

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 tortilla nutritional details below)

	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)	Vegetarian	Vegan	Gluten Friendly [^]	Dairy Friendly [^]	ALLERGENS*
BBQ RANCH	510	210	23	6	0	15	800	65	17	12	20	X				Milk, Wheat**
BRUSCHETTA CAPRESE	310	140	15	7	0	40	720	24	7	6	21	X				Milk, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	300	80	9	2	0	65	1170	29	11	9	28					Milk, Wheat
CAESAR	170	50	6	2.5	0	10	300	23	8	6	11	X				Milk, Wheat
COBB	470	330	36	11	0	225	610	19	11	6	18			X		Milk
GREEK	170	80	9	4.5	0	25	520	18	7	7	8	X		X		Milk
JALAPEÑO RANCH	410	200	22	9	0	35	460	38	8	17	16			X		Milk
THE MARKET SALAD	530	310	34	0	0	50	1540	38	9	10	15					Milk, Wheat
THAI	100	10	1.5	0	0	0	55	20	10	9	6		X	X	X	
KIDS SALAD	100	15	1.5	0	0	0	120	18	5	4	4					Milk, Wheat
FLOUR TORTILLA (12")	260	70	8	1.5	0	0	400	44	4	2	5	X	X		X	Wheat

PROTEINS (based on 1/2 cup portion)

BUFFALO CHICKEN	150	60	7	1	0	65	1020	1	0	1	21			X		Milk
CHICKEN	130	30	3.5	1	0	75	620	1	0	0	25			X	X	
TOFU	130	30	3.5	1.5	0	0	135	6	1	4	18	X	X	X	X	Soy, Sesame

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		X	X	X	
BASIL PESTO	160	150	17	2	0	0	60	< 1	0	0	< 1	X		X		Milk, Pine Nuts
BBQ RANCH	60	45	5	0	0	0	170	4	0	3	0	X		X		Milk
CAESAR	120	110	13	2.5	0	10	190	1	0	0	1	X		X		Milk, Eggs, Fish, Soy
CREAMY BLUE CHEESE	130	120	13	3.5	0	10	180	2	0	0	< 1	X		X		Milk, Eggs
CREAMY GREEK	80	70	8	2	0	10	120	1	0	0	1	X		X		Milk, Eggs
JALAPEÑO RANCH	80	80	9	0.5	0	0	130	1	0	0	< 1	X		X		Milk
RANCH	90	90	10	1.5	0	< 5	160	1	0	1	< 1	X		X		Milk
THAI PEANUT	130	110	12	1.5	0	0	135	4	0	3	2	X		X	X	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					Milk, Eggs, Wheat
FIESTA	640	270	30	8	0	145	1100	71	8	5	26					Milk, Eggs, Wheat**
SOUTHWEST	480	210	23	7	0	145	900	50	5	5	23					Milk, Eggs, Wheat

TRADITIONAL		630	310	35	11	0	130	1180	60	6	5	19					Milk, Eggs, Wheat
TURKEY SAUSAGE, EGG & CHEESE		520	230	26	8	0	235	940	48	5	4	26					Milk, Eggs, Wheat
FLOUR TORTILLA (12")		260	70	8	1.5	0	0	400	44	4	2	5	X	X		X	Wheat
HOUSE-MADE SALSA		10	0	0	0	0	0	180	2	1	1	0	X	X		X	

SOUP

BROCCOLI CHEDDAR SOUP	14 oz	380	240	26	0	1	70	980	23	3	9	14	X		X		Milk, Soy
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BEVERAGES

HOUSEMADE LEMONADE - TRADITIONAL	24 oz	330	0	0	0	0	0	20	85	0	82	0	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	0	25	46	1	43	< 1	X	X	X	X	
HOUSEMADE LEMONADE - SANGRIA (seasonal)	24 oz	210	0	0.5	0	0	0	20	55	1	52	0	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	0	25	74	2	68	< 1	X	X	X	X	
ICED TEA - BLACK	24 oz	0	0	0	0	0	0	20	0	0	0	0	X	X	X	X	
ICED TEA - MANGO GREEN	24 oz	0	0	0	0	0	0	20	0	0	0	0	X	X	X	X	
COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	0	25	0	0	0	0	X	X	X	X	

COLD BREW ADD-INS

ALMOND MILK	2 oz	15	10	1	0	0	0	45	2	0	1	0	X	X	X	X	Tree Nuts
OAT MILK	2 oz	35	15	2	1	0	0	25	4	1	2	< 1	X	X	X	X	
HALF-AND-HALF	2 oz	90	60	6	4	0	30	55	4	0	2	2	X		X		Milk
SIMPLE SYRUP SHOT	1 oz	70	0	0	0	0	0	0	18	0	18	0	X	X	X	X	
CARAMEL FLAVOR SHOT	1 oz	80	0	0	0	0	0	0	20	0	19	0	X	X	X	X	
HAZELNUT FLAVOR SHOT	1 oz	80	0	0	0	0	0	0	19	0	19	0	X	X	X	X	Tree Nuts
VANILLA FLAVOR SHOT	1 oz	80	0	0	0	0	0	0	20	0	20	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT	1 oz	0	0	0	0	0	0	0	0	0	0	0	X	X	X	X	

CHEESES

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

GREENS

MIXED GREENS	1.85 oz	10	0	0	0	0	0	15	2	1	0	< 1	X	X	X	X	
ROMAINE	4.86 oz	35	5	1	0	0	0	15	8	5	3	3	X	X	X	X	
SPINACH	2.74 oz	20	0	0	0	0	0	60	3	2	0	2	X	X	X	X	

FRUITS, VEGGIES AND MORE

AVOCADO (1/4 avocado)		110	90	10	2	0	0	5	6	4	0	1	X	X	X	X	
BACON - NITRATE-FREE	1.03 oz	170	140	15	6	0	25	300	0	0	0	3			X	X	
BLACK BEANS	2 oz	80	0	0	0	0	0	480	14	3	1	5	X	X	X	X	
CARROTS	.78 oz	10	0	0	0	0	0	15	2	1	1	0	X	X	X	X	

CELERY	.89 oz	0	0	0	0	0	0	20	< 1	0	0	0	X	X	X	X	
CORN	1.23 oz	90	15	2	0	0	0	15	20	2	7	3	X	X	X	X	
CROUTONS	.45 oz	50	10	1	0	0	0	90	9	1	0	2	X	X		X	Wheat
CUCUMBERS	1.21 oz	5	0	0	0	0	0	0	1	0	1	0	X	X	X	X	
EGG - HARD BOILED (1 egg)		80	50	5	2	0	185	60	< 1	0	< 1	6	X		X	X	Eggs
GREEN ONIONS	.47 oz	0	0	0	0	0	0	0	1	0	0	0	X	X	X	X	
JALAPENOS	.54 oz	0	0	0	0	0	0	0	1	0	1	0	X	X	X	X	
KALAMATA OLIVES	.91 oz	30	25	3	0	0	0	190	2	1	0	0	X	X	X	X	
PICO DE GALLO	2.86 oz	25	2	0	0	0	0	105	2	1	1	0	X	X	X	X	
POBLANOS - ROASTED	1.01 oz	20	5	1	0	0	0	0	3	0	1	< 1	X	X	X	X	
RED CABBAGE	1 oz	10	0	0	0	0	0	10	3	1	1	< 1	X	X	X	X	
RED ONIONS - PICKLED	1.33 oz	40	0	0	0	0	0	0	8	1	6	0	X	X	X	X	
RED ONIONS - FRESH	1.04 oz	15	0	0	0	0	0	0	3	1	1	0	X	X	X	X	
RED PEPPERS - FRESH	1.5 oz	15	0	0	0	0	0	0	3	1	2	0	X	X	X	X	
SWEET POTATOES (seasonal)	2.5 oz	130	15	1.5	0	0	0	250	26	4	0	1	X	X	X	X	
TOMATOES	1.79 oz	10	0	0	0	0	0	0	2	1	1	0	X	X	X	X	
TORTILLA STRIPS	.8 oz	110	45	5	1	0	0	50	15	2	0	2	X	X		X	Wheat**

BREAKFAST HOURS ONLY

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

* Based on the Food and Drug Administration's list of 9 common food allergens: dairy, eggs, fish, peanuts, shellfish, soy, tree nuts, wheat, sesame. We do not make representations about other allergens. While we make efforts to minimize the risk of cross contact, we cannot guarantee that our foods are free of any allergens. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. We use eggs, milk, peanuts, tree nuts, wheat, soy, and fish as ingredients in our food. Salad and Go cannot guarantee the absence of these allergens in our ingredients. Please reach out to info@saladandgo.com if you have additional questions on allergens or ingredients.

** 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.

^Gluten-Friendly

While our menu includes ingredients that are made without gluten, our restaurants are not gluten free. We take steps to minimize the risk of cross-contact with gluten, but cannot guarantee that these menu items are gluten free.

^^Dairy-Friendly

While our menu includes foods that are made without dairy, our restaurants are not dairy free. We take steps to minimize the risk of cross-contact and cannot guarantee that that these menu items are free of milk allergens.

GLUTEN INTOLERANCE & CELIAC DISEASE

We serve foods that contain gluten. Please refer to our nutrition and allergen chart to see a specific list. If you are highly sensitive to gluten and would like us to change our gloves before serving you, please let us know at the start of your order. While we are happy to change our gloves, we cannot guarantee that any foods are gluten-free due to the risk of cross-contact.

VEGAN & VEGETARIAN OPTIONS

Our tofu is vegan and vegetarian. Vegans should avoid our meats, cheeses, basil pesto, ranch, BBQ Ranch, Caesar and Greek Dressings. Our Thai Salad (not the dressing!), balsamic dressing, balsamic vinegar and olive oil are vegan. If you eat dairy our Broccoli Cheddar Soup is made with a vegetable broth. Our 'vegan' items are on the same line with animal-based products, individual foods may come into contact with one another during preparation.

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.