

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Gluten-Free (GF), Dairy-Free (DF), Vegan (V)	ALLERGENS*	
<b>SALADS / WRAPS</b> (salads based on standard portions that fill a 48 oz container, not including added protein unless indicated, or dressing; for wraps, add flour tortilla nutritional details below)														
BBQ RANCH	510	210	23	6	0	15	800	65	17	12	20	**	Dairy	
BRUSCHETTA CAPRESE	310	140	15	7	0	40	720	24	7	6	21		Dairy, Wheat	
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	300	80	9	2	0	65	1170	29	11	9	28		Dairy, Wheat	
CAESAR	170	50	6	2.5	0	10	300	23	8	6	11		Dairy, Wheat	
COBB	470	330	36	11	0	225	610	19	11	6	18	GF	Dairy	
GREEK	170	80	9	4.5	0	25	520	18	7	7	8	GF	Dairy	
JALAPEÑO RANCH	410	200	22	9	0	35	460	38	8	17	16	GF	Dairy	
SUMMER CRUNCH (SEASONAL)	270	100	11	0	0	0	340	40	8	13	6	DF, V	Wheat	
THAI	100	10	1.5	0	0	0	55	20	10	9	6	GF, DF, V		
KIDS SALAD	100	15	1.5	0	0	0	120	18	5	4	4		Dairy, Wheat	
FLOUR TORTILLA (12")	260	70	8	1.5	0	0	400	44	4	2	5	DF, V	Wheat	
<b>PROTEINS</b> (based on 1/2 cup portion)														
BUFFALO CHICKEN (without salad)	150	60	7	1	0	65	1020	1	0	1	21	GF	Dairy	
CHICKEN	130	30	3.5	1	0	75	620	1	0	0	25	GF, DF		
STEAK	170	70	7	2.5	0	70	200	<1	0	0	25	GF, DF		
SHRIMP	90	35	4	0	0	115	510	1	0	0	12	GF, DF	Shellfish	
TOFU - ORGANIC	130	30	3.5	1.5	0	0	135	6	1	4	18	GF, DF, V	Soy	
<b>DRESSINGS</b> (serving size is 2 tbsp or 1 oz; each packet contains 2.5 servings which equals 5 tbsp or 2.5 oz)														
BALSAMIC VINAIGRETTE	120	110	13	1.5	0	0	150	2	0	2	0	GF, DF, V		
BASIL PESTO	160	150	17	2	0	0	60	<1	0	0	<1	GF	Dairy, Pine Nuts	
BBQ RANCH	60	45	5	0	0	0	170	4	0	3	0	GF	Dairy	
CAESAR	120	110	13	2.5	0	10	190	1	0	0	1	GF	Dairy, Eggs, Fish, Soy	
CREAMY BLUE CHEESE	130	120	13	3.5	0	10	180	2	0	0	<1	GF	Dairy, Eggs	
CREAMY GREEK	80	70	8	2	0	10	120	1	0	0	1	GF	Dairy, Eggs	
JALAPEÑO RANCH	80	80	9	0.5	0	0	130	1	0	0	<1	GF	Dairy	
RANCH	90	90	10	1.5	0	<5	160	1	0	1	<1	GF	Dairy	
THAI PEANUT	130	110	12	1.5	0	0	135	4	0	3	2	GF, DF	Fish, Peanuts, Soy	
THOUSAND ISLAND (SEASONAL)	120	100	11	1	0	0	290	4	0	3	0	GF, V, DF		
<b>BREAKFAST BURRITOS</b> (includes all-natural flour tortilla)														
BACON, EGG & CHEESE BURRITO	600	320	36	12	0	220	1100	48	5	4	21	GF w/out tortilla	Dairy, Eggs, Wheat	
FIESTA	640	270	30	8	0	145	1100	71	8	5	26	GF w/out tortilla and strips **	Dairy, Eggs, Wheat	
SOUTHWEST	480	210	23	7	0	145	900	50	5	5	23	GF w/out tortilla	Dairy, Eggs, Wheat	
TRADITIONAL	630	310	35	11	0	130	1180	60	6	5	19	GF w/out tortilla	Dairy, Eggs, Wheat	
TURKEY SAUSAGE, EGG & CHEESE	520	230	26	8	0	235	940	48	5	4	26	GF w/out tortilla	Dairy, Eggs, Wheat	
FLOUR TORTILLA (12")	260	70	8	1.5	0	0	400	44	4	2	5	DF, V	Wheat	
HOUSE-MADE SALSA	10	0	0	0	0	0	180	2	1	1	0	GF, DF, V		
<b>SOUP</b>														
CHICKEN CORN CHOWDER (SEASONAL)	14 oz	370	140	16	8	0	100	970	35	3	9	23	GF	Dairy
<b>BEVERAGES</b>														
HOUSEMADE LEMONADE - TRADITIONAL	24 oz	330	0	0	0	0	20	85	0	82	0	GF, DF, V		
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	25	46	1	43	<1	GF, DF, V		
HOUSEMADE LEMONADE - PRICKLY PEAR (SEASONAL)	24 oz	360	0	0	0	0	20	95	0	91	0	GF, DF, V		
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	2	68	<1	GF, DF, V		
ORGANIC ICED TEA - BLACK	24 oz	0	0	0	0	0	20	0	0	0	0	GF, DF, V		
ORGANIC ICED TEA - MANGO GREEN	24 oz	0	0	0	0	0	20	0	0	0	0	GF, DF, V		
ORGANIC COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	25	0	0	0	0	GF, DF, V		
<b>COLD BREW ADD-INS</b>														
ALMOND MILK - GMO-free	2 oz	15	10	1	0	0	45	2	0	1	0	GF, DF, V	Tree Nuts	
OAT MILK - GMO-free	2 oz	35	15	2	1	0	25	4	1	2	<1	GF, DF, V		
HALF-AND-HALF	2 oz	90	60	6	4	0	30	55	4	0	2	GF	Dairy	
SIMPLE SYRUP SHOT	1 oz	70	0	0	0	0	0	18	0	18	0	GF, DF, V		
CARAMEL FLAVOR SHOT	1 oz	80	0	0	0	0	0	20	0	19	0	GF, DF, V		
HAZELNUT FLAVOR SHOT	1 oz	80	0	0	0	0	0	19	0	19	0	GF, DF, V	Tree Nuts	
VANILLA FLAVOR SHOT	1 oz	80	0	0	0	0	0	20	0	20	0	GF, DF, V		
SUGAR-FREE VANILLA FLAVOR SHOT	1 oz	0	0	0	0	0	0	0	0	0	0	GF, DF, V		

## CUSTOMIZE

### CHEESES

BLUE CHEESE	.68 oz	60	40	5	3	0	15	210	1	1	0	3	GF	Dairy
FETA	.93 oz	70	50	6	4	0	25	290	1	0	1	4	GF	Dairy
FRESH MOZZARELLA BALLS	2.19 oz	160	90	10	6	0	40	380	2	0	1	15	GF	Dairy
PARMESAN	.39 oz	45	25	3	2	0	10	190	0	0	0	4	GF	Dairy
PEPPER JACK CHEESE	.68 oz	60	35	4	3	0	15	110	0	0	0	5	GF	Dairy

### GREENS

MIXED GREENS - ORGANIC	1.85 oz	10	0	0	0	0	0	15	2	1	0	<1	GF, DF, V	
ROMAINE	4.86 oz	35	5	1	0	0	0	15	8	5	3	3	GF, DF, V	
SPINACH - ORGANIC	2.74 oz	20	0	0	0	0	0	60	3	2	0	2	GF, DF, V	

### FRUITS, VEGGIES AND MORE

AVOCADO (1/4 avocado)		110	90	10	2	0	0	5	6	4	0	1	GF, DF, V	
BACON - NITRATE-FREE	1.03 oz	170	140	15	6	0	25	300	0	0	0	3	GF, DF	
BLACK BEANS - ORGANIC	2 oz	80	0	0	0	0	0	480	14	3	1	5	GF, DF, V	
CARROTS - ORGANIC	.78 oz	10	0	0	0	0	0	15	2	1	1	0	GF, DF, V	
CELERY	.89 oz	0	0	0	0	0	0	20	<1	0	0	0	GF, DF, V	
CORN	1.23 oz	90	15	2	0	0	0	15	20	2	7	3	GF, DF, V	
CRISPY ONIONS (SEASONAL)	.75 oz	120	80	9	0	0	0	45	9	0	0	0	DF, V	Wheat
CROUTONS	.45 oz	50	10	1	0	0	0	90	9	1	0	2	DF, V	Wheat
CUCUMBERS - ORGANIC	1.21 oz	5	0	0	0	0	0	0	1	0	1	0	GF, DF, V	
EGG - HARD BOILED (1 egg)		80	50	5	2	0	185	60	<1	0	<1	6	GF, DF	Eggs
GREEN ONIONS	.47 oz	0	0	0	0	0	0	0	1	0	0	0	GF, DF, V	
JALAPENOS	.54 oz	0	0	0	0	0	0	0	1	0	1	0	GF, DF, V	
KALAMATA OLIVES	.91 oz	30	25	3	0	0	0	190	2	1	0	0	GF, DF, V	
PICKLES (SEASONAL)	1.15 oz	35	0	0	0	0	0	180	8	0	7	0	GF, DF, V	
PICO DE GALLO	2.86 oz	25	2	0	0	0	0	105	2	1	1	0	GF, DF, V	
POBLANOS - ROASTED	1.01 oz	20	5	1	0	0	0	0	3	0	1	<1	GF, DF, V	
RED CABBAGE	1 oz	10	0	0	0	0	0	10	3	1	1	<1	GF, DF, V	
RED ONIONS - PICKLED	1.33 oz	40	0	0	0	0	0	0	8	1	6	0	GF, DF, V	
RED ONIONS - FRESH	1.04 oz	15	0	0	0	0	0	0	3	1	1	0	GF, DF, V	
RED PEPPERS - FRESH	1.5 oz	15	0	0	0	0	0	0	3	1	2	0	GF, DF, V	
TOMATOES	1.79 oz	10	0	0	0	0	0	0	2	1	1	0	GF, DF, V	
TORTILLA STRIPS	.8 oz	110	45	5	1	0	0	50	15	2	0	2	DF, V**	

### BREAKFAST HOURS ONLY

BREAKFAST POTATOES	1.3 oz	40	10	1	0	0	0	60	6	1	0	<1	GF, DF, V	
SCRAMBLED EGG	1.16 oz	50	30	4	1	0	90	50	<1	0	0	3	GF, DF	Eggs
TURKEY SAUSAGE	1.78 oz	90	60	6	2	0	40	160	<1	0	0	9	GF, DF	

\* Based on the Food and Drug Administration's list of 8 common food allergens: **dairy, eggs, fish, peanuts, shellfish, soy, tree nuts, wheat**. We do not make representations about other allergens.

\*\* Tortilla strips are corn-based, but as they are made in a facility that uses wheat, there is a risk of cross-contamination and for that reason we do not claim they are gluten-free. Cheeses are pasteurized.

\*\*\* Not vegan due to use of honey in recipe.

Health and food safety are among our top priorities, and while we take precautions in our kitchens and stores to avoid cross-contamination, we cannot guarantee that items will not come in contact with each other. If you have a food allergy or dietary needs, please let us know when placing your order. If you have a question about whether a specific ingredient is used in a dressing, sauce, or other preparation, please email us at [info@saladandgo.com](mailto:info@saladandgo.com).

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutrition information is based on our standard recipes and portion sizes. While care is taken to provide consistent portioning, because every item is made by hand, variations may occur. Lemonade nutritionals are based on 25% of each cup containing ice.