

# NUTRITIONAL GUIDE

## MENU + INGREDIENTS

Last Updated: February 2026

For the most up-to-date nutrition information, please refer to <https://www.sweetgreen.com/menu>

Nutritional Guide														
Salads		Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken Salad		550	<input type="checkbox"/>	<input type="checkbox"/>	585	30	5	0	110	1,400	40	9	24	27
Buffalo Chicken		541	<input type="checkbox"/>	<input checked="" type="checkbox"/>	580	35	7	0	100	1,940	30	8	12	37
Chicken Sesame Crunch (Select CA + TX locations only)		498	<input type="checkbox"/>	<input type="checkbox"/>	585	27	3	0	55	1,535	56	8	23	32
Guacamole Greens		577	<input type="checkbox"/>	<input type="checkbox"/>	575	35	6	0	55	1,020	33	14	7	29
Hummus Crunch		557	<input type="checkbox"/>	<input checked="" type="checkbox"/>	505	26	4	0	0	1,690	42	10	12	21
Hummus Crunch (Select Washington DC, Maryland, + Virginia locations only)		562	<input type="checkbox"/>	<input checked="" type="checkbox"/>	510	28	4	0	0	1,900	43	10	12	21
Kale Caesar		447	<input type="checkbox"/>	<input type="checkbox"/>	510	33	11	0	120	1,400	14	6	5	41
Super Green Goddess		335	<input type="checkbox"/>	<input type="checkbox"/>	465	31	3	0	25	1,100	36	13	8	12
Super Green Goddess (Select Chicago locations only)		337	<input type="checkbox"/>	<input type="checkbox"/>	450	31	3	0	25	930	33	12	8	12
Bowls		Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Avocado Ranch		548	<input type="checkbox"/>	<input type="checkbox"/>	755	43	8	0	110	1,200	59	14	8	28
Chicken Pesto Parm		413	<input type="checkbox"/>	<input checked="" type="checkbox"/>	510	24	4	0	70	1,560	30	6	3	38
Crispy Rice Bowl		457	<input type="checkbox"/>	<input type="checkbox"/>	680	31	4	0	80	1,225	61	8	9	33
Fish Taco		461	<input type="checkbox"/>	<input type="checkbox"/>	765	50	9	0	60	1,090	44	15	4	34
Fish Taco (Steelhead) (Seattle locations only)		476	<input type="checkbox"/>	<input type="checkbox"/>	725	43	7	0	65	1,420	51	15	10	35
Harvest Bowl		425	<input type="checkbox"/>	<input type="checkbox"/>	760	42	9	0	70	1,300	60	10	12	40
Harvest Bowl (Select Chicago locations only)		427	<input type="checkbox"/>	<input type="checkbox"/>	745	43	9	0	70	1,095	57	9	12	40
Shroomami		457	<input checked="" type="checkbox"/>	<input type="checkbox"/>	665	45	6	0	0	1,300	51	11	7	20
Steak Honey Crunch		466	<input type="checkbox"/>	<input checked="" type="checkbox"/>	605	33	5	0	70	1,830	43	5	16	32
Winter Harvest Bowl		471	<input type="checkbox"/>	<input type="checkbox"/>	695	35	8	0	70	1,200	61	10	12	41
Protein Plates		Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Caramelized Garlic Steak		484	<input type="checkbox"/>	<input type="checkbox"/>	770	32	5	0	70	1,700	82	8	4	34
Caramelized Garlic Steak (Select Chicago locations only)		453	<input type="checkbox"/>	<input type="checkbox"/>	725	31	5	0	70	1,365	76	7	3	34
Chicken + Glazed Squash		484	<input type="checkbox"/>	<input type="checkbox"/>	770	37	8	0	70	1,540	71	9	10	42
Hot Honey Chicken		544	<input type="checkbox"/>	<input checked="" type="checkbox"/>	845	38	6	0	160	2,710	66	7	17	49
Hot Honey Chicken (Select Chicago locations only)		513	<input type="checkbox"/>	<input checked="" type="checkbox"/>	800	36	6	0	160	2,420	60	6	16	49
Miso Glazed Salmon		529	<input type="checkbox"/>	<input checked="" type="checkbox"/>	880	48	9	0	60	1,092	77	12	9	34
Miso Glazed Steelhead (Seattle locations only)		544	<input type="checkbox"/>	<input checked="" type="checkbox"/>	840	41	7	0	65	1,400	84	12	15	35
Steak Mezze		515	<input type="checkbox"/>	<input checked="" type="checkbox"/>	755	38	8	0	70	1,770	76	3	5	34
Wraps		Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
(Select LA Locations Only)														
Chicken Bacon Club (Select LA locations only)		564	<input type="checkbox"/>	<input checked="" type="checkbox"/>	1035	63	9	0	100	1,900	77	15	4	42
Super Crunch Caesar (Select LA locations only)		492	<input type="checkbox"/>	<input checked="" type="checkbox"/>	990	58	15	0	135	2,145	68	5	4	49
Thai Cashew Chicken (Select LA locations only)		501	<input type="checkbox"/>	<input checked="" type="checkbox"/>	1010	47	4	0	55	1,865	102	10	15	44
Kids Meals		Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Little Harvest		245	<input type="checkbox"/>	<input type="checkbox"/>	430	28	3	0	55	1,050	23	3	10	24
Little Harvest (Select Chicago locations only)		214	<input type="checkbox"/>	<input type="checkbox"/>	385	26	3	0	55	760	17	2	9	24
Mini Mezze		207	<input type="checkbox"/>	<input type="checkbox"/>	275	12	2	0	55	540	18	1	0	28
Ranchy Chicken + Rice		294	<input type="checkbox"/>	<input type="checkbox"/>	550	32	7	0	105	1,330	34	2	0	33
Sides		Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hummus + Focaccia		131	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	290	11	1	0	0	660	37	0	3	10
Roasted Sweet Potatoes + Green Goddess Ranch		179	<input type="checkbox"/>	<input type="checkbox"/>	360	25	2	0	25	1,200	29	4	6	3
Roasted Sweet Potatoes + Hot Honey Mustard		185	<input type="checkbox"/>	<input type="checkbox"/>	350	20	1	0	0	1,200	37	4	15	2
Rosemary Focaccia		94	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	230	7	1	0	0	530	34	0	2	8
Siete Green Goddess Ranch Potato Chips		42	<input checked="" type="checkbox"/>	<input type="checkbox"/>	220	13	2	0	0	220	23	3	0	3
Siete Sea Salt Potato Chips		42	<input checked="" type="checkbox"/>	<input type="checkbox"/>	210	10	2	0	0	180	27	2	0	3
Dessert		Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Packaged Desserts														
Crispy Rice Treat		40	<input type="checkbox"/>	<input type="checkbox"/>	190	10	5	0	15	80	23	0	6	2
Hu Cashews + Vanilla Bean Hunks		28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	12	5	0	0	75	10	2	4	4
Hu Salty Dark Chocolate Bar		60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	380	28	16	0	0	200	28	6	14	6
Beverages		Serving Size (oz)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Housemade Craft Beverages (Select locations only)														
Hibiscus Berry Tea		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	0	0	0	0	0	11	0	9	0
Ginger Greens		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	0	0	0	0	20	32	1	22	1
Apple Pomegranate		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100	0	0	0	0	5	27	0	22	0
Sweetgreen Lemonade		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100	0	0	0	0	10	27	1	21	0
Packaged Beverages														
Harney + Sons Organic Lemonade		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	0	0	0	0	0	20	0	20	0
Health-Ade Kombucha Blueberry Pomegranate (Select MA, NY + TX locations only)		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	0	0	0	0	0	14	0	11	0
Health-Ade Kombucha Passionfruit Tangerine		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	0	0	0	0	12	0	12	0
Health-Ade Kombucha Pink Lady		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	0	0	0	0	12	0	11	0
Honest Kids Apple Juice		6	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	0	0	0	0	15	9	0	8	0
Just Ice Tea Original Green (Select CA, MA, NY + TX locations only)		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Just Ice Tea Peach Oolong (Select CA, MA, NY + TX locations only)		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	0	0	0	0	0	16	0	15	0
Mother Kombucha Hopped Passion Fruit		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	0	0	0	0	25	7	0	6	0
Mother Kombucha The Trop		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	0	0	0	0	25	7	0	6	0
OLIPOP Lemon Lime Soda		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	0	0	0	25	16	9	4	0
OLIPOP Root Beer (Select CA, MA, NY + TX locations only)		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	0	0	0	0	30	11	6	3	0
OLIPOP Vintage Cola		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	0	0	0	0	25	16	9	2	0
Organic Hibiscus Berry Tea		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Organic Jasmine Green Tea		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Sparkling Water		16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Spindrift Grapefruit		12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	17	0	0	0	0	0	4	0	3	0

Spindrift Lemon (Select CA, MA, NY + TX locations only)	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	3	0	0	0	0	0	0	0	0	0
Spindrift Raspberry Lime	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	1	0
Still Water	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Tree Top Apple Juice	8	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	0	0	0	0	10	28	0	27	0

### INGREDIENTS

BASES	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	15	2	1	1	2
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	40	2	1	0	1
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Spring Mix	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	0	0	0	0
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Bread	34	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	80	0	0	0	0	200	18	3	1	3
Tortilla (Select LA locations only)	108	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	320	7	1	0	0	270	55	3	0	10
+1 TOPPINGS	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	4	1	3	0
Basil	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Charred Balsamic Cabbage	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	2	0	0	0	140	5	1	3	1
Chickpeas (Select Washington DC, Maryland, + Virginia locations only)	48	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	2	0	0	0	460	8	2	1	2
Cilantro	5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	3	2	0	0	30	3	0	0	0
Crispy Rice	26	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	2	0	0	0	260	14	0	1	2
Crispy Wontons (Select CA + TX locations only)	35	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	5	1	0	0	360	23	0	2	1
Crunchy Sesame (Select CA + TX locations only)	21	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100	7	1	0	0	140	6	0	5	3
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Nori Sesame Seasoning	2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	35	0	0	0	1
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	15	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	1	0	0	0	290	11	2	2	1
Roasted Sweet Potatoes (Select Chicago location only)	41	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	2	0	0	0	120	8	1	2	1
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	3	0	0	0	125	2	1	0	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	4	1	0	0	10	10	1	0	1
PREMIUMS	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crumbled Bacon (Select LA locations only)	20	<input type="checkbox"/>	<input type="checkbox"/>	70	5	2	0	15	630	0	0	0	9
Feta Crumble	33	<input type="checkbox"/>	<input type="checkbox"/>	110	8	2	0	0	510	2	0	0	9
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	7	5	0	15	160	0	0	0	7
Hard Boiled Egg	50	<input type="checkbox"/>	<input type="checkbox"/>	70	5	2	0	190	70	1	0	1	7
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	5	1	0	0	180	7	0	0	4
Napa Cabbage Slaw	49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	360	6	1	5	0
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	8	5	0	25	480	1	0	0	6
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	4	3	0	15	155	0	0	0	6
SUPER PREMIUM INGREDIENTS	Serving Size (g)	Vegan?	Contains Gluten?	Calories	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	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Caramelized Garlic Steak	104	<input type="checkbox"/>	<input type="checkbox"/>	220	13	4	0	70	650	2	0	0	25
Green Goddess Chicken Salad (Select LA locations only)	115	<input type="checkbox"/>	<input type="checkbox"/>	230	18	2	0	65	490	1	0	0	16
Maple Glazed Squash	85	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	2	0	0	0	220	12	2	4	1
Miso Glazed Salmon	117	<input type="checkbox"/>	<input type="checkbox"/>	240	15	4	0	60	140	2	0	1	23
Miso Glazed Steelhead (Seattle locations only)	132	<input type="checkbox"/>	<input type="checkbox"/>	200	8	2	0	65	470	9	0	7	24
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Roasted Tofu	101	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	10	1	0	0	340	3	2	0	9
Warm Portobello Mix	65	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	6	1	0	0	340	3	1	1	1
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
DRESSINGS	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple Vinaigrette	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	13	2	0	0	150	4	0	2	0
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	22	3	0	0	290	5	0	4	0
Balsamic Vinegar	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	3	0	2	0
Citrus Sesame Vinaigrette (Select CA + TX locations only)	35	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	11	2	0	0	270	8	0	6	1
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	17	3	0	20	350	1	0	1	1
Crushed Red Pepper	1	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Extra Virgin Olive Oil	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	14	2	0	0	0	0	0	0	0
Garlic Aioli (Select LA locations only)	34	<input type="checkbox"/>	<input type="checkbox"/>	170	18	2	0	20	310	2	0	1	1
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	19	2	0	25	350	1	0	0	1
Honey BBQ Sauce	43	<input type="checkbox"/>	<input type="checkbox"/>	55	0	0	0	0	320	6	0	12	0
Hot Honey Mustard Sauce	41	<input type="checkbox"/>	<input type="checkbox"/>	170	14	1	0	0	350	9	0	9	0
Lemon Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Sauce	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	15	2	0	0	380	2	0	0	0
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger	36	<input checked="" type="checkbox"/>	<input type="checkbox"/>	190	20	3	0	0	390	2	0	2	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	9	1	0	0	160	0	0	0	0
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	15	1	0	0	370	4	1	4	3
Sweetgreen Hot Sauce	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	170	2	1	1	1
Umami Seasoning	0	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	65	0	0	0	0

### CORE MENU

Bowls													
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHICKEN AVOCADO RANCH	548	<input type="checkbox"/>	<input type="checkbox"/>	755	43	8	0	105	1,170	59	14	8	28
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	4	1	3	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	4	1	0	0	10	10	1	0	1
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	19	2	0	25	350	1	0	0	1
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHICKEN PESTO PARM	413	<input type="checkbox"/>	<input checked="" type="checkbox"/>	510	24	4	0	70	1,560	30	6	3	38
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	3	0	0	0	125	2	1	0	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	4	3	0	15	155	0	0	0	6
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	40	2	1	0	1
Sweetgreen Hot Sauce	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	170	2	1	1	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	9	1	0	0	160	0	0	0	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CRISPY RICE BOWL	457	<input type="checkbox"/>	<input type="checkbox"/>	680	31	4	0	80	1,225	61	8	9	33
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	15	2	1	1	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Cilantro	5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Crispy Rice	26	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	2	0	0	0	260	14	0	1	2
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	15	2	1	1	2
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	15	1	0	0	370	4	1	4	3
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HARVEST BOWL	425	<input type="checkbox"/>	<input type="checkbox"/>	760	42	9	0	70	1,265	60	10	12	40
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	1	0	0	0	290	11	2	2	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	4	1	3	0
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	7	5	0	15	160	0	0	0	7
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	22	3	0	0	290	5	0	4	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HARVEST BOWL (Select Chicago locations only)	427	<input type="checkbox"/>	<input type="checkbox"/>	745	43	9	0	70	1,095	57	9	12	40
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Roasted Sweet Potatoes (Select Chicago location only)	41	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	2	0	0	0	120	8	1	2	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	4	1	3	0
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	7	5	0	15	160	0	0	0	7
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	22	3	0	0	290	5	0	4	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SHROOMAMI	457	<input checked="" type="checkbox"/>	<input type="checkbox"/>	665	45	6	0	0	1,250	51	11	7	20
Roasted Tofu	101	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	10	1	0	0	340	3	2	0	9
Warm Portobello Mix	65	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	6	1	0	0	340	3	1	1	1
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Basil	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Miso Sesame Ginger	36	<input checked="" type="checkbox"/>	<input type="checkbox"/>	190	20	3	0	0	390	2	0	2	1
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
STEAK HONEY CRUNCH	466	<input type="checkbox"/>	<input checked="" type="checkbox"/>	605	33	5	0	70	1,830	43	5	16	32
Caramelized Garlic Steak	104	<input type="checkbox"/>	<input type="checkbox"/>	220	13	4	0	70	650	2	0	0	25

Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Hot Honey Mustard Sauce	41	<input type="checkbox"/>	<input type="checkbox"/>	170	14	1	0	0	350	9	0	9	0

### Plates

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CARMELIZED GARLIC STEAK	484	<input type="checkbox"/>	<input type="checkbox"/>	770	32	5	0	70	1,655	82	8	4	34
Caramelized Garlic Steak	104	<input type="checkbox"/>	<input type="checkbox"/>	220	13	4	0	70	650	2	0	0	25
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	3	0	0	0	125	2	1	0	1
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	9	1	0	0	160	0	0	0	0
CARMELIZED GARLIC STEAK <small>(Select Chicago Locations Only)</small>	453	<input type="checkbox"/>	<input type="checkbox"/>	725	31	5	0	70	1,365	76	7	3	34
Caramelized Garlic Steak	104	<input type="checkbox"/>	<input type="checkbox"/>	220	13	4	0	70	650	2	0	0	25
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	3	0	0	0	125	2	1	0	1
Roasted Sweet Potatoes <small>(Select Chicago location only)</small>	41	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	2	0	0	0	120	8	1	2	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	9	1	0	0	160	0	0	0	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HOT HONEY CHICKEN	578	<input type="checkbox"/>	<input checked="" type="checkbox"/>	885	38	6	0	160	2,650	76	9	19	51
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
Napa Cabbage Slaw	49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	360	6	1	5	0
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	3	2	0	0	30	3	0	0	0
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Hot Honey Mustard Sauce	41	<input type="checkbox"/>	<input type="checkbox"/>	170	14	1	0	0	350	9	0	9	0
HOT HONEY CHICKEN <small>(Select Chicago Locations Only)</small>	513	<input type="checkbox"/>	<input checked="" type="checkbox"/>	800	36	6	0	160	2,420	60	6	16	49
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Roasted Sweet Potatoes <small>(Select Chicago location only)</small>	41	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	2	0	0	0	120	8	1	2	1
Napa Cabbage Slaw	49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	360	6	1	5	0
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	3	2	0	0	30	3	0	0	0
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Hot Honey Mustard Sauce	41	<input type="checkbox"/>	<input type="checkbox"/>	170	14	1	0	0	350	9	0	9	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MISO GLAZED SALMON	529	<input type="checkbox"/>	<input checked="" type="checkbox"/>	880	48	9	0	60	1,092	77	12	9	34
Miso Glazed Salmon	117	<input type="checkbox"/>	<input type="checkbox"/>	240	15	4	0	60	140	2	0	1	23
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	3	2	0	0	30	3	0	0	0
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
Nori Sesame Seasoning	2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	35	0	0	0	1
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	15	1	0	0	370	4	1	4	3
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MISO GLAZED STEELHEAD (SEA ONLY)	544	<input type="checkbox"/>	<input checked="" type="checkbox"/>	840	41	7	0	65	1,425	84	12	15	35
Miso Glazed Steelhead	132	<input type="checkbox"/>	<input type="checkbox"/>	200	8	2	0	65	470	9	0	7	24
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	3	2	0	0	30	3	0	0	0
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
Nori Sesame Seasoning	2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	35	0	0	0	1
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	15	1	0	0	370	4	1	4	3

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
STEAK MEZZE	515	<input type="checkbox"/>	<input checked="" type="checkbox"/>	755	38	8	0	70	1,770	76	3	5	34
Caramelized Garlic Steak	104	<input type="checkbox"/>	<input type="checkbox"/>	220	13	4	0	70	650	2	0	0	25
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	5	1	0	0	180	7	0	0	4
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	3	2	0	0	30	3	0	0	0
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
Lime Cilantro Jalapeno Sauce	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	15	2	0	0	380	2	0	0	0

Salads													
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BBQ CHICKEN SALAD	550	<input type="checkbox"/>	<input type="checkbox"/>	585	30	5	0	105	1,400	40	9	24	27
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	4	1	3	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	4	1	0	0	10	10	1	0	1
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Honey BBQ Sauce	43	<input type="checkbox"/>	<input type="checkbox"/>	55	0	0	0	0	320	6	0	12	0
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	19	2	0	25	350	1	0	0	1

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
GUACAMOLE GREENS	577	<input type="checkbox"/>	<input type="checkbox"/>	575	35	6	0	55	1,020	33	14	7	29
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	4	1	0	0	10	10	1	0	1
Spring Mix	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	0	0	0	0
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Sauce	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	15	2	0	0	380	2	0	0	0

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
KALE CAESAR	447	<input type="checkbox"/>	<input type="checkbox"/>	510	33	11	0	115	1,380	14	6	5	41
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	8	5	0	25	480	1	0	0	6
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	4	3	0	15	155	0	0	0	6
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	17	3	0	20	350	1	0	1	1

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
LITTLE HARVEST	245	<input type="checkbox"/>	<input type="checkbox"/>	430	28	3	0	55	1,050	23	3	10	24
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	4	1	3	0
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	22	3	0	0	290	5	0	4	0

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
LITTLE HARVEST <i>(Select Chicago Locations Only)</i>	214	<input type="checkbox"/>	<input type="checkbox"/>	385	26	3	0	55	760	17	2	9	24
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Roasted Sweet Potatoes <i>(Select Chicago location only)</i>	41	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	2	0	0	0	120	8	1	2	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	4	1	3	0
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	22	3	0	0	290	5	0	4	0

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MINI MEZZE	207	<input type="checkbox"/>	<input type="checkbox"/>	275	12	2	0	55	540	18	1	0	28
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	5	1	0	0	180	7	0	0	4
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	4	1	0	0	10	10	1	0	1

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
RANCHY CHICKEN + RICE	294	<input type="checkbox"/>	<input type="checkbox"/>	550	32	7	0	105	1,330	34	2	0	33

Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	8	5	0	25	480	1	0	0	6
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	19	2	0	25	350	1	0	0	1

Sides													
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HUMMUS + FOCACCIA	131	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	290	11	1	0	0	660	37	0	3	10
Rosemary Focaccia Breadsticks	84	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	210	6	0	0	0	480	30	0	3	6
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	5	1	0	0	180	7	0	0	4
ROSEMARY FOCACCIA	94	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	230	7	1	0	0	530	34	0	2	8
Rosemary Focaccia	94	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	230	7	1	0	0	530	34	0	2	8
ROASTED SWEET POTATOES + GREEN GODDESS RANCH	179	<input type="checkbox"/>	<input type="checkbox"/>	360	25	2	0	25	1,170	29	4	6	3
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	19	2	0	25	350	1	0	0	1
ROASTED SWEET POTATOES + HOT HONEY MUSTARD	185	<input type="checkbox"/>	<input type="checkbox"/>	350	20	1	0	0	1,170	37	4	15	2
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	3	0	0	0	410	14	2	3	1
Hot Honey Mustard Sauce	41	<input type="checkbox"/>	<input type="checkbox"/>	170	14	1	0	0	350	9	0	9	0

CORE MENU - ONLINE EXCLUSIVES													
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BUFFALO CHICKEN	541	<input type="checkbox"/>	<input checked="" type="checkbox"/>	580	35	7	0	100	1,940	30	8	12	37
Blackened Chicken	105	<input type="checkbox"/>	<input type="checkbox"/>	150	6	2	0	80	410	1	0	0	20
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	260	5	0	4	0
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	15	2	1	1	0
Cilantro	5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Feta Crumble	33	<input type="checkbox"/>	<input type="checkbox"/>	110	8	2	0	0	510	2	0	0	9
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Sweetgreen Hot Sauce	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	170	2	1	1	1
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	17	3	0	20	350	1	0	1	1
FISH TACO	461	<input type="checkbox"/>	<input type="checkbox"/>	765	50	9	0	60	1,090	44	15	4	34
Miso Glazed Salmon	117	<input type="checkbox"/>	<input type="checkbox"/>	240	15	4	0	60	140	2	0	1	23
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Cilantro	5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	4	1	0	0	10	10	1	0	1
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	15	2	1	1	2
Sweetgreen Hot Sauce	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeno Sauce	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	15	2	0	0	380	2	0	0	0
FISH TACO (STEELHEAD - SEA ONLY)	476	<input type="checkbox"/>	<input type="checkbox"/>	725	43	7	0	65	1,420	51	15	10	35
Miso Glazed Steelhead	132	<input type="checkbox"/>	<input type="checkbox"/>	200	8	2	0	65	470	9	0	7	24
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Cilantro	5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	4	1	0	0	10	10	1	0	1
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	15	2	1	1	2
Sweetgreen Hot Sauce	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	170	2	1	1	1
Lime Cilantro Jalapeno Sauce	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	15	2	0	0	380	2	0	0	0
HUMMUS CRUNCH	557	<input type="checkbox"/>	<input checked="" type="checkbox"/>	505	26	4	0	0	1,690	42	10	12	21
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	5	1	0	0	180	7	0	0	4
Chickpeas	43	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	1	0	0	0	250	7	2	1	2
Feta Crumble	33	<input type="checkbox"/>	<input type="checkbox"/>	110	8	2	0	0	510	2	0	0	9
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0

Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Napa Cabbage Slaw	49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	360	6	1	5	0
Basil	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	9	1	0	0	160	0	0	0	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HUMMUS CRUNCH (Select Washington DC, Maryland, + Virginia locations only)	562	<input type="checkbox"/>	<input checked="" type="checkbox"/>	510	28	4	0	0	1,900	43	10	12	21
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	5	1	0	0	180	7	0	0	4
Chickpeas	48	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	2	0	0	0	460	8	2	1	2
Feta Crumble	33	<input type="checkbox"/>	<input type="checkbox"/>	110	8	2	0	0	510	2	0	0	9
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Napa Cabbage Slaw	49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	360	6	1	5	0
Basil	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	9	1	0	0	160	0	0	0	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SUPER GREEN GODDESS	335	<input type="checkbox"/>	<input type="checkbox"/>	465	31	3	0	25	1,100	36	13	8	12
Chickpeas	43	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	1	0	0	0	250	7	2	1	2
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	1	0	0	0	290	11	2	2	1
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	15	2	1	1	0
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	3	0	0	0	125	2	1	0	1
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	40	2	1	0	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	19	2	0	25	350	1	0	0	1
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SUPER GREEN GODDESS (Select Chicago Locations Only)	337	<input type="checkbox"/>	<input type="checkbox"/>	450	32	3	0	25	930	33	12	8	12
Chickpeas	43	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	1	0	0	0	250	7	2	1	2
Roasted Sweet Potatoes (Select Chicago location only)	41	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	2	0	0	0	120	8	1	2	1
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	15	2	1	1	0
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	3	0	0	0	125	2	1	0	1
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	40	2	1	0	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	19	2	0	25	350	1	0	0	1

### WINTER MENU

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHICKEN + GLAZED SQUASH PLATE	484	<input type="checkbox"/>	<input type="checkbox"/>	770	37	8	0	70	1,540	71	9	10	42
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Maple Glazed Squash	85	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	2	0	0	0	220	12	2	4	1
Charred Balsamic Cabbage	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	2	0	0	0	140	5	1	3	1
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	7	5	0	15	160	0	0	0	7
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Golden Quinoa	83	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	0	370	16	2	0	4
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Apple Vinaigrette	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	13	2	0	0	150	4	0	2	0
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
WINTER HARVEST BOWL	471	<input type="checkbox"/>	<input type="checkbox"/>	695	35	8	0	70	1,200	61	10	12	41
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Maple Glazed Squash	85	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	2	0	0	0	220	12	2	4	1
Charred Balsamic Cabbage	40	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	2	0	0	0	140	5	1	3	1
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	7	5	0	15	160	0	0	0	7
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	2	0	0	0	150	31	2	0	3
Apple Vinaigrette	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	13	2	0	0	150	4	0	2	0

### CHICKEN SESAME CRUNCH

(Select CA + TX locations only)

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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<b>CHICKEN SESAME CRUNCH</b> <i>(Select CA + TX locations only)</i>	498	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	585	27	3	0	55	1,535	56	8	23	32
Roasted Chicken	100	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Napa Cabbage Slaw	49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	360	6	1	5	0
Crispy Wontons <i>(Select CA + TX locations only)</i>	35	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	140	5	1	0	0	360	23	0	2	1
Crunchy Sesame <i>(Select CA + TX locations only)</i>	21	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100	7	1	0	0	140	6	0	5	3
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	15	2	1	1	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	5	2	1	1	0
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35	1	0	0	0	25	6	3	2	3
Citrus Sesame Vinaigrette <i>(Select CA + TX locations only)</i>	35	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	130	11	2	0	0	270	8	0	6	1

**WRAPS**  
*(Select LA locations only)*

	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>CHICKEN BACON CLUB</b> <i>(Select LA locations only)</i>	564	<input type="checkbox"/>	<input checked="" type="checkbox"/>	1035	63	9	0	100	1,900	77	15	4	42
Green Goddess Chicken Salad <i>(Select LA locations only)</i>	115	<input type="checkbox"/>	<input type="checkbox"/>	230	18	2	0	65	490	1	0	0	16
Crumbled Bacon <i>(Select LA locations only)</i>	20	<input type="checkbox"/>	<input type="checkbox"/>	70	5	2	0	15	630	0	0	0	9
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	13	3	0	0	0	8	9	0	3
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	10	2	1	1	1
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Tortilla <i>(Select LA locations only)</i>	108	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	320	7	1	0	0	270	55	3	0	10
Garlic Aioli <i>(Select LA locations only)</i>	34	<input type="checkbox"/>	<input type="checkbox"/>	170	18	2	0	20	310	2	0	1	1
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SUPER CRUNCH CAESAR</b> <i>(Select LA locations only)</i>	492	<input type="checkbox"/>	<input checked="" type="checkbox"/>	990	58	15	0	135	2,145	68	5	4	49
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	4	3	0	15	155	0	0	0	6
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	8	5	0	25	480	1	0	0	6
Garlic Breadcrumbs	14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50	3	0	0	0	180	6	0	1	1
Lemon Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	1	0	0	0
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	10	3	2	1	1
Tortilla <i>(Select LA locations only)</i>	108	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	320	7	1	0	0	270	55	3	0	10
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	17	3	0	20	350	1	0	1	1
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	17	3	0	20	350	1	0	1	1
	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>THAI CASHEW CHICKEN</b> <i>(Select LA locations only)</i>	501	<input type="checkbox"/>	<input checked="" type="checkbox"/>	1010	47	4	0	55	1,865	102	10	15	44
Roasted Chicken	100	<input type="checkbox"/>	<input type="checkbox"/>	110	3	0	0	55	350	0	0	0	23
Napa Cabbage Slaw	49	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	360	6	1	5	0
Basil	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	15	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	6	1	0	0	0	3	2	1	3
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	1	0	0	0	130	27	1	0	2
Tortilla <i>(Select LA locations only)</i>	108	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	320	7	1	0	0	270	55	3	0	10
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	15	1	0	0	370	4	1	4	3
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	15	1	0	0	370	4	1	4	3



<b>Bread</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We source local bread when possible, so our ingredients may differ depending on where you are dining. See the Bread Ingredients section for a market-specific list of ingredients.
<b>Tortilla (Select LA locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water Sunflower Oil Cultured Wheat Flour Contains 2% Or Less Of The Following: Wheat Gluten, Soy Lecithin, Guar Gum, Oat Fiber, Potassium Chloride, Yeast, Salt, Citric Acid, Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Monocalcium Phosphate, Vinegar, Natural Flavor, Magnesium Carbonate.
<b>+1 TOPPINGS</b>	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	Ingredients
Apples	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Charred Balsamic Cabbage</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Red Cabbage Maple Syrup Balsamic Vinegar Avocado Oil Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Black Pepper
<b>Chickpeas</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Chickpeas Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)
										Chickpeas Lemon Juice Dried Parsley Avocado Oil Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) <b>Blackening Seasoning:</b> <b>BK Spice</b> Flake Salt Dark Chili Powder (Red Chili, Salt, Cumin, Oregano, Garlic) Black Pepper Cumin Coriander
<b>Chickpeas (Select Washington DC, Maryland, + Virginia locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>St Charles</b> Salt Chili Powder (Chili Pepper, Garlic, Spices) Cumin Paprika Black Pepper Coriander Red Pepper
<b>Cilantro</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Onion Sunflower Oil
<b>Crispy Onions</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Palm Oil Wheat Flour Salt
										Crisp Rice Crisp Sorghum Garlic Powder Chili Powder Apple Sauce Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Canola Oil Ascorbic Acid Citric Acid
<b>Crispy Wontons (Select CA + TX locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rice Noodles Avocado Oil Maple Syrup Salt
<b>Crunchy Sesame (Select CA + TX locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	White Sesame Seeds Maple Syrup Salt
<b>Cucumbers</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Whole Wheat Bread Focaccia Bread Garlic
<b>Garlic Breadcrumbs</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Extra Virgin Olive Oil Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)
										Toasted Sesame Seeds White Sesame Seeds Black Sesame Seeds Seaweed Sugar Yeast Extract Salt Nori
<b>Nori Sesame Seasoning</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Red onions Kosher Salt Maple Syrup White Wine Vinegar Water
<b>Pickled Onions</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Raw Carrots</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Roasted Almonds</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>Roasted Sweet Potatoes</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
										Sweet potato Umami seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Extra Virgin Olive Oil
<b>Roasted Sweet Potatoes (Select Chicago locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Shredded Cabbage</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Spicy Broccoli</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Tomatoes</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Yellow Corn Canola Oil Sea Salt
										May contain one or more of the following: Lime Safflower Oil Sunflower Oil Soybean Oil Cottonseed Oil Rice Bran
<b>Tortilla Chips</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>PREMIUMS</b>	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	Ingredients
<b>Crumbled Bacon (Select LA locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Feta Crumble</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Goat Cheese</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Hard Boiled Egg</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
										Chickpeas Tahini Lemon Juice Garlic Extra Virgin Olive Oil Canola Oil Natural Flavors Dried Roasted Garlic Citric Acid Spices Salt Pepper
<b>Hummus</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Napa cabbage Red cabbage Carrots Kale Mint Lime juice White wine vinegar Maple syrup Sea salt
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pasteurized Skim Cow's Milk Cheese Cultures Rennet Salt Cracked Black Pepper
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SUPER PREMIUMS
Avocado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ingredients
										Chicken Leg/Thigh Balsamic Vinegar Avocado Oil
										<b>Blackening Seasoning:</b> <b>BK Spice</b> Flake Salt Dark Chili Powder (Red Chili, Salt, Cumin, Oregano, Garlic) Black Pepper Cumin Coriander
Blackened Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>St Charles</b> Salt Chili Powder (Chili Pepper, Garlic, Spices) Cumin Paprika Black Pepper Coriander Red Pepper
										Steak Dried Parsley Extra Virgin Olive Oil
Caramelized Garlic Steak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Caramelized Garlic Seasoning:</b> Kosher Salt Nutritional Yeast Granulated Garlic Granulated Onion
Green Goddess Chicken Salad (Select LA locations only)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Chicken Tenders Mayonnaise (contains avocado oil) Green Goddess Dressing Celery Red Onion SG Hot Sauce White Wine Vinegar Black Pepper Lemon Juice
Maple Glazed Squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Butternut Squash Acorn Squash Red Onions Avocado Oil Maple Syrup SG Hot Sauce Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) <b>Blackening Seasoning:</b> <b>BK Spice</b> Flake Salt Dark Chili Powder (Red Chili, Salt, Cumin, Oregano, Garlic) Black Pepper Cumin Coriander
Miso Glazed Salmon	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<b>St Charles</b> Salt Chili Powder (Chili Pepper, Garlic, Spices) Cumin Paprika Black Pepper Coriander Red Pepper					
										Salmon Tamarind Maple Syrup Miso Paste
										<b>Blackening Seasoning:</b> <b>BK Spice</b> Flake Salt Dark Chili Powder (Red Chili, Salt, Cumin, Oregano, Garlic) Black Pepper Cumin Coriander
Miso Glazed Steelhead	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<b>St Charles</b> Salt Chili Powder (Chili Pepper, Garlic, Spices) Cumin Paprika Black Pepper Coriander Red Pepper					
										Steelhead Tamarind Maple Syrup Miso Paste
										<b>Blackening Seasoning:</b> <b>BK Spice</b> Flake Salt Dark Chili Powder (Red Chili, Salt, Cumin, Oregano, Garlic) Black Pepper Cumin Coriander
Roasted Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>St Charles</b> Salt Chili Powder (Chili Pepper, Garlic, Spices) Cumin Paprika Black Pepper Coriander Red Pepper
										Chicken Tenders Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Avocado Oil
										Tofu Avocado Oil
										<b>Blackening Seasoning:</b> <b>BK Spice</b> Flake Salt Dark Chili Powder (Red Chili, Salt, Cumin, Oregano, Garlic) Black Pepper Cumin Coriander
Roasted Tofu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>St Charles</b> Salt Chili Powder (Chili Pepper, Garlic, Spices) Cumin Paprika Black Pepper Coriander Red Pepper

Warm Portobello Mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Portobello Mushrooms Button Mushrooms Extra Virgin Olive Oil Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)
Warm Roasted Sweet Potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sweet Potatoes Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Extra Virgin Olive Oil
DRESSINGS	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	Ingredients
Apple Vinaigrette	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Apples Red Onions Maple Syrup Dijon Mustard Miso Paste Avocado Oil Apple Cider Vinegar Salt
Balsamic Vinaigrette	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sunflower Oil Balsamic Vinegar Honey Dijon Mustard Salt Cracked Black Pepper
Balsamic Vinegar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yogurt Water Lemon Juice Sunflower Oil Anchovies Parmesan Cheese Egg Yolk Apple Cider Vinegar Citrus Flour Distilled Vinegar Rosemary Extract Garlic Salt Mustard Flour Black Pepper
Caesar	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Avocado Oil Orange Juice Concentrate Maple Syrup Rice Vinegar Tahini (Ground Sesame Seeds) Carrot Juice Water Toasted Sesame Oil Ginger Puree (Ginger, Water) Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spices) Salt				
Citrus Sesame Vinaigrette (Select CA + TX locations only)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Mayonnaise (contains avocado oil) Garlic Water Maple Syrup Lemon Juice Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)
Crushed Red Pepper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mayonnaise (contains avocado oil) Plain Yogurt Dill Red Onion Basil Cilantro Spinach Lemon Juice White Wine Vinegar Sweetgreen Hot Sauce Salt Garlic Cracked Black Pepper
Green Goddess Ranch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tomato Concentrate Date Syrup Water Honey Yellow Mustard Distilled Vinegar Natural Hickory Smoke Salt Caramel Color Apple Juice Concentrate Onion Powder Garlic Powder Allspice Paprika Black Pepper Lime Juice Concentrate Tamarind Concentrate Organic Ketchup Blend Cayenne Pepper
Honey BBQ Sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sunflower Oil Apple Cider Vinegar Honey Dijon Mustard Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Crushed Red Pepper
Lemon Squeeze	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jalapeño Peppers Cilantro Red onion Arugula Garlic Lime Juice White Wine Vinegar Avocado Oil Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)
Lime Cilantro Jalapeno Sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sunflower Oil White Miso Paste Rice Vinegar Tamarari Ginger Garlic Maple Syrup Water Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Sesame Oil Crushed Red Pepper
Lime Squeeze	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sunflower Oil Extra Virgin Olive Oil Apple Cider Vinegar Basil Garlic Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)
Miso Sesame Ginger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Sunflower Oil Extra Virgin Olive Oil Apple Cider Vinegar Basil Garlic Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)
Pesto Vinaigrette	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sunflower Oil Extra Virgin Olive Oil Apple Cider Vinegar Basil Garlic Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt)

<b>Spicy Cashew</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Cashews Sunflower Oil Maple Syrup Lime Juice Water Rice Vinegar Cilantro Garlic Sesame Oil Ginger Umami Seasoning (Granulated Onion, Granulated Garlic, Paprika, Cumin Powder, Cayenne Powder, Nutritional Yeast, Kosher Salt) Crushed Red Pepper					
<b>Sweetgreen Hot Sauce</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water Jalapeño Peppers Red Chili Peppers Onion Apple Cider Vinegar Red Bell Pepper Carrots Tomato Paste Garlic Nutritional Yeast Sea Salt Dried Garlic Dried Onions Chipotle Powder Ascorbic Acid						
<b>Umami Seasoning</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Granulated Onion Granulated Garlic Paprika Cumin Powder Cayenne Powder Nutritional Yeast Kosher Salt						
<b>BEVERAGES</b>	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	<b>Ingredients</b>
<b>Harney &amp; Sons Organic Lemonade</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Triple Filtered Water Organic Maple Syrup Organic Lemon Juice Concentrate Organic Lemon Flavor						
<b>Health-Ade Kombucha Blueberry Pomegranate (Select CA, MA, NY + TX locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Kombucha Pomegranate Juice (Water, Pomegranate Juice Concentrate) Blueberry Puree Pomegranate Essence Live Active Cultures (Bacillus Coagulans)						
<b>Health-Ade Kombucha Passionfruit Tangerine</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Kombucha (Filtered Water, Acids from Fermentation (acetic*, lactic, Gluconic, Tartaric), Cane Sugar*, Live Kombucha Cultures, Black Tea*, Green Tea*, Carbonation) Cold-pressed Passion Fruit Juice* Cold-pressed Tangerine Juice* Cold-pressed Orange Juice* Live Active Cultures (bacillus Coagulans Mtcc 5856)						
										*Certified Org
<b>Health-Ade Kombucha Pink Lady</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Kombucha ( Filtered Water, Acids from Fermentation (acetic*, Lactic, Gluconic, Tartaric), Cane Sugar, Live Kombucha Cultures, Black Tea*, Green Tea*, Carbonation) Apple Juice Concentrate* Apple Essence* Live Active Cultures (bacillus Coagulans Mtcc 5856)						
										*Certified Organic
<b>Honest Kids Apple Juice</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Filtered Water Organic Apple Juice From Concentrate Natural Flavor Vitamin C (Ascorbic Acid) Organic Natural Flavor Citric Acid (Provides Tartness)						
<b>Just Ice Tea Original Green (Select CA, MA, NY + TX locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Brewed Tea (Filtered Water, Organic Green Tea Leaves) Citric Acid Ascorbic Acid (To Protect Taste)						
<b>Just Ice Tea Peach Oolong (Select CA, MA, NY + TX locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Brewed Tea (Filtered Water, Organic Oolong And Black Tea Leaves) Organic Agave Syrup Organic Peach Juice Concentrate Organic Natural Flavor Citric Acid						
<b>Mother Kombucha Hopped Passion Fruit</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Raw Kombucha (Kombucha Culture Filtered Water Organic Cane Sugar Organic Fair Trade Green Tea) Organic Hops Organic Hibiscus Organic Amla Organic Passionfruit Flavor Extract.						
<b>Mother Kombucha The Trop</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organic Raw Kombucha (Kombucha Culture Filtered Water Organic Cane Sugar Organic Fair Trade Green Tea) Organic Pineapple Organic Saw Palmetto Organic Pineapple Flavor Extract And Organic Coconut Flavor Extract						
<b>Organic Hibiscus Berry Tea</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Triple Filtered Water Organic Hibiscus Organic Rosehips Organic Orange Peel Crimson Clover Beet Powder Natural Strawberry Flavor Natural Raspberry Flavor Citric Acid Pink Himalayan Sea Salt						
<b>Organic Jasmine Green Tea</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Triple Filtered Water Jasmine Green Tea Soba Yaupon Pink Himalayan Sea Salt Citric Acid						
<b>OLIPOP Lemon Lime Soda</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Carbonated Water, OLISMART (Cassava Root Fiber Chicory Root Inulin Jerusalem Artichoke Inulin Nopal Cactus* Marshmallow Root* Calendula Flower* Kudzu Root*) Lemon Juice Quince Juice Concentrate Apple Juice Concentrate Cassava Root Syrup Key Lime Juice Concentrate Stevia Leaf* Himalayan Pink Salt Natural Key Lime Flavor *Extract						
<b>OLIPOP Root Beer (Select CA, MA, NY + TX locations only)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Carbonated Water OLISMART (Cassava Root Fiber, Acacia Fiber, Guar Fiber, Nopal Cactus*, Marshmallow Root*, Calendula Flower*, Kudzu Root*) Cassava Root Syrup Apple Juice Concentrate Natural Flavors Lemon Juice Concentrate Stevia Leaf* Himalayan Pink Salt *Extract						

	<input type="checkbox"/>	Carbonated Water Oismart (Cassava Root Fiber, Chicory Root Inulin, Jerusalem Artichoke Inulin, Nopal Cactus, Marshmallow Root, Calendula Flower, Kudzu Root) Cassava Root Syrup Apple Juice Concentrate Lime Juice Natural Cola Flavor Alpinia Root Stevia Leaf Himalayan Pink Salt Green Tea Caffeine Natural Vanilla Flavor Natural Caramel Flavor Cinnamon Purified water								
OLIPOP Vintage Cola	<input type="checkbox"/>									
Sparkling Water	<input type="checkbox"/>	Purified water								
Still Water	<input type="checkbox"/>	Purified water								
Spindrift Grapefruit	<input type="checkbox"/>	Carbonated Water Grapefruit Juice Orange Juice Lemon Juice Hibiscus (For Color)								
Spindrift Lemon <i>(Select CA, MA, NY + TX locations only)</i>	<input type="checkbox"/>	Carbonated Water Lemon Juice								
Spindrift Raspberry Lime	<input type="checkbox"/>	Carbonated Water Raspberry Puree Lime Juice								
Tree Top Apple Juice	<input type="checkbox"/>	Organic Apple Juice From Concentrate (Water; Concentrated Organic Apple Juice)								

## BREAD INGREDIENTS

CALIFORNIA, TEXAS, COLORADO, GEORGIA, FLORIDA, NORTH CAROLINA, MASSACHUSETTS,  
RHODE ISLAND, WASHINGTON (V)

WATER  
WHEAT FLOUR  
NIACIN  
REDUCED IRON  
THIAMINE MONONITRATE  
RIBOFLAVIN  
FOLIC ACID  
WHOLE WHEAT FLOUR  
SEA SALT  
YEAST

WHEAT FLOUR  
MALTED BARLEY FLOUR  
NIACIN  
IRON  
THIAMIN MONONITRATE  
RIBOFLAVIN  
FOLIC ACID  
WATER  
SALT  
RYE FLOUR  
CULTURED WHEAT STARCH  
CITRIC ACID  
YEAST

## FOCCACCIA INGREDIENTS

CALIFORNIA, TEXAS, COLORADO, GEORGIA, FLORIDA, NORTH CAROLINA, MASSACHUSETTS,  
RHODE ISLAND, WASHINGTON (V)

WHEAT FLOUR  
NIACIN  
REDUCED IRON  
THIAMINE MONONITRATE  
RIBOFLAVIN  
FOLIC ACID  
WATER  
OLIVE OIL  
SEA SALT  
ENZYMES  
YEAST  
ROSEMARY  
KOSHER SALT

WHEAT FLOUR  
MALTED BARLEY FLOUR  
NIACIN  
IRON  
THIAMIN MONONITRATE  
RIBOFLAVIN  
FOLIC ACID  
WATER  
OLIVE OIL  
SALT  
YEAST  
MALTED BARLEY FLOUR  
DRIED ROSEMARY  
BLACK PEPPER