	8	13
Winter Squash + Blue Cheese Warm Bowl	313	645	333	41	8	0	25	1245	55	8	9	45
INGREDIENTS (\$1.50) Ⓥ												
Umami Walnuts	12	80	60	8	1	0	0	115	2	1	0	2
Cilantro	7	0	0	0	0	0	0	0	0	0	0	0
PREMIUMS Ⓥ												
Roasted Squash	70	100	40	5	0	0	0	300	14	2	2	1
Local Blue Cheese	34	120	85	10	6	0	25	475	1	0	0	7
Miso Glazed Vegetables	35	60	35	4	0	0	0	450	6	1	1	1
DRESSINGS												
Curry Yogurt Dressing	30	45	35	4	0	0	5	150	2	0	1	1
BEVERAGES Ⓥ												
Spiced Cider	475	100	0	0	0	0	0	0	26	3	19	0
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)	
SALADS												
Fish Taco	338	640	373	41	6	0	20	793	48	6	2	25
Cashew Chicken Bowl	411	585	215	26	3	0	70	708	62	6	12	35
Harissa Feta Lentil	345	355	160	19	6	0	30	633	35	9	13	15
Balsamic Goat Cheese	325	415	253	30	6	0	10	445	25	7	10	12
Thai Cashew Tofu	358	450	313	36	4	0	0	843	20	5	6	17
Pesto Chicken Parm	475	758	360	41	5	0	70	1608	63	12	5	45
INGREDIENTS												
Black Lentils	55	50	0	0	0	0	0	75	8	4	1	4
Walnuts	12	70	60	7	0	0	0	0	1	1	0	0
Mint	5	0	0	0	0	0	0	0	0	0	0	0
DRESSINGS												
Harissa Tahina	30	70	50	6	1	0	0	160	3	1	0	2
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 *	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	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
SIGNATURE WARM BOWLS												
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
Earth Bowl	451	820	318	36	3	0	70	1088	57	10	7	37
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 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	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 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 Green 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

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

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

HARISSA TAHINA DRESSING
 TAHINI PASTE
 LEMON JUICE
 GARLIC
 APPLE CIDER VINEGAR
 SWEETGREEN HOT SAUCE
 GRAPESEED OIL
 SALT
 CORINADER
 CUMIN

*TEST MENU STORES USE LOCAL HONEY INSTEAD OF AGAVE
 ^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

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

MISO GLAZED VEGETABLES
 SUNCHOKES
 PARSNIPS
 CARROTS
 SCALLIONS
 MISO SESAME GINGER
 UMAMI SEASONING^

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 FLOUR
 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 FLOUR
 SEA SALT
 WATER
 LEAVIAN
 SEA SALT