

NUTRITIONAL GUIDE MENU + INGREDIENTS

Last Updated: February 2025

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

SALADS	Serving Size (g)	Vegan?	Contains Gluten?	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)
BBQ Chicken Salad	525	<input type="checkbox"/>	<input type="checkbox"/>	545	255	29	4	0	85	1,295	40	9	24	22
Buffalo Chicken	514	<input type="checkbox"/>	<input checked="" type="checkbox"/>	555	305	34	10	0	105	1,686	32	9	11	31
Garden Cobb	517	<input type="checkbox"/>	<input type="checkbox"/>	740	506	56	15	0	215	1,008	34	16	10	22
Guacamole Greens	552	<input type="checkbox"/>	<input type="checkbox"/>	555	291	33	6	0	45	840	35	14	7	23
Guacamole Greens <i>(Select Southern California + New York locations only)</i>	552	<input type="checkbox"/>	<input type="checkbox"/>	555	300	34	6	0	45	710	35	14	7	24
Hummus Crunch	510	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	390	140	18	2	0	0	1,299	38	11	6	14
Kale Caesar (Chicken)	425	<input type="checkbox"/>	<input type="checkbox"/>	490	294	32	11	0	105	1,519	14	6	5	35
Kale Caesar (Chicken) <i>(Select Southern California + New York locations only)</i>	425	<input type="checkbox"/>	<input type="checkbox"/>	490	303	33	11	0	105	1,389	14	6	5	36
Kale Caesar (Steak)	447	<input type="checkbox"/>	<input type="checkbox"/>	620	386	42	15	0	125	1,659	16	6	5	42
Super Green Goddess	335	<input type="checkbox"/>	<input type="checkbox"/>	465	270	31	3	0	25	1,100	36	13	8	12
BOWLS	Serving Size (g)	Vegan?	Contains Gluten?	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)
Chicken Avocado Ranch	523	<input type="checkbox"/>	<input type="checkbox"/>	715	373	42	7	0	85	1,065	59	14	8	23
Chicken Pesto Parm	409	<input type="checkbox"/>	<input checked="" type="checkbox"/>	525	196	23	4	0	60	1,692	38	8	3	35
Chicken Pesto Parm <i>(Select Southern California + New York locations only)</i>	411	<input type="checkbox"/>	<input checked="" type="checkbox"/>	545	218	26	5	0	75	1512	39	8	3	33
Crispy Rice Bowl	432	<input type="checkbox"/>	<input type="checkbox"/>	640	266	30	3	0	60	1,125	61	8	9	28
Fish Taco	490	<input type="checkbox"/>	<input type="checkbox"/>	835	435	49	10	0	60	1,280	62	16	15	36
Fish Taco (Steelhead) <i>(Seattle locations only)</i>	490	<input type="checkbox"/>	<input type="checkbox"/>	745	372	42	7	0	65	1,070	58	16	11	36
Harvest Bowl	403	<input type="checkbox"/>	<input type="checkbox"/>	740	368	41	9	0	60	1,405	60	10	12	34
Harvest Bowl <i>(Select Southern California + New York locations only)</i>	405	<input type="checkbox"/>	<input type="checkbox"/>	760	390	44	10	0	75	1,225	61	10	12	32
Shroomami	431	<input checked="" type="checkbox"/>	<input type="checkbox"/>	635	371	42	6	0	0	1,160	50	10	7	18
Steakhouse Chopped	482	<input type="checkbox"/>	<input checked="" type="checkbox"/>	725	412	46	13	0	115	1,713	35	7	4	38
PROTEIN PLATES	Serving Size (g)	Vegan?	Contains Gluten?	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)
Caramelized Garlic Steak	480	<input type="checkbox"/>	<input type="checkbox"/>	770	266	31	5	0	65	1,635	82	8	4	33
Hot Honey Chicken	525	<input type="checkbox"/>	<input checked="" type="checkbox"/>	840	357	40	5	0	125	2,270	74	9	16	42
Miso Glazed Salmon	544	<input type="checkbox"/>	<input checked="" type="checkbox"/>	930	433	48	10	0	60	1,632	88	12	19	35
Miso Glazed Steelhead <i>(Seattle locations only)</i>	544	<input type="checkbox"/>	<input checked="" type="checkbox"/>	840	370	41	7	0	65	1,422	84	12	15	35
KIDS MEALS	Serving Size (g)	Vegan?	Contains Gluten?	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)
Little Harvest	223	<input type="checkbox"/>	<input type="checkbox"/>	410	243	27	3	0	45	1,190	23	3	10	18
Little Harvest <i>(Select Southern California + New York locations only)</i>	223	<input type="checkbox"/>	<input type="checkbox"/>	410	252	28	3	0	45	1,060	23	3	10	19
Mini Mezze	185	<input type="checkbox"/>	<input type="checkbox"/>	255	95	11	2	0	45	680	18	1	0	22
Mini Mezze <i>(Select Southern California + New York locations only)</i>	185	<input type="checkbox"/>	<input type="checkbox"/>	255	104	12	2	0	45	550	18	1	0	23
Ranchy Chicken + Rice	272	<input type="checkbox"/>	<input type="checkbox"/>	530	279	31	7	0	95	1,470	34	2	0	27
Ranchy Chicken + Rice <i>(Select Southern California + New York locations only)</i>	272	<input type="checkbox"/>	<input type="checkbox"/>	530	288	32	7	0	95	1,340	34	2	0	28
SIDES	Serving Size (g)	Vegan?	Contains Gluten?	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)
Ripple Fries + Garlic Aioli <i>(Select Southern California locations only)</i>	176	<input type="checkbox"/>	<input type="checkbox"/>	470	342	38	4	0	40	1,090	31	2	3	3
Ripple Fries + Pickle Ketchup <i>(Select Southern California locations only)</i>	182	<input checked="" type="checkbox"/>	<input type="checkbox"/>	240	63	7	1	0	0	1,040	43	2	13	2
Ripple Fries <i>(Select Southern California locations only)</i>	130	<input checked="" type="checkbox"/>	<input type="checkbox"/>	180	63	7	1	0	0	560	28	2	1	2
Hummus + Focaccia	131	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	290	98	11	1	0	0	660	37	0	3	10
Roasted Sweet Potatoes + Green Goddess Ranch	179	<input type="checkbox"/>	<input type="checkbox"/>	360	221	25	2	0	25	1,170	29	4	6	3
Roasted Sweet Potatoes + Hot Honey Mustard	185	<input type="checkbox"/>	<input type="checkbox"/>	350	180	20	1	0	0	1,170	37	4	15	2
Rosemary Focaccia	94	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	230	63	7	1	0	0	530	34	0	2	8
Siete Green Goddess Ranch Potato Chips	42	<input checked="" type="checkbox"/>	<input type="checkbox"/>	220	117	13	2	0	0	220	23	3	0	3
Siete Sea Salt Potato Chips	42	<input checked="" type="checkbox"/>	<input type="checkbox"/>	210	90	10	2	0	0	180	27	2	0	3
DESSERT	Serving Size (g)	Vegan?	Contains Gluten?	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)
Crispy Rice Treat	40	<input type="checkbox"/>	<input type="checkbox"/>	190	90	10	5	0	15	80	23	0	6	2
Hu Cashews + Vanilla Bean Hunks	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	108	12	5	0	0	75	10	2	4	4
Hu Salty Dark Chocolate Bar	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	380	252	28	16	0	0	200	28	6	14	6
BEVERAGES	Serving Size (oz)	Vegan?	Contains Gluten?	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)
Ghia Le Spritz - Ginger (LA,SD,RSB Only)	8	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	0	0	0	0	10	12	0	8	0
Harney & Sons Organic Lemonade	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	0	0	0	0	0	0	20	0	20	0
Health-Ade Kombucha Passionfruit Tangerine	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	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	0	12	0	11	0
Honest Kids Apple Juice	6	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	0	0	0	0	0	15	9	0	8	0
Mother Kombucha Hopped Passion Fruit	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	0	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	0	25	7	0	6	0
OLIPOP Lemon Lime Soda	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	50	0	0	0	0	0	25	16	9	4	0
OLIPOP Vintage Cola	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	0	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	0
Organic Jasmine Green Tea	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	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	0
Spindrift Grapefruit	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	17	0	0	0	0	0	0	4	0	3	0
Spindrift Raspberry Lime	12	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	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	0
Tree Top Apple Juice	8	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	0	0	0	0	0	10	28	0	27	0

INGREDIENTS

BASES	Serving Size (g)	Vegan?	Contains Gluten?	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)
Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	15	2	1	1	2
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	40	2	1	0	1
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Herbed Quinoa	100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	27	3	0	0	0	340	21	3	1	5
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	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	0
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	9	1	0	0	0	130	27	1	0	2
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Bread	34	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	80	0	0	0	0	0	200	18	3	1	3

+1 TOPPINGS	Serving Size (g)	Vegan?	Contains Gluten?	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)
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	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	0
Chickpeas	43	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	5	1	0	0	0	250	7	2	1	2
Cilantro	5	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	23	3	2	0	0	30	3	0	0	0
Crispy Rice	26	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	14	2	0	0	0	260	14	0	1	2
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	1	0	0	0	0
Nori Sesame Seasoning	2	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	35	0	0	0	1
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	257	5	0	4	0
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	15	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	9	1	0	0	0	290	11	2	2	1
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	5	2	1	1	0
Spicy Banana Peppers	34	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	460	1	1	0	0
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	25	3	0	0	0	125	2	1	0	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	36	4	1	0	0	10	10	1	0	1
Za'atar Breadcrumbs	15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	65	18	2	0	0	0	201	9	1	0	3

PREMIUMS	Serving Size (g)	Vegan?	Contains Gluten?	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)
Blue Cheese	30	<input type="checkbox"/>	<input type="checkbox"/>	110	81	9	6	0	25	340	1	0	0	6
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	63	7	5	0	15	160	0	0	0	7
Hard Boiled Egg	50	<input type="checkbox"/>	<input type="checkbox"/>	70	45	5	2	0	190	70	1	0	1	7
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	41	5	1	0	0	180	7	0	0	4
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	72	8	5	0	25	480	1	0	0	6
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	38	4	3	0	15	156	0	0	0	6
Veg Slaw	46	<input type="checkbox"/>	<input type="checkbox"/>	60	45	5	0	0	5	180	4	1	2	1

SUPER PREMIUM INGREDIENTS	Serving Size (g)	Vegan?	Contains Gluten?	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	117	13	3	0	0	0	8	9	0	3
Blackened Chicken	80	<input type="checkbox"/>	<input type="checkbox"/>	110	40	5	1	0	60	310	1	0	0	15
Caramelized Garlic Steak	100	<input type="checkbox"/>	<input type="checkbox"/>	220	110	12	4	0	65	630	2	0	0	24
Herb Roasted Chicken <i>(Select Southern California + New York locations only)</i>	78	<input type="checkbox"/>	<input type="checkbox"/>	90	27	3	0	0	45	360	0	0	0	18
Miso Glazed Salmon	132	<input type="checkbox"/>	<input type="checkbox"/>	290	135	15	4	0	60	680	13	0	11	24
Miso Glazed Steelhead <i>(Seattle locations only)</i>	132	<input type="checkbox"/>	<input type="checkbox"/>	200	72	8	2	0	65	470	9	0	7	24
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	18	2	0	0	45	490	0	0	0	17
Roasted Tofu	75	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100	63	7	1	0	0	250	2	1	0	7
Warm Portobello Mix	65	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	50	6	1	0	0	340	3	1	1	1
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	25	3	0	0	0	410	14	2	3	1

DRESSINGS	Serving Size (g)	Vegan?	Contains Gluten?	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	41	<input type="checkbox"/>	<input type="checkbox"/>	210	200	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	0	3	0	2	0
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	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	0
Extra Virgin Olive Oil	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	126	14	2	0	0	0	0	0	0	0
Green Goddess Ranch	35	<input checked="" type="checkbox"/>	<input type="checkbox"/>	180	171	19	2	0	25	350	1	0	0	1
Honey BBQ Sauce	43	<input type="checkbox"/>	<input type="checkbox"/>	55	2	0	0	0	0	320	6	0	12	0
Hot Honey Mustard Sauce	41	<input type="checkbox"/>	<input type="checkbox"/>	170	130	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	0	1	0	0	0
Lime Cilantro Jalapeno Vinaigrette	37	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	120	14	2	0	0	60	4	0	0	0
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Miso Sesame Ginger	36	<input checked="" type="checkbox"/>	<input type="checkbox"/>	190	180	20	3	0	0	390	2	0	2	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	70	9	1	0	0	160	0	0	0	0
Red Wine Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	180	170	19	2	0	0	430	2	0	2	0
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	140	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	0	170	2	1	1	1
Umami Seasoning	0	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	65	0	0	0	0

CORE MENU

Bowls

	Serving Size (g)	Vegan?	Contains Gluten?	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)
CHICKEN AVOCADO RANCH	523	<input type="checkbox"/>	<input type="checkbox"/>	715	373	42	7	0	85	1,065	59	14	8	23
Blackened Chicken	80	<input type="checkbox"/>	<input type="checkbox"/>	110	40	5	1	0	60	310	1	0	0	15
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	117	13	3	0	0	0	8	9	0	3
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	257	5	0	4	0
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	0	4	1	3	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	36	4	1	0	0	10	10	1	0	1
White Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	120	9	1	0	0	0	130	27	1	0	2
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	171	19	2	0	25	350	1	0	0	1

	Serving Size (g)	Vegan?	Contains Gluten?	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)
CHICKEN PESTO PARM	409	<input type="checkbox"/>	<input checked="" type="checkbox"/>	525	196	23	4	0	60	1,692	38	8	3	35
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	18	2	0	0	45	490	0	0	0	17
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	25	3	0	0	0	125	2	1	0	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	38	4	3	0	15	156	0	0	0	6
Za'atar Breadcrumbs	15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	65	18	2	0	0	0	201	9	1	0	3
Herbed Quinoa	100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	27	3	0	0	0	340	21	3	1	5
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	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	0	170	2	1	1	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	70	9	1	0	0	160	0	0	0	0

	Serving Size (g)	Vegan?	Contains Gluten?	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)
Chicken Pesto Parm <i>(Select Southern California + New York locations only)</i>	411	<input type="checkbox"/>	<input checked="" type="checkbox"/>	545	218	26	5	0	75	1512	39	8	3	33
Blackened Chicken	80	<input type="checkbox"/>	<input type="checkbox"/>	110	40	5	1	0	60	310	1	0	0	15

Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	25	3	0	0	0	125	2	1	0	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	38	4	3	0	15	156	0	0	0	6
Za'atar Breadcrumbs	15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	65	18	2	0	0	0	201	9	1	0	3
Herbed Quinoa	100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	27	3	0	0	0	340	21	3	1	5
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	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	0	170	2	1	1	1
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	70	9	1	0	0	160	0	0	0	0
	Serving Size (g)	Vegan?	Contains Gluten?	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)
CRISPY RICE BOWL	432	<input type="checkbox"/>	<input type="checkbox"/>	640	266	30	3	0	60	1,125	61	8	9	28
Blackened Chicken	80	<input type="checkbox"/>	<input type="checkbox"/>	110	40	5	1	0	60	310	1	0	0	15
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	15	2	1	1	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	5	2	1	1	0
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	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	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Crispy Rice	26	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	14	2	0	0	0	260	14	0	1	2
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	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	0	1	0	0	0
Spicy Cashew	45	<input checked="" type="checkbox"/>	<input type="checkbox"/>	170	140	15	1	0	0	370	4	1	4	3
	Serving Size (g)	Vegan?	Contains Gluten?	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)
HARVEST BOWL	403	<input type="checkbox"/>	<input type="checkbox"/>	740	368	41	9	0	60	1,405	60	10	12	34
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	18	2	0	0	45	490	0	0	0	17
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	9	1	0	0	0	290	11	2	2	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	0	4	1	3	0
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	63	7	5	0	15	160	0	0	0	7
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	200	22	3	0	0	290	5	0	4	0
	Serving Size (g)	Vegan?	Contains Gluten?	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)
Harvest Bowl <small>(Select Southern California + New York locations only)</small>	405	<input type="checkbox"/>	<input type="checkbox"/>	760	390	44	10	0	75	1,225	61	10	12	32
Blackened Chicken	80	<input type="checkbox"/>	<input type="checkbox"/>	110	40	5	1	0	60	310	1	0	0	15
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	9	1	0	0	0	290	11	2	2	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	0	4	1	3	0
Goat Cheese	34	<input type="checkbox"/>	<input type="checkbox"/>	90	63	7	5	0	15	160	0	0	0	7
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	200	22	3	0	0	290	5	0	4	0
	Serving Size (g)	Vegan?	Contains Gluten?	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)
SHROOMAMI	431	<input checked="" type="checkbox"/>	<input type="checkbox"/>	635	374	42	6	0	0	1,160	50	10	7	18
Roasted Tofu	75	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100	63	7	1	0	0	250	2	1	0	7
Warm Portobello Mix	65	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	50	6	1	0	0	340	3	1	1	1
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	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	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Miso Sesame Ginger	36	<input checked="" type="checkbox"/>	<input type="checkbox"/>	190	180	20	3	0	0	390	2	0	2	1
	Serving Size (g)	Vegan?	Contains Gluten?	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)
STEAKHOUSE CHOPPED	482	<input type="checkbox"/>	<input checked="" type="checkbox"/>	725	412	46	13	0	115	1,713	35	7	4	38
Caramelized Garlic Steak	100	<input type="checkbox"/>	<input type="checkbox"/>	220	110	12	4	0	65	630	2	0	0	24
Crispy Onions	6	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	40	23	3	2	0	0	30	3	0	0	0
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Blue Cheese	30	<input type="checkbox"/>	<input type="checkbox"/>	110	81	9	6	0	25	340	1	0	0	6
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	5	2	1	1	0
Herbed Quinoa	100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	27	3	0	0	0	340	21	3	1	5
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	171	19	2	0	25	350	1	0	0	1
Plates														
	Serving Size (g)	Vegan?	Contains Gluten?	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)
CARAMELIZED GARLIC STEAK	480	<input type="checkbox"/>	<input type="checkbox"/>	770	266	31	5	0	65	1,635	82	8	4	33
Caramelized Garlic Steak	100	<input type="checkbox"/>	<input type="checkbox"/>	220	110	12	4	0	65	630	2	0	0	24
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	25	3	0	0	0	125	2	1	0	1

Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Lime Cilantro Jalapeno Vinaigrette	37	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	120	14	2	0	0	60	4	0	0	0
HUMMUS CRUNCH	Serving Size (g)	Vegan?	Contains Gluten?	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)
HUMMUS CRUNCH	510	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	390	140	18	2	0	0	1,299	38	11	6	14
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	41	5	1	0	0	180	7	0	0	4
Chickpeas	43	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	5	1	0	0	0	250	7	2	1	2
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	5	2	1	1	0
Spicy Banana Peppers	34	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	460	1	1	0	0
Basil	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	0	0	0	0	0	0	0	0	0	0	0
Za'atar Breadcrumbs	15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	65	18	2	0	0	0	201	9	1	0	3
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Pesto Vinaigrette	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	110	70	9	1	0	0	160	0	0	0	0
KALE CAESAR (CHICKEN)	Serving Size (g)	Vegan?	Contains Gluten?	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)
KALE CAESAR (CHICKEN)	425	<input type="checkbox"/>	<input type="checkbox"/>	490	294	32	11	0	105	1,519	14	6	5	35
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	18	2	0	0	45	490	0	0	0	17
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	72	8	5	0	25	480	1	0	0	6
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	38	4	3	0	15	156	0	0	0	6
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	160	17	3	0	20	350	1	0	1	1
Kale Caesar (Chicken) <i>(Select Southern California + New York locations only)</i>	Serving Size (g)	Vegan?	Contains Gluten?	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)
Kale Caesar (Chicken)	425	<input type="checkbox"/>	<input type="checkbox"/>	490	303	33	11	0	105	1,389	14	6	5	36
Herb Roasted Chicken <i>(Select Southern California + New York locations only)</i>	Serving Size (g)	Vegan?	Contains Gluten?	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)
Herb Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	27	3	0	0	45	360	0	0	0	18
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	72	8	5	0	25	480	1	0	0	6
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	38	4	3	0	15	156	0	0	0	6
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	160	17	3	0	20	350	1	0	1	1
KALE CAESAR (STEAK)	Serving Size (g)	Vegan?	Contains Gluten?	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)
KALE CAESAR (STEAK)	447	<input type="checkbox"/>	<input type="checkbox"/>	620	386	42	15	0	125	1,659	16	6	5	42
Caramelized Garlic Steak	100	<input type="checkbox"/>	<input type="checkbox"/>	220	110	12	4	0	65	630	2	0	0	24
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	72	8	5	0	25	480	1	0	0	6
Shaved Parmesan	17	<input type="checkbox"/>	<input type="checkbox"/>	65	38	4	3	0	15	156	0	0	0	6
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Lime Squeeze	15	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	160	17	3	0	20	350	1	0	1	1
Kids														
LITTLE HARVEST	Serving Size (g)	Vegan?	Contains Gluten?	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)
LITTLE HARVEST	223	<input type="checkbox"/>	<input type="checkbox"/>	410	243	27	3	0	45	1,190	23	3	10	18
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	18	2	0	0	45	490	0	0	0	17
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	25	3	0	0	0	410	14	2	3	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	0	4	1	3	0
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	200	22	3	0	0	290	5	0	4	0
Little Harvest <i>(Select Southern California + New York locations only)</i>	Serving Size (g)	Vegan?	Contains Gluten?	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)
Little Harvest	223	<input type="checkbox"/>	<input type="checkbox"/>	410	252	28	3	0	45	1,060	23	3	10	19
Herb Roasted Chicken <i>(Select Southern California + New York locations only)</i>	Serving Size (g)	Vegan?	Contains Gluten?	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)
Herb Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	27	3	0	0	45	360	0	0	0	18
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	25	3	0	0	0	410	14	2	3	1
Apples	32	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	0	4	1	3	0
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	200	22	3	0	0	290	5	0	4	0
MINI MEZZE	Serving Size (g)	Vegan?	Contains Gluten?	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)
MINI MEZZE	185	<input type="checkbox"/>	<input type="checkbox"/>	255	95	11	2	0	45	680	18	1	0	22
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	18	2	0	0	45	490	0	0	0	17
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	41	5	1	0	0	180	7	0	0	4
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	36	4	1	0	0	10	10	1	0	1
Mini Mezze <i>(Select Southern California + New York locations only)</i>	Serving Size (g)	Vegan?	Contains Gluten?	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)
Mini Mezze	185	<input type="checkbox"/>	<input type="checkbox"/>	255	104	12	2	0	45	550	18	1	0	23
Herb Roasted Chicken <i>(Select Southern California + New York locations only)</i>	Serving Size (g)	Vegan?	Contains Gluten?	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)
Herb Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	27	3	0	0	45	360	0	0	0	18

Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	41	5	1	0	0	180	7	0	0	4
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	36	4	1	0	0	10	10	1	0	1
RANCHY CHICKEN + RICE	Serving Size (g)	Vegan?	Contains Gluten?	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)
Ranchy Chicken + Rice <i>(Select Southern California + New York locations only)</i>	272	<input type="checkbox"/>	<input type="checkbox"/>	530	279	31	7	0	95	1,470	34	2	0	27
Roasted Chicken	78	<input type="checkbox"/>	<input type="checkbox"/>	90	18	2	0	0	45	490	0	0	0	17
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	72	8	5	0	25	480	1	0	0	6
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	171	19	2	0	25	350	1	0	0	1

Ranchy Chicken + Rice <i>(Select Southern California + New York locations only)</i>	Serving Size (g)	Vegan?	Contains Gluten?	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)
Herb Roasted Chicken <i>(Select Southern California + New York locations only)</i>	272	<input type="checkbox"/>	<input type="checkbox"/>	530	288	32	7	0	95	1,340	34	2	0	28
Cucumbers	44	<input checked="" type="checkbox"/>	<input type="checkbox"/>	5	0	0	0	0	0	0	1	0	0	0
Parmesan Crisps	20	<input type="checkbox"/>	<input type="checkbox"/>	100	72	8	5	0	25	480	1	0	0	6
Wild Rice	95	<input checked="" type="checkbox"/>	<input type="checkbox"/>	155	18	2	0	0	0	150	31	2	0	3
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	171	19	2	0	25	350	1	0	0	1

Sides

HUMMUS + FOCACCIA	Serving Size (g)	Vegan?	Contains Gluten?	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)
Hummus + Focaccia Breadsticks	131	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	290	98	11	1	0	0	660	37	0	3	10
Rosemary Focaccia	84	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	210	57	6	0	0	0	480	30	0	3	6
Hummus	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	41	5	1	0	0	180	7	0	0	4
ROSEMARY FOCACCIA	Serving Size (g)	Vegan?	Contains Gluten?	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)
Rosemary Focaccia	94	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	230	63	7	1	0	0	530	34	0	2	8
ROASTED SWEET POTATOES + GREEN GODDESS RANCH	Serving Size (g)	Vegan?	Contains Gluten?	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)
Warm Roasted Sweet Potatoes	179	<input type="checkbox"/>	<input type="checkbox"/>	360	221	25	2	0	25	1,170	29	4	6	3
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	25	3	0	0	0	410	14	2	3	1
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	25	3	0	0	0	410	14	2	3	1
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	171	19	2	0	25	350	1	0	0	1
ROASTED SWEET POTATOES + HOT HONEY MUSTARD	Serving Size (g)	Vegan?	Contains Gluten?	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)
Warm Roasted Sweet Potatoes	185	<input type="checkbox"/>	<input type="checkbox"/>	350	180	20	1	0	0	1,170	37	4	15	2
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	25	3	0	0	0	410	14	2	3	1
Warm Roasted Sweet Potatoes	72	<input checked="" type="checkbox"/>	<input type="checkbox"/>	90	25	3	0	0	0	410	14	2	3	1
Hot Honey Mustard Sauce	41	<input type="checkbox"/>	<input type="checkbox"/>	170	130	14	1	0	0	350	9	0	9	0

CORE MENU - ONLINE EXCLUSIVES

BUFFALO CHICKEN	Serving Size (g)	Vegan?	Contains Gluten?	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)
Buffalo Chicken	514	<input type="checkbox"/>	<input checked="" type="checkbox"/>	555	305	34	10	0	105	1,686	32	9	11	31
Blackened Chicken	80	<input type="checkbox"/>	<input type="checkbox"/>	110	40	5	1	0	60	310	1	0	0	15
Pickled Onions	38	<input checked="" type="checkbox"/>	<input type="checkbox"/>	20	0	0	0	0	0	257	5	0	4	0
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	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	0
Blue Cheese	30	<input type="checkbox"/>	<input type="checkbox"/>	110	81	9	6	0	25	340	1	0	0	6
Za'atar Breadcrumbs	15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	65	18	2	0	0	0	201	9	1	0	3
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Sweetgreen Hot Sauce	28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	170	2	1	1	1
Caesar	39	<input type="checkbox"/>	<input type="checkbox"/>	160	160	17	3	0	20	350	1	0	1	1
FISH TACO	Serving Size (g)	Vegan?	Contains Gluten?	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)
Fish Taco	490	<input type="checkbox"/>	<input type="checkbox"/>	835	435	49	10	0	60	1,280	62	16	15	36
Miso Glazed Salmon	132	<input type="checkbox"/>	<input type="checkbox"/>	290	135	15	4	0	60	680	13	0	11	24
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	117	13	3	0	0	0	8	9	0	3
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	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	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	36	4	1	0	0	10	10	1	0	1
Herbed Quinoa	100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	27	3	0	0	0	340	21	3	1	5
Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	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	0	170	2	1	1	1
Lime Cilantro Jalapeno Vinaigrette	37	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	120	14	2	0	0	60	4	0	0	0
FISH TACO (STEELHEAD - SEA ONLY)	Serving Size (g)	Vegan?	Contains Gluten?	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)
Fish Taco (Steelhead - Sea Only)	490	<input type="checkbox"/>	<input type="checkbox"/>	745	372	42	7	0	65	1,070	58	16	11	36
Miso Glazed Steelhead	132	<input type="checkbox"/>	<input type="checkbox"/>	200	72	8	2	0	65	470	9	0	7	24
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	117	13	3	0	0	0	8	9	0	3
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	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	0
Tortilla Chips	16	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	36	4	1	0	0	10	10	1	0	1
Herbed Quinoa	100	<input checked="" type="checkbox"/>	<input type="checkbox"/>	130	27	3	0	0	0	340	21	3	1	5

Arugula	60	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	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	0	170	2	1	1	1
Lime Cilantro Jalapeno Vinaigrette	37	<input checked="" type="checkbox"/>	<input type="checkbox"/>	140	120	14	2	0	0	60	4	0	0	0
	Serving Size (g)	Vegan?	Contains Gluten?	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)
GARDEN COBB	517	<input type="checkbox"/>	<input type="checkbox"/>	740	506	56	15	0	215	1,008	34	16	10	22
Avocado	87	<input checked="" type="checkbox"/>	<input type="checkbox"/>	160	117	13	3	0	0	0	8	9	0	3
Hard Boiled Egg	50	<input type="checkbox"/>	<input type="checkbox"/>	70	45	5	2	0	190	70	1	0	1	7
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	9	1	0	0	0	290	11	2	2	1
Tomatoes	46	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	10	2	1	1	1
Blue Cheese	30	<input type="checkbox"/>	<input type="checkbox"/>	110	81	9	6	0	25	340	1	0	0	6
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Spring Mix	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	0	0	0	0	0
Chopped Romaine	140	<input checked="" type="checkbox"/>	<input type="checkbox"/>	25	0	0	0	0	0	8	3	2	1	1
Balsamic Vinaigrette	41	<input type="checkbox"/>	<input type="checkbox"/>	210	200	22	3	0	0	290	5	0	4	0
	Serving Size (g)	Vegan?	Contains Gluten?	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)
SUPER GREEN GODDESS	335	<input type="checkbox"/>	<input type="checkbox"/>	465	270	31	3	0	25	1,100	36	13	8	12
Chickpeas	43	<input checked="" type="checkbox"/>	<input type="checkbox"/>	45	5	1	0	0	0	250	7	2	1	2
Roasted Sweet Potatoes	39	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	9	1	0	0	0	290	11	2	2	1
Raw Carrots	23	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	15	2	1	1	0
Spicy Broccoli	33	<input checked="" type="checkbox"/>	<input type="checkbox"/>	30	25	3	0	0	0	125	2	1	0	1
Shredded Cabbage	25	<input checked="" type="checkbox"/>	<input type="checkbox"/>	10	0	0	0	0	0	5	2	1	1	0
Roasted Almonds	14	<input checked="" type="checkbox"/>	<input type="checkbox"/>	80	54	6	1	0	0	0	3	2	1	3
Baby Spinach	53	<input checked="" type="checkbox"/>	<input type="checkbox"/>	15	0	0	0	0	0	40	2	1	0	1
Shredded Kale	70	<input checked="" type="checkbox"/>	<input type="checkbox"/>	35	6	1	0	0	0	25	6	3	2	3
Green Goddess Ranch	35	<input type="checkbox"/>	<input type="checkbox"/>	180	171	19	2	0	25	350	1	0	0	1
RIPPLE FRIES (Select Southern California locations only)														
	Serving Size (g)	Vegan?	Contains Gluten?	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)
RIPPLE FRIES + GARLIC AIOLI	176	<input type="checkbox"/>	<input type="checkbox"/>	470	342	38	4	0	40	1,090	31	2	3	3
Ripple Fries	130	<input checked="" type="checkbox"/>	<input type="checkbox"/>	180	63	7	1	0	0	560	28	2	1	2
Garlic Aioli	46	<input type="checkbox"/>	<input type="checkbox"/>	290	279	31	3	0	40	530	3	0	2	1
	Serving Size (g)	Vegan?	Contains Gluten?	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)
RIPPLE FRIES + PICKLE KETCHUP	182	<input checked="" type="checkbox"/>	<input type="checkbox"/>	240	63	7	1	0	0	1,040	43	2	13	2
Ripple Fries	130	<input checked="" type="checkbox"/>	<input type="checkbox"/>	180	63	7	1	0	0	560	28	2	1	2
Pickle Ketchup	52	<input checked="" type="checkbox"/>	<input type="checkbox"/>	60	0	0	0	0	0	480	15	0	12	0

Allergens										
	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	
SALADS										
BBQ Chicken Salad	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Buffalo Chicken	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Garden Cobb	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Guacamole Greens	<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"/>	
Hummus Crunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Kale Caesar	<input checked="" type="checkbox"/>	<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"/>	
Kale Caesar (Steak)	<input checked="" type="checkbox"/>	<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"/>	
Super Green Goddess	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
BOWLS										
Chicken Avocado 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 checked="" type="checkbox"/>	<input type="checkbox"/>	
Chicken Pesto Parm	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Crispy Rice Bowl	<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 checked="" type="checkbox"/>	
Fish Taco (Steelhead)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Fish Taco	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Harvest Bowl	<input checked="" 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"/>	
Shroomami	<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"/>	<input checked="" type="checkbox"/>	
Steakhouse Chopped	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
PROTEIN PLATES										
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"/>	
Hot Honey Chicken	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Miso Glazed Salmon	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Miso Glazed Steelhead	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
KIDS MEALS										
Little Harvest	<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"/>	
Mini Mezze	<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"/>	
Ranchy Chicken + Rice	<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"/>	
SIDES										
										Ingredients
										Ripple Fries: Russet Potatoes Potato Starch Avocado Oil Sea Salt Black Pepper Dried Parsley
Ripple Fries + Garlic Aioli <i>(Select Southern California locations only)</i>	<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"/>	Garlic Aioli: Mayonnaise (contains avocado oil) Garlic Lemon Juice Maple Syrup Umami Seasoning
										Ripple Fries: Russet Potatoes Potato Starch Avocado Oil Sea Salt Black Pepper Dried Parsley
Ripple Fries + Pickle Ketchup <i>(Select Southern California locations only)</i>	<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"/>	Pickle Ketchup Ketchup Maple Syrup Dill
Hummus + Focaccia	<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 checked="" type="checkbox"/>	
Roasted Sweet Potatoes + 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"/>	
Roasted Sweet Potatoes + Hot Honey Mustard	<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"/>	
Rosemary Focaccia	<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"/>	
										Potatoes Avocado Oil Seasoning Blend (Onion Powder, Poblano Powder, Sea Salt, Date Sugar, Garlic Powder, Chive Powder, Lemon Juice Powder (Tapioca, Maltodextrin, Lemon Juice, Lemon Oil)) Nutritional Yeast Black Pepper Citric Acid Dill Sumac Distilled White Vinegar Powder (Tapioca Solids Distilled White Vinegar)
SG x Siete: Green Goddess Ranch Potato Chips	<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"/>	
Siete Sea Salt Potato Chips	<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"/>	Potatoes Avocado Oil Sea Salt
DESSERT										
										Ingredients
Crispy Rice Treat	<input checked="" 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"/>	Brown Rice Honey Butter (Cream, Salt) Coconut Sugar Roasted Sunflower Seeds Coconut Oil Quinoa Puffed Millet Dates Vanilla Extract Salt Sunflower Oil Sunflower Lecithin
Hu Cashews + Vanilla Bean Hunks	<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"/>	Organic Cashew Organic Cacao Unrefined Organic Coconut Sugar Organic Fair-Trade Cocoa Butter Sea Salt Vanilla Bean
Hu Salty Dark Chocolate Bar	<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"/>	Organic Fair-Trade Cacao Unrefined Organic Coconut Sugar Organic Fair-Trade Cocoa Butter Sea Salt
INGREDIENTS										
BASES										
										Ingredients
Arugula	<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"/>	
Baby Spinach	<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"/>	
Chopped Romaine	<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"/>	
Herbed Quinoa	<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"/>	White Quinoa Water Umami Seasoning Extra Virgin Olive Oil White Wine Vinegar Dried Parsley
Shredded Kale	<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"/>	
Spring 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"/>	
White Rice	<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"/>	White Rice Salt Water Extra Virgin Olive Oil White Wine Vinegar
Wild Rice	<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"/>	Wild Rice Blend Water Extra Virgin Olive Oil White Wine Vinegar Kosher Salt

Bread	<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.
+1 TOPPINGS	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"/>	
Chickpeas	<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
Cilantro	<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"/>	
Crispy Onions	<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"/>	Onion Sunflower Oil Palm Oil Wheat Flour Salt
Crispy Rice	<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"/>	Crisp Rice Crisp Sorghum Garlic Powder Chili Powder Apple Sauce Umami Seasoning Canola Oil Ascorbic Acid Citric Acid
Cucumbers	<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"/>	
Nori Sesame Seasoning	<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"/>	Toasted Sesame Seeds White Sesame Seeds Black Sesame Seeds Seaweed Sugar Yeast Extract Salt Nori
Raw Carrots	<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"/>	
Roasted Almonds	<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"/>	
Shredded Cabbage	<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"/>	
Spicy Banana Peppers	<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"/>	Banana Peppers Vinegar Water Salt (Select markets) May contain: Turmeric
Spicy Broccoli	<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"/>	Broccoli Extra Virgin Olive Oil Umami Seasoning Crushed Red Pepper
Tomatoes	<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"/>	
Tortilla Chips	<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"/>	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
Za'atar Breadcrumbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Whole Wheat Bread Focaccia Bread Extra Virgin Olive Oil Umami Seasoning Oregano Thyme Sesame Seeds Sumac Hyssop Salt Soybean Oil Citric Acid
Pickled Onions	<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 onions Kosher Salt Maple Syrup White Wine Vinegar Water
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 potato Umami seasoning Extra Virgin Olive Oil
PREMIUMS	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	Ingredients
Blue Cheese	<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"/>	
Goat Cheese	<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"/>	
Hard Boiled Egg	<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"/>	
Hummus	<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"/>	Chickpeas Tahini Lemon Juice Garlic Extra Virgin Olive Oil Canola Oil Natural Flavors Dried Roasted Garlic Citric Acid Spices Salt Pepper
Parmesan Crisps	<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
Shaved Parmesan	<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"/>	
Veg Slaw	<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"/>	Cabbage Carrots Mayonnaise (contains avocado oil) Hot Honey Mustard Sauce Lime Juice Apple Cider Vinegar Dijon Mustard Umami Seasoning Dried Parsley
SUPER PREMIUMS	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	Ingredients
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"/>	Chicken Leg/Thigh Balsamic Vinegar Avocado Oil
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"/>	Blackened Seasoning: BK Spice Flake Salt Dark Chili Powder (Red Chili, Salt, Cumin, Oregano, Garlic) Black Pepper Cumin Coriander St Charles Salt Chili Powder (Chili Pepper, Garlic, Spices) Cumin Paprika Black Pepper Coriander Red Pepper

Lime Cilantro Jalapeno 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 Lime Juice White Wine Vinegar Cilantro Jalapeno Umami Seasoning Garlic Cumin
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"/>	
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 White Miso Paste Rice Vinegar Tamari Ginger Garlic Maple Syrup Water Umami Seasoning Sesame Oil Crushed Red Pepper
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
Red Wine 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"/>	Red Wine Vinegar Dijon Mustard Maple Syrup Lemon Juice Salt Cracked Black Pepper Extra Virgin Olive Oil Avocado Oil
Spicy Cashew	<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 checked="" type="checkbox"/>	Cashews Sunflower Oil Maple Syrup Lime Juice Water Rice Vinegar Cilantro Garlic Sesame Oil Ginger Umami Seasoning Crushed Red Pepper
Sweetgreen Hot 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"/>	Water Jalapeno 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
Umami Seasoning	<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"/>	Granulated Onion Granulated Garlic Paprika Cumin Powder Cayenne Powder Nutritional Yeast Kosher Salt
BEVERAGES	Dairy	Eggs	Fish	Shellfish	Wheat	Peanuts	Tree Nuts	Soy	Sesame	Ingredients
Harney & Sons Organic Lemonade	<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"/>	Triple Filtered Water Organic Maple Syrup Organic Lemon Juice Concentrate Organic Lemon Flavor
Honest Kids Apple Juice	<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"/>	Filtered Water Organic Apple Juice From Concentrate Natural Flavor Vitamin C (Ascorbic Acid) Organic Natural Flavor Citric Acid (Provides Tartness)
Tree Top Apple Juice	<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 Apple Juice From Concentrate (Water, Concentrated Organic Apple Juice)
Health-Ade Kombucha Passionfruit Tangerine	<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 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)
Health-Ade Kombucha Pink Lady	<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"/>	*Certified Org 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)
Mother Kombucha Hopped Passion Fruit	<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"/>	*Certified Organic 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.
Mother Kombucha The Trop	<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 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
OLIPOP Lemon Lime Soda	<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"/>	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

BREAD INGREDIENTS

CALIFORNIA, TEXAS, COLORADO, GEORGIA, FLORIDA (V)	DETROIT (V)	INDIANA, ILLINOIS, INDIANA, OHIO, NORTH CAROLINA (V)	DMV (V)	NEW YORK, CONNECTICUT, NEW JERSEY (V)
WATER	WHEAT FLOUR	WHEAT FLOUR	WHEAT FLOUR	WHOLE WHEAT FLOUR
WHEAT FLOUR	WATER	MALTED BARLEY FLOUR	MALTED BARLEY FLOUR	WHITE FLOUR
NIACIN	ORGANIC WHEAT FLOUR	NIACIN	FILTERED WATER	WATER
REDUCED IRON	MALTED BARLEY FLOUR	IRON	LEVAIN	SALT
THIAMIN MONONITRATE	SEA SALT	THIAMIN MONONITRATE	BUCKWHEAT FLOUR	NATURAL STARTER
RIBOFLAVIN	WHOLE WHEAT FLOUR	RIBOFLAVIN	RYE FLOUR	WHEAT BRAN
FOLIC ACID		FOLIC ACID	SALT	
WHOLE WHEAT FLOUR		WATER		
SEA SALT	MASSACHUSETTS AND RHODE ISLAND (V)	SALT	SEA (V)	WISCONSIN
	ORGANIC WHOLE WHEAT FLOUR	RYE FLOUR	WATER	UNBLEACHED UNBROMATED WHEAT FLOUR
	MALTED BARLEY FLOUR	CULTURED WHEAT STARCH	RYE FLOUR	WATER
	WATER	FILTERED WATER	WHEAT FLOUR	SOURDOUGH STARTER
PENNSYLVANIA (V)	NATURAL WHOLE WHEAT STARTER	SEA SALT	ASCORBIC ACID	WHEAT BRAN
WATER			ENZYME	SALT
WHOLE WHEAT FLOUR			NIACIN	YEAST
WHITE FLOUR			REDUCED IRON	
MALTED BARLEY FLOUR			THIAMINE MONONITRATE	
YEAST			RIBOFLAVIN	
			FOLIC ACID	
MINNESOTA			ORGANIC WHOLE WHEAT FLOUR	
BREAD FLOUR			ORGANIC COARSE RYE FLOUR	
FILTERED WATER			MALTED BARLEY FLOUR	
WHOLE WHEAT FLOUR			SEA SALT	
RYE FLOUR			YEAST	
SEA SALT				
MALTED BARLEY FLOUR				

FOGACCIA INGREDIENTS

CALIFORNIA, TEXAS, COLORADO, GEORGIA, FLORIDA (V)	INDIANA, ILLINOIS, INDIANA, OHIO, NORTH CAROLINA (V)	ALL OTHER MARKETS (V)
WHEAT FLOUR	WHEAT FLOUR	WHOLE WHEAT FLOUR
NIACIN	MALTED BARLEY FLOUR	WHEAT FLOUR
REDUCED IRON	NIACIN	EXTRA VIRGIN OLIVE OIL
THIAMINE MONONITRATE	IRON	YEAST
RIBOFLAVIN	THIAMIN MONONITRATE	SEA SALT
FOLIC ACID	RIBOFLAVIN	ROSEMARY
WATER	FOLIC ACID	
OLIVE OIL	WATER	
SEA SALT	OLIVE OIL	
ENZYMES	SALT	
YEAST	YEAST	
ROSEMARY	MALTED BARLEY FLOUR	
KOSHER SALT	DRIED ROSEMARY	
	BLACK PEPPER	