

swæetgreen®

NUTRITION INFORMATION - UPDATED 06/03
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

SEASONAL MENU - FALL 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												
Apples, Pears + Cheddar	261	455	303	36	9	0	35	448	22	3	19	10
Curry Cauliflower	398	595	185	23	2	0	70	810	32	7	11	30
Chicken + Brussels	340	430	200	23	2	0	70	958	30	8	8	28
INGREDIENTS												
Roasted Brussels Sprouts ^	♻️ 70	100	60	6	0	0	0	280	10	4	2	4
Pears	♻️ 29	15	0	0	0	0	0	0	4	0	3	0
Cilantro	♻️ 5	0	0	0	0	0	0	0	0	0	0	0
Raw Pecans	♻️ 14	100	80	10	1	0	0	0	2	1	0	1
PREMIUMS												
Curry Roasted Cauliflower ^	♻️ 60	55	25	4	0	0	0	100	5	2	0	2
DRESSING												
Cranberry Vinaigrette	♻️ 30	110	90	11	1	0	0	180	3	0	2	0
BEVERAGES												
Cranberry Ginger Fresca	♻️ 475	30	0	0	0	0	0	20	6	0	4	0

CHEF COLLABORATIONS - FALL 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												
Maketto Bowl	377	505	180	21	3	0	70	1315	38	3	1	40
Maketto Bowl (GT)	350	445	145	17	2	0	70	1295	37	3	1	36
Sqirl Bowl	461	730	438	50	9	0	20	1080	46	12	0	31
INGREDIENTS												
Tahini - Marinated Yuba Noodles ^	♻️ 30	80	50	5	1	0	0	250	2	1	0	6
Pickled Carrots	♻️ 25	10	0	0	0	0	0	170	2	0	0	0
Parsley + Dill + Basil	♻️ 5	0	0	0	0	0	0	0	0	0	0	0
Cabbage Ginger Slaw	♻️ 30	0	0	0	0	0	0	85	0	0	0	0
Cilantro + Basil + Mint	♻️ 5	0	0	0	0	0	0	0	0	0	0	0
Cashews	♻️ 12	70	45	6	1	0	0	0	4	0	0	2
DRESSING												
Chili Tamari Dressing	♻️ 30	15	0	0	0	0	0	500	2	0	0	1
Sorrel Pesto Dressing ^	♻️ 30	90	80	10	1	0	0	270	1	0	0	0

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 *	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
GRAINS												
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
Bay Bowl	340	705	300	36	7	0	80	735	47	7	19	35
HOT GRAIN BOWLS												
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	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 (CHI) *		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
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
Red Chilis		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
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
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
Za'atar Bread Crumbs *		15	45	15	2	0	0	0	160	8	0	0	2
Mint + Parsley		10	0	0	0	0	0	0	0	0	0	0	0
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)
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
Sweet Heat	Ⓢ	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							
THE FOLLOWING TOPPINGS + PROTEINS ARE MADE WITH ONLY GRAPESEED OIL + UMAMI SEASONING	BALSAMIC VINAIGRETTE GRAPESEED OIL BALSAMIC VINEGAR DIJON MUSTARD HONEY SALT PEPPER	PESTO VINAIGRETTE EXTRA VIRGIN OLIVE OIL GRAPESEED OIL APPLE 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			
	CRANBERRY VINAIGRETTE BALSAMIC VINEGAR DIJON MUSTARD MAPLE SYRUP CRANBERRIES SALT BLACK PEPPER GRAPESEED OIL WATER	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			
	LIME CILANTRO JALAPEÑO GRAPESEED OIL CUMIN LIME JUICE WHITE WINE VINEGAR CILANTRO JALAPENO PEPPERS SALT GARLIC	CHILI TAMARI DRESSING GARLIC GINGER WATER RICE VINEGAR GLUTEN-FREE SOY SAUCE RED PEPPER FLAKES AGAVE NECTAR SESAME OIL	SORREL PESTO DRESSING SORREL GARLIC GRAPESEED OIL UMAMI SALT JALAPENO PEPPERS WATER	SWEET HEAT WATER FRESNO CHILI PEPPER APPLE CIDER VINEGAR ONION BELL PEPPER CARROT TOMATO PASTE NUTRITIONAL YEAST			
^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	CITRUS SHRIMP SHRIMP RICE VINEGAR GRAPESEED OIL LIME JUICE LEMON JUICE LEMON PEEL SALT CILANTRO	HOT CHICKPEAS CHICKPEAS UMAMI SEASONING ^ GRAPESEED OIL CUMIN CHILI POWDER CILANTRO	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 TOFU SESAME OIL SOY SAUCE SCALLIONS RED PEPPER UMAMI SEASONING ^ GRAPESEED OIL	ZA'ATAR BREAD CRUMBS EXTRA VIRGIN OLIVE OIL UMAMI SEASONING OREGANO THYME SESAME SEEDS SALT SUMAC HYSSOP WHOLE WHEAT BREAD	
	NORI FURIKAKE SEAWEED UMAMI SEASONING SPICY SUNFLOWER SEEDS	SPICY BROCCOLI BROCCOLI KALE STEMS UMAMI SEASONING^ RED PEPPER GRAPESEED OIL	CURRY CAULIFLOWER CAULIFLOWER CURRY POWDER GRAPESEED OIL UMAMI SEASONING ^	HERB FALAFEL GARLIC CHICKPEAS EXTRA VIRGIN OLIVE OIL CORIANDER BAKING POWDER ONION CUMIN PARSLEY CILANTRO UMAMI SEASONING ^ DRIED CHILES	WARM PORTOBELLO MIX PORTOBELLO MUSHROOMS BUTTON MUSHROOMS UMAMI SEASONING ^ GRAPESEED OIL		
	CABBAGE GINGER SLAW NAPA CABBAGE SCALLIONS CARROTS GINGER JALAPENO PEPPERS CHILI POWDER RICE VINEGAR WATER SEA SALT	TAHINI-MARINATED YUBA NOODLES SOY YUBA TAHINI PASTE LEMON JUICE EXTRA VIRGIN OLIVE OIL UMAMI SALT WATER					
BREAD INGREDIENTS							
BREAD (LA) ORGANIC WHEAT FLOUR FILTERED WATER SEA SALT	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 (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 (CHI) WHOLE WHEAT FLOWER WATER LEAVIAN SEA SALT		