

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\*

## SALADS / WRAPS (salads based on standard portions that fill a 48 oz container, not including added protein unless indicated, or dressing; for wraps, add flour)

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
BRUSSEL SPROUT CAESAR SALAD (SEASONAL)	450	190	21	8	0.1	25	690	50	12	27	23	GF	Dairy, Egg, Soy, Fish
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

## PROTEINS (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	
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

## DRESSINGS (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

## BREAKFAST BURRITOS (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	

## SOUP

CHICKEN AND SAUSAGE GUMBO (SEASONAL)	14 oz	204	19	9	2	0	26	1489	21	2	6	11	GF, DF	Soy, Fish
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## BEVERAGES

HOUSEMADE LEMONADE - TRADITIONAL	24 oz	330	0	0	0	0	0	20	85	0	82	0	GF, DF, V	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	0	25	46	1	43	<1	GF, DF, V	
HOUSEMADE LEMONADE - APPLE SPICE (SEASONAL)	24 oz	410	0	0.3	0	0	0	30	106	1	102	0	GF, DF, V	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	0	25	74	2	68	<1	GF, DF, V	
ORGANIC ICED TEA - BLACK	24 oz	0	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	0	20	0	0	0	0	GF, DF, V	
ORGANIC COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	0	25	0	0	0	0	GF, DF, V	

## COLD BREW ADD-INS

ALMOND MILK - GMO-free	2 oz	15	10	1	0	0	0	45	2	0	1	0	GF, DF, V	Tree Nuts
OAT MILK - GMO-free	2 oz	35	15	2	1	0	0	25	4	1	2	<1	GF, DF, V	
HALF-AND-HALF	2 oz	90	60	6	4	0	30	55	4	0	2	2	GF	Dairy
SIMPLE SYRUP SHOT	1 oz	70	0	0	0	0	0	0	18	0	18	0	GF, DF, V	
CARAMEL FLAVOR SHOT	1 oz	80	0	0	0	0	0	0	20	0	19	0	GF, DF, V	
HAZELNUT FLAVOR SHOT	1 oz	80	0	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	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	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	
BALSAMIC ONION (SEASONAL)	1.7 oz	80	30	3.5	0.3	0	0	5	11	2	6	1	GF,DF,V	
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	
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	
PARMESAN CRISP (SEASONAL)	.45 oz	80	45	5	4	0	15	170	0	0	0	8	GF	Dairy
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	
RAISIN GOLDEN (SEASONAL)	.9 oz	80	0	0.1	0	0	0	0	20	1	15	< 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	
ROASTED BRUSSELS SPROUT (SEASONAL)	2.5 oz	100	60	6	0.5	0	0	180	9	4	2	3	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.