

# THE MENU

WINTER

SPRING

SUMMER

FALL



swætgreen®

CALIFORNIA

MARYLAND

MASSACHUSETTS

NEW YORK

PENNSYLVANIA

VIRGINIA

WASHINGTON DC





## Spring forward.

After a long winter, the soil is coming back to life. Spring flavors are fresh, new and delicate, and they transition us from the cold of winter to the warmth of summer. So, too, does our seasonal menu.

Spring has a totally different meaning on the East Coast and West Coast, and as such, the seasonal menus are very different. In mild California, our farmers are already growing fresh produce — berries, cucumbers and zucchini are young, tender and delicious. But back east, temperatures are still creeping out of the 40s, so our supply network is thawing out and just starting to plant the seeds of those same fruits and vegetables. East Coasters won't get to savor those flavors until the early summer menu, but that's the way it's meant to be. We're just following Mother Nature's lead.

This season, we're proud to bring back the ever-popular **Umami Grain Bowl**, which became a cult favorite last spring. It's the first salad we created after reading Blue Hill Chef Dan Barber's legendary book, *The Third Plate*, and as such, the bowl is plant-based. In fact, it's full-on vegan, with roasted mushrooms, roasted organic sesame tofu, pea shoots (typically a cover crop) and a hearty quinoa + farro base.

As always, our spring menu continues our commitment to our food ethos, and the principles of transparency, local sourcing, sustainability and scratch cooking. There's a reason behind everything we do, and we're always looking to grow. You can follow our transparent evolution on Medium (we're @sweetgreen) for an explanation of why we do the things the way we do.

Happy spring.

—Jonathan, Nicolas and Nathaniel



# EAST COAST MENU

seasonal items in green    ⊗ contains gluten    ⊕ vegan

Before placing your order, please inform your server if a person in your party has a food allergy.

## SEASONALS

### UMAMI GRAIN BOWL ⊕⊗

organic quinoa + farro, swiss chard, pea shoots, red onion, spicy sunflower seeds, organic roasted tofu, roasted mushrooms, miso ginger sesame dressing

555 cal

### NOT SO NIÇOISE

organic mesclun, chopped romaine, roasted asparagus, new potatoes, hard-boiled egg, roasted steelhead, horseradish vinaigrette

545 cal

### BEETS DON'T KALE MY VIBE

organic wild rice, shredded kale, roasted beets + pickled onions, local goat cheese, raw pecans, roasted chicken, balsamic vinaigrette

595 cal

## GREENS

### KALE CAESAR

shredded kale, chopped romaine, tomatoes, shaved parmesan, parmesan crisps, roasted chicken, fresh lime squeeze, caesar dressing

430 cal

### AVOCOBBO

shredded kale, chopped romaine, tomatoes, raw corn, avocado, bacon, hard-boiled egg, roasted chicken, blue cheese dressing

705 cal

### GUACAMOLE GREENS

organic mesclun, tomatoes, red onion, tortilla chips, avocado, roasted chicken, fresh lime squeeze, lime cilantro jalapeño vinaigrette

540 cal

### HUMMUS TAHINA ⊕

shredded kale, chopped romaine, tomatoes, red onion, cucumbers, pita chips, local feta, housemade hummus, baked falafel, cucumber tahini yogurt dressing

610 cal

### RAD THAI

organic arugula, organic mesclun, bean sprouts, carrots, shredded cabbage, basil, cucumbers, spicy sunflower seeds, citrus shrimp, spicy cashew dressing

375 cal

### SPICY SABZI ⊕

organic baby spinach, shredded kale, spicy quinoa, spicy broccoli, carrots, bean sprouts, raw beets, basil, roasted sesame tofu, sriracha, carrot chili vinaigrette

430 cal

## GRAINS

### WILD CHILD ⊕

organic wild rice, organic baby spinach, cilantro, peppers, raw beets, shredded cabbage, carrots, raw seeds, avocado, miso sesame ginger dressing

545 cal

### EARTH BOWL ⊕

quinoa + farro, organic arugula, tomatoes, raw corn, organic chickpeas, spicy broccoli, organic white cheddar, roasted chicken, pesto vinaigrette

775 cal

### HARVEST BOWL

organic wild rice, shredded kale, apples, sweet potatoes, toasted almonds, local goat cheese, roasted chicken, balsamic vinaigrette

685 cal

## CUSTOM

### BASES

shredded kale  
organic baby spinach  
organic arugula  
organic mesclun  
chopped romaine  
organic quinoa + farro ⊕  
organic wild rice

### TOPPINGS

swiss chard  
pea shoots  
new potatoes  
asparagus  
raw pecans

roasted beets + pickled onions

apples  
basil  
cilantro  
organic chickpeas  
spicy broccoli  
organic carrots  
bean sprouts  
raw corn  
shredded cabbage  
tomatoes  
raw beets  
spicy quinoa  
cucumbers  
red onion

toasted almonds  
raw seeds  
spicy sunflower seeds  
pita chips ⊕  
tortilla chips  
mixed peppers

### PREMIUMS

roasted steelhead  
roasted mushrooms  
citrus shrimp  
roasted chicken  
bacon  
baked falafel ⊕ ⊗  
organic roasted tofu ⊕  
avocado

housemade hummus ⊕  
local goat cheese  
organic white cheddar  
local feta  
shaved parmesan  
parmesan crisp  
hard-boiled egg

### DRESSINGS

horseradish vinaigrette  
spicy cashew dressing ⊕  
lime cilantro jalapeno vinaigrette ⊕  
miso sesame ginger vinaigrette ⊕  
pesto vinaigrette ⊕  
carrot chili vinaigrette ⊕

## SOUPS

### ORGANIC LENTIL CHICKPEA ⊕

small 160 cal  
large 240 cal

## BEVERAGES

### HIBISCUS LIME FRESCA

10 cal, 3g sugar

### LEMON FRESCA

60 cal, 15g sugar

### CUCUMBER GINGER LIME FRESCA

60 cal, 12g sugar

### CHAMOMILE MINT ICED TEA

0 cal, 0g sugar

### JASMINE GREEN ICED TEA

0 cal, 0g sugar

### ICED CHAI

0 cal, 0g sugar

beverages vary by location

# BACK BAY MENU

seasonal items in green    ⊗ contains gluten    ⊕ vegan

Before placing your order, please inform your server if a person in your party has a food allergy.

## SEASONALS

### UMAMI GRAIN BOWL ⊗ ⊕

organic quinoa + farro, swiss chard, pea shoots, red onion, spicy sunflower seeds, roasted sesame tofu, roasted mushrooms, miso ginger sesame dressing

615 cal

### NOT SO NIÇOISE

organic mesclun, chopped romaine, roasted asparagus, new potatoes, hard-boiled egg, roasted steelhead, horseradish vinaigrette

545 cal

### BEETS DON'T KALE MY VIBE

organic wild rice, shredded kale, roasted beets + pickled onions, local goat cheese, raw pecans, roasted chicken, balsamic vinaigrette

595 cal

## GREENS

### KALE CAESAR

shredded kale, chopped romaine, tomatoes, shaved parmesan, parmesan crisps, roasted chicken, fresh lime squeeze, caesar dressing

430 cal

### OMG OMEGA

organic arugula, baby spinach, cucumbers, tomatoes, basil, avocado, nori furikake, roasted steelhead, miso sesame ginger dressing

550 cal

### GUACAMOLE GREENS

organic mesclun, tomatoes, red onion, tortilla chips, avocado, roasted chicken, fresh lime squeeze, lime cilantro jalapeño vinaigrette

540 cal

### HUMMUS TAHINA ⊗

shredded kale, chopped romaine, tomatoes, red onion, cucumbers, pita chips, local feta, housemade hummus, baked falafel, cucumber tahini yogurt dressing

610 cal

### RAD THAI

organic arugula, organic mesclun, bean sprouts, carrots, shredded cabbage, basil, cucumbers, spicy sunflower seeds, citrus shrimp, spicy cashew dressing

375 cal

### SPICY SABZI ⊗

organic baby spinach, shredded kale, spicy quinoa, spicy broccoli, carrots, bean sprouts, raw beets, basil, roasted sesame tofu, sriracha, carrot chili vinaigrette

430 cal

## GRAINS

### HELLO PORTOBELLO ⊗

organic wild rice, shredded kale, raw beets, basil, bean sprouts, spicy sunflower seeds, roasted portobello mushrooms, miso sesame ginger dressing

510 cal

### EARTH BOWL ⊗

quinoa + farro, organic arugula, tomatoes, raw corn, organic chickpeas, spicy broccoli, organic white cheddar, roasted chicken, pesto vinaigrette

775 cal

### HARVEST BOWL ⊗

organic wild rice, shredded kale, apples, sweet potatoes, toasted almonds, local goat cheese, roasted chicken, balsamic vinaigrette

685 cal

## CUSTOM

### BASES

shredded kale  
organic baby spinach  
organic arugula  
organic mesclun  
chopped romaine  
organic quinoa + farro ⊗  
organic wild rice

### TOPPINGS

swiss chard  
pea shoots  
new potatoes  
roasted beets + pickled onions  
asparagus

### raw pecans

apples  
basil  
organic chickpeas  
spicy broccoli  
organic carrots  
bean sprouts  
raw corn  
shredded cabbage  
tomatoes  
raw beets  
spicy quinoa  
cucumbers  
red onion  
toasted almonds  
tortilla chips

spicy sunflower seeds  
pita chips ⊗

### PREMIUMS

roasted steelhead  
roasted portobello mushrooms  
hard-boiled egg  
citrus shrimp  
roasted chicken  
baked falafel ⊗  
roasted sesame tofu ⊗  
avocado  
housemade hummus  
local goat cheese ⊗  
organic white cheddar

local feta  
shaved parmesan  
parmesan crisps

### DRESSINGS

horseradish vinaigrette  
spicy cashew dressing ⊗  
lime cilantro jalapeno vinaigrette ⊗  
miso sesame ginger vinaigrette ⊗  
pesto vinaigrette ⊗  
carrot chili vinaigrette ⊗  
cucumber tahini yogurt dressing  
caesar dressing  
balsamic vinaigrette

## SOUPS

### ORGANIC LENTIL CHICKPEA ⊗

small 160 cal

large 240 cal

## BEVERAGES

### HIBISCUS LIME FRESCA

10 cal, 3g sugar

### LEMON FRESCA

60 cal, 15g sugar

### CUCUMBER GINGER LIME FRESCA

60 cal, 12g sugar

### CHAMOMILE MINT ICED TEA

0 cal, 0g sugar

### JASMINE GREEN ICED TEA

0 cal, 0g sugar

### ICED CHAI

0 cal, 0g sugar

beverages vary by location

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## S2 ALLERGEN INFORMATION

	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	TREE NUTS	EGGS	SOY	SEEDS + SESAME
SALADS	UMAMI GRAIN BOWL	X					CONTAINS SESAME OIL
	NOT SO NICOISE			X	X	X	
	BEETS DON'T KALE MY VIBE		X		X		
	SPICY SABZI	*				X	
	GUACAMOLE GREENS	*			*		
	KALE CAESAR		X	X		X	
	HUMMUS TAHINA	X	X				CONTAINS SESAME SEEDS
	RAD THAI	*		X	X		
	AVOCOBBO		X			X	
	WILD CHILD	*			*		CONTAINS FLAX, SESAME AND SUNFLOWER SEEDS
DRESSINGS	EARTH BOWL	X	X				
	HARVEST BOWL	*	X		X		
	HORSERADISH VINAIGRETTE					X	X
	BALSAMIC VINAIGRETTE						
	CARROT CHILI VINAIGRETTE						
	BLUE CHEESE DRESSING		X			X	
	CAESAR DRESSING		X	X		X	
	CUCUMBER TAHINI YOGURT DRESSING		X				CONTAINS SESAME SEEDS
	LIME CILANTRO JALAPENO VINAIGRETTE						
	SPICY CASHEW DRESSING				X		
SOUP	MISO SESAME GINGER DRESSING	*				X	CONTAINS SESAME OIL
	PESTO VINAIGRETTE						
	ORGANIC LENTIL CHICKPEA SOUP						

	WHEAT + GLUTEN	MILK + DAIRY	FISH + SHELLFISH	TREE NUTS	EGGS	SOY	SEEDS + SESAME
BREAD	BREAD	X			*		
	BASE	ORGANIC WILD RICE	*				
		QUINOA + FARRO	X				
TOPPINGS	NORI FURIKAKE	*		*	*		CONTAINS FLAX, SESAME AND SUNFLOWER SEEDS
	COLUMBIA RIVER STEELHEAD	*		X			
	LOCAL GOAT CHEESE		X				
	LOCAL FETA CHEESE		X				
	ORGANIC WHITE CHEDDAR		X				
	SHAVED PARMESAN		X				
	PARMESAN CRISP		X				
	HARDBOILED EGGS					X	
	CITRUS SHRIMP			X			
	ROASTED TOFU	*					X
	BAKED FALAFEL	X					
	HUMMUS						CONTAINS SESAME SEEDS
	PITA CHIPS	X					
	PECANS				X		
	TOASTED ALMONDS	*			X		
RAW SEEDS	*			*		CONTAINS FLAX, SESAME AND SUNFLOWER SEEDS	
SPICY SUNFLOWER SEEDS	*			*		CONTAINS SUNFLOWER SEEDS	
TORTILLA CHIPS	*			*			
YOGURT	TART SWEETFLOW			X			
	CHOCOLATE CHIPS		X				
	ORGANIC GRANOLA	X			*		

X = contains allergen

\* = contains ingredients or is processed in a facility with peanuts, tree nuts and/or wheat + gluten

INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, SWEETGREEN DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.

### Gluten:

Many people have an intolerance or allergy to gluten, which can cause many symptoms from stomach pain, to headaches and vomiting. This is a serious allergy! If one of our guests states that they have Gluten Allergy or Celiac Disease, we must take extra precautions to ensure their safety. They need to avoid: Warm Grains, Pita Chips, Bread & Falafel. Make sure to wash your hands and put on fresh gloves before

### Vegetarian:

Vegetarians follow a mostly plant based diet, but allow for some animal products like honey, cheese, eggs in most cases. The term vegetarian can mean a lot of things, so if a guest tells you that they are

### Vegan:

Vegans follow a strict diet that does not allow for any animal protein or animal products, like cheese, eggs or honey. They need to avoid the cucumber tahini yogurt dressing, all cheeses, meats, seafood, eggs.

### Paleo, Caveman, No Carb, Atkins Diet:

These diets are all low carb diets in different degrees of intensity. For the most part aside from our whole grains, we are low carb. Fruits and vegetables are lower in carbs than most processed foods, although

### What has added sugar?

Lemon Fresca, Ginger Lime Cucumber Fresca & Hibiscus Lime Fresca all have added Agave Nectar, which is a form of sugar. Miso Sesame Ginger dressing, Spicy Cashew and Carrot Chili Dressing all have

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NUTRITION INFORMATION - UPDATED 02/18  
FOR ALLERGEN INFORMATION, SEE LAST PAGE

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

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

SEASONAL MENU - WINTER 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)
<b>SALADS</b>													
Umami Grain Bowl (East Coast)	ⓧ	328	510	265	31	2	0	0	960	44	5	3	50
Umami Grain Bowl (West Coast)	ⓧ	383	615	335	39	3	0	0	1335	47	6	5	50
Not So Nicoise		359	545	385	43	8	0	205	578	15	2	1	24
Beets Don't Kale My Vibe		296	610	330	40	7	0	80	885	29	5	8	33
Local Strawberries + Feta		283	358	253	30	6	0	30	533	15	4	8	9
Spring Chicken		318	478	303	35	8	0	90	1203	9	2	1	35
Local Feta, Falafel + Roasted beets		334	473	310	37	7	0	30	1080	25	7	8	11
<b>INGREDIENTS</b>													
Swiss Chard	ⓧ	40	10	0	0	0	0	0	85	1	0	0	11
Broccoli Leaf	ⓧ	45	15	0	0	0	0	0	10	2	0	0	1
Roasted Veg + Asparagus	ⓧ	70	20	10	1	0	0	0	110	2	0	0	0
Roasted Potatoes	ⓧ	35	60	15	2	0	0	0	110	10	0	0	1
Pecans	ⓧ	14	100	80	10	1	0	0	0	2	1	0	1
Roasted Asparagus	ⓧ	35	5	0	0	0	0	0	0	1	0	0	0
Mint	ⓧ	5	0	0	0	0	0	0	0	0	0	0	0
Mint + Parsley	ⓧ	10	0	0	0	0	0	0	0	0	0	0	0
Roasted Beets + Pickled Onions	ⓧ	50	50	10	1	0	0	0	135	5	1	4	0
<b>PREMIUMS</b>													
Gluten Free Falafel	ⓧ	60	120	60	7	1	0	0	360	11	3	2	3
Strawberries	ⓧ	70	20	0	0	0	0	0	0	4	1	3	0
Roasted Steelhead		86	230	170	18	5	0	20	280	0	0	0	15
Roasted Portobello Mushrooms	ⓧ	70	70	50	6	0	0	0	330	3	1	2	2
Roasted Button Mushrooms	ⓧ	45	25	15	2	0	0	0	75	1	0	0	1
Pea Shoots	ⓧ	20	0	0	0	0	0	0	0	0	0	0	0
<b>DRESSING</b>													
Horseradish Vinaigrette		30	150	150	18	2	0	0	110	0	0	0	0
<b>BEVERAGES</b>													
Hibiscus Lime Fresca	ⓧ	475	0	0	0	0	0	0	20	3	0	3	0
<b>SIGNATURE SALADS</b>													
		Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>GREENS</b>													
Hummus Tahina *		437	600	293	35	7	0	30	1220	47	9	6	16
Kale Caesar		319	430	223	26	8	0	95	1200	10	3	2	40
Avocobbo		477	705	413	46	11	0	300	990	23	9	4	48
Guacamole Greens		402	540	325	37	4	0	70	635	26	6	2	26
Rad Thai		323	385	203	24	3	0	145	715	17	2	4	25
Spicy Sabzi (East Coast)	ⓧ	329	410	228	28	1	0	0	873	26	5	5	13
Spicy Sabzi (West Coast)	ⓧ	359	440	263	32	2	0	0	993	27	5	5	17
OMG Omega		399	550	418	47	8	0	20	795	16	8	4	21
<b>GRAINS</b>													
Hello Portobello	ⓧ	312	510	278	32	3	0	0	1120	49	8	8	14
Earth Bowl *		443	770	383	44	10	0	105	1213	51	8	4	43
Harvest Bowl		362	685	318	38	7	0	80	975	57	9	10	39
Hollywood Bowl		388	685	308	37	7	0	80	805	62	9	19	38
<b>BREAD</b>													
		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 (NY) *		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
<b>BASES</b>													
		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
Quinoa + Farro mix *	100	160	25	3	0	0	0	90	29	3	0	6
Organic Wild Rice	95	130	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
Crushed Red Pepper	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
Organic Chickpeas	40	35	5	1	0	0	0	110	5	2	0	2
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 and Green Peppers	38	10	0	0	0	0	0	0	2	0	1	0
Red Onion	35	15	0	0	0	0	0	0	3	0	1	0
Roasted Sweet Potatoes	39	70	10	1	0	0	0	170	13	2	3	1
Shredded Cabbage	25	5	0	0	0	0	0	0	1	0	0	0
Spicy Broccoli	33	45	30	4	0	0	0	170	3	1	0	2
Spicy Quinoa	36	50	10	2	0	0	0	160	7	0	0	2
Sprouts	19	5	0	0	0	0	0	0	1	0	0	0
Tomatoes	46	10	0	0	0	0	0	0	2	0	1	0
Pita Chips *	20	90	30	4	0	0	0	190	14	1	0	2
Raw Seeds	40	80	60	7	1	0	0	0	3	2	0	3
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
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)
Roasted Chicken	78	130	40	5	1	0	70	380	0	0	0	22
Citrus Shrimp	71	140	50	6	0	0	145	430	2	0	0	20
Roasted Steelhead	86	230	170	18	5	0	20	280	0	0	0	15
Bacon	32	170	120	13	5	0	35	330	0	0	0	12
Hard Boiled Egg	50	80	50	5	2	0	185	60	0	0	0	6
Gluten Free Falafel	60	120	60	7	1	0	0	360	11	3	2	3
Avocado	87	140	110	13	2	0	0	5	7	6	0	2
Roasted Organic Tofu	45	70	45	5	0	0	0	290	1	0	0	5
Roasted Sesame Tofu	75	130	80	9	1	0	0	410	2	0	0	9
Housemade Hummus	57	90	50	6	0	0	0	230	8	2	0	3
Local Goat Cheese	34	80	60	7	5	0	10	70	0	0	0	5
Local Feta Cheese	31	80	60	7	5	0	30	280	1	0	1	4
Organic White Cheddar	32	130	90	10	7	0	35	190	0	0	0	8
Shaved Parmesan	12	45	30	4	2	0	0	150	0	0	0	4
Baked Falafel	60	150	70	8	1	0	0	520	16	4	0	5
Parmesan Crisp	20	100	60	7	5	0	20	430	0	0	0	10

### 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 Vinaigrette	30	150	130	16	1	0	0	230	3	0	3	0
Blue Cheese Dressing	30	100	90	10	2	0	10	190	1	0	0	2
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
Lime Cilantro Jalapeno Vinaigrette	30	140	140	16	1	0	0	210	0	0	0	0
Miso Sesame Ginger Dressing	30	140	130	15	1	0	0	350	3	0	2	1
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
Balsamic Vinegar	15	15	0	0	0	0	0	0	2	0	2	0
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 Squeeze	15	0	0	0	0	0	0	0	1	0	0	0
Sriracha	15	15	0	0	0	0	0	300	3	0	3	0

### 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
Ginger Kale Green Tea+	475	120	10	1	0	0	0	40	28	5	13	3
Orange Mint Chia Coconut Water	475	40	10	1	0	0	0	45	7	2	4	1

### SOUP

	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 Lentil + Chickpea Soup (Small)	235	170	20	3	0	0	0	820	27	7	4	9
Organic Lentil + Chickpea Soup (Large)	350	250	30	4	0	0	0	1220	40	11	6	14



DRESSING INGREDIENTS

**BALSAMIC VINAIGRETTE**

GRAPESEED OIL  
BALSAMIC VINEGAR  
DIJON MUSTARD  
HONEY  
SALT  
PEPPER

**BLUE CHEESE DRESSING**

FAT FREE YOGURT  
MAYONNAISE  
BLUE CHEESE  
WHITE WINE VINEGAR  
GARLIC  
SALT  
PEPPER

**CAESAR DRESSING**

FAT FREE YOGURT  
MAYONNAISE  
PARMESAN CHEESE  
LEMON JUICE  
ANCHOVIES  
GARLIC  
SALT  
PEPPER

**CARROT CHILI VINAIGRETTE**

GRAPESEED OIL  
CARROT JUICE  
CHAMPAGNE VINEGAR  
AGAVE  
RED PEPPER FLAKES  
UMAMI SEASONING\*  
GARLIC  
CHILI POWDER

**CHAMPAGNE VINAIGRETTE**

GRAPESEED OIL  
CHAMPAGNE VINEGAR  
EXTRA VIRGIN OLIVE OIL  
RED ONION  
UMAMI SEASONING\*  
WATER

**CUCUMBER TAHINI YOGURT DRESSING**

FAT FREE YOGURT  
GRAPESEED OIL  
LEMON JUICE  
EXTRA VIRGIN OLIVE OIL  
TAHINI PASTE  
CUCUMBER  
GARLIC  
SALT  
RED PEPPER FLAKES  
BASIL  
UMAMI SEASONING\*  
WATER

**HORSERADISH VINAIGRETTE**

MAYONNAISE  
EXTRA VIRGIN OLIVE OIL  
GRAPESEED OIL  
WHITE WINE VINEGAR  
GARLIC  
RED ONION  
HORSERADISH  
UMAMI SEASONING\*

**CREAMY SUMAC DRESSING**

FAT FREE YOGURT  
MAYONNAISE  
LEMON JUICE  
EXTRA VIRGIN OLIVE OIL  
TAHINI  
WHITE WINE VINEGAR  
SALT  
GARLIC  
SUMAC  
CUMIN

**LIME CILANTRO JALAPEÑO**

GRAPESEED OIL  
CUMIN  
LIME JUICE  
WHITE WINE VINEGAR  
CILANTRO  
JALAPENO PEPPERS  
SALT  
GARLIC

**MISO SESAME GINGER DRESSING**

GRAPESEED OIL  
GLUTEN-FREE SOY SAUCE  
MISO PASTE  
RICE VINEGAR  
GINGER  
RED PEPPER FLAKES  
AGAVE  
NUTRITIONAL YEAST  
GARLIC  
SESAME OIL  
WATER

**PESTO VINAIGRETTE**

EXTRA VIRGIN OLIVE OIL  
GRAPESEED OIL  
CHAMPAGNE VINEGAR  
BASIL  
GARLIC  
SALT

**SPICY CASHEW DRESSING**

GRAPESEED OIL  
LIME JUICE  
CASHEW BUTTER  
RED PEPPER FLAKES  
AGAVE  
GINGER  
RICE VINEGAR  
CILANTRO  
GARLIC  
SESAME OIL  
SALT  
UMAMI SEASONING\*

\*UMAMI SEASONING CONTAINS SALT, ONION, GARLIC, AND YEAST

SOUP INGREDIENTS

ORGANIC LENTIL AND CHICKPEA SOUP:  
VEGETABLE STOCK ( water, carrots, onion, celery,  
sea salt) LENTILS, TOMATOES ( tomatoes, tomato  
puree, naturally derived citric acid) CHICKPEAS,  
ONIONS, CARROTS, contains 2% or less of: garlic,  
cilantro, canola oil, sugar, turmeric, sea salt, spices,  
corn starch

BREAD INGREDIENTS

**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 (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 (LA)**

ORGANIC WHEAT FLOUR  
FILTERED WATER  
SEA SALT