

	SIZE	CALORIES	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*
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## MENU ITEMS

### SALADS (Salad nutrition includes one portion of pulled chicken, without dressing. Tofu +30 calories; Steak +50 calories; No Protein -100 calories)

ASIAN FUSION	1 Salad	290	10	1	0	55	800	17	6	9	25				X	Soy, Wheat
ARCADIA	1 Salad	430	22	6	0	75	1010	36	1	19	25					Milk, Peanut, Tree Nuts, Wheat
BBQ RANCH	1 Salad	370	16	4.5	0	70	1170	29	9	6	28	X		X		Milk
BUFFALO CHICKEN	1 Salad	290	10	1.5	0	50	1700	28	6	6	23					Milk, Wheat
CAESAR	1 Salad	280	9	3.5	0	65	860	23	4	2	29	X				Milk, Wheat
COBB	1 Salad	460	28	12	0	295	1350	11	5	4	39			X		Egg, Milk
FAJITA	1 Salad	310	14	4.5	0	70	870	23	10	5	28			X		Milk
GOOD GREENS	1 Salad	530	26	7	0	40	1210	55	5	6	26					Milk, Wheat
MEDITERRANEAN	1 Salad	290	13	5	0	75	1210	19	7	5	26	X		X		Milk
JALAPEÑO RANCH	1 Salad	350	15	7	0	105	1150	18	4	6	32			X		Milk
ROASTED AUTUMN	1 Salad	490	19	5	0	65	990	56	10	33	29	X		X		Milk, Peanut, Tree Nuts
SOUTHWEST HARVEST	1 Salad	330	10	3.5	0	70	520	33	6	10	27			X		Milk
KIDS SALAD	1 Salad	140	3.5	0	0	0	320	24	3	3	5	X	X			Milk, Wheat

### WRAPS (Wrap nutrition includes one portion of pulled chicken, tortilla, and 2.5 oz of dressing (full sachet). Tofu +30 calories; Steak +50 calories; No protein -100 calories)

ASIAN FUSION	1 Wrap	960	55	8	0	55	2030	79	9	18	35				X	Treenuts, Sesame, Soy, Wheat
ARCADIA	1 Wrap	980	57	11	0	75	1810	92	4	27	33					Milk, Peanut, Tree Nuts, Wheat
BBQ RANCH	1 Wrap	820	39	9	0	70	2340	85	10	15	37					Milk, Wheat
BUFFALO CHICKEN	1 Wrap	890	52	13	0	70	2940	77	6	6	33					Egg, Milk, Wheat
CAESAR	1 Wrap	920	55	11	0	105	2350	74	6	4	41					Anchovy, Egg, Milk, Soy, Wheat
COBB	1 Wrap	1060	69	23	0	315	2400	60	6	4	50					Egg, Milk, Wheat
FAJITA	1 Wrap	810	47	10	0	70	2130	67	10	6	36					Milk, Wheat
GOOD GREENS	1 Wrap	1100	64	13	0	40	2270	111	7	14	34					Milk, Wheat
MEDITERRANEAN	1 Wrap	790	44	13	0	95	2380	68	7	6	36					Egg, Milk, Wheat
JALAPEÑO RANCH	1 Wrap	860	48	13	0	110	2210	66	5	7	41					Milk, Wheat
ROASTED AUTUMN	1 Wrap	1080	59	11	0	65	2260	108	10	38	37					Milk, Peanut, Tree Nuts, Wheat
SOUTHWEST HARVEST	1 Wrap	800	37	12	0	95	1960	83	6	12	36					Milk
FLOUR TORTILLA (12")	1 Each	300	8	3	0	0	810	48	2	1	8				X	Wheat

### BREAKFAST BURRITOS (Includes wheat flour tortilla, without salsa. Breakfast bowls -300 calories)

BIG AZ BEEF BREAKFAST BURRITO	1 Burrito	810	42	19	<1	495	1926	52	2	2	54					Milk, Eggs, Wheat
BIG AZ CHICKEN BREAKFAST BURRITO	1 Burrito	750	35	15	<1	475	1920	50	2	2	56					Milk, Eggs, Wheat
BACON, EGG & CHEESE	1 Burrito	590	30	12	0	410	1570	46	2	1	31					Milk, Eggs, Wheat
FIESTA	1 Burrito	610	27	7	0	195	1950	64	2	3	28					Milk, Eggs, Wheat
MEDITERRANEAN	1 Burrito	480	24	8	0	195	1190	50	2	2	18					Milk, Eggs, Wheat
SOUTHWEST	1 Burrito	500	23	7	0	195	1390	47	2	2	26					Milk, Eggs, Wheat
TRADITIONAL	1 Burrito	640	29	11	0	230	2080	67	2	3	27					Milk, Eggs, Wheat
TURKEY SAUSAGE, EGG & CHEESE	1 Burrito	560	27	9	0	375	1350	46	2	1	32					Milk, Eggs, Wheat
BREAKFAST POTATOES	2.3 oz	60	2	0	0	0	340	11	1	1	1	X	X	X	X	
SCRAMBLED EGG	1.7 oz	70	4.5	1.5	0	180	170	0	0	0	6	X		X	X	Eggs
TURKEY SAUSAGE	1.7 oz	80	5	0	0	0	370	0	0	0	9			X	X	

	SIZE	CALORIES	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*
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### SIDES

BOULDER CANYON AVOCADO OIL SEA SALT CHIPS	1 Bag	180	11	1.5	0	0	150	20	2	0	3	X	X	X	X	
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 8 oz Cup	6 oz	150	4	0	0	15	740	21	4	1	8			X	X	
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 12 oz Cup	10 oz	210	4.5	0	0	25	1210	30	6	2	12			X	X	
HUMMUS	4 oz	210	11	0	0	0	480	18	4	0	7	X	X	X	X	Sesame
LOADED GREEK HUMMUS	~ 4 oz	280	15	2.5	0	15	730	21	4	1	10	X				Sesame, Milk
HUMMUS WITH CHICKPEAS	~ 4 oz	250	13	0	0	0	600	22	5	1	9	X				Sesame

HUMMUS WITH FETA	~ 4 oz	280	16	4	0	25	760	19	4	1	11	X				Sesame, Milk
PITA CHIPS (Larger Size)	2 oz	260	6	0.5	0	0	290	41	1	2	7	X	X		X	Wheat
SLOW-ROASTED PULLED CHICKEN QUESADILLA	1 Quesadilla	220	11	6	0	45	530	14	1	1	15					Milk, Wheat
CHEWY MARSHMALLOW BAR (GF)	1 Bar	230	4	3	0	15	230	45	0	22	2	X		X		Milk

## DRESSINGS/SALSA (1 Packet)

BALSAMIC VINAIGRETTE	2.5 oz	310	32	3.5	0	0	470	7	0	5	1	X	X	X	X	
BBQ RANCH	2.5 oz	170	14	1.5	0	0	510	10	0	8	1	X		X		Milk
CAESAR	2.5 oz	340	37	5	0	35	680	3	0	1	3			X		Milk, Eggs, Fish, Soy
CREAMY BLUE CHEESE	2.5 oz	320	32	9	0	20	430	4	0	1	3	X		X		Milk, Eggs
CREAMY FETA	2.5 oz	220	22	5	0	20	360	4	0	1	4			X		Milk, Eggs
JALAPEÑO RANCH	2.5 oz	230	24	2.5	0	0	460	3	0	1	2	X		X		Milk
KOREAN BBQ VINAIGRETTE	2.5 oz	360	37	4	0	0	420	10	0	8	1	X	X		X	Soy, Sesame, Tree Nut
LEMON BASIL VINAIGRETTE	2.5 oz	280	29	3	0	0	260	8	0	7	1	X				
RANCH	2.5 oz	220	23	3.5	0	10	410	2	0	1	2	X		X		Milk
EXTRA VIRGIN OLIVE OIL	1 oz	230	26	4	0	0	0	0	0	0	0	X	X	X	X	
BALSAMIC VINEGAR	1 oz	30	0	0	0	0	0	6	0	6	0	X	X	X	X	
TRADITIONAL SALSA	1.5 oz	10	0	0	0	0	190	2	0	1	0	X	X	X	X	
SALSA VERDE	1.5 oz	15	0	0	0	0	80	3	0	2	0	X	X	X	X	
SPICY ADOBO	2.5 oz	180	18	5	0	20	630	4	0	2	2	X		X		Milk
STRAWBERRY GINGER VINAIGRETTE	2.5 oz	240	24	2.5	0	0	220	8	0	7	0	X		X	X	

## INDIVIDUAL INGREDIENTS

### PROTEINS

SLOW-ROASTED PULLED CHICKEN	3 oz	90	1.5	1	0	55	350	1	0	0	18			X	X	
BUFFALO CHICKEN	3.95 oz	160	10	2	0	55	1270	2	0	1	17			X		Milk
STEAK	2.5 oz	140	7	3.5	0	40	150	0	0	0	18			X	X	
TOFU	3.3 oz	140	4.5	1	0	0	640	14	2	6	10	X	X	X	X	Soy, Sesame, Tree Nut
SHREDDED BEEF	3 oz	150	11	6	0	70	450	1	0	1	12			X	X	

### CHEESES

BLUE CHEESE	.7 oz	70	6	4	0	15	210	1	0	0	4	X		X		Milk
FETA	.8 oz	60	5	3.5	0	20	250	1	0	1	3	X		X		Milk
GOAT CHEESE CRUMBLES	.85oz	70	5	3.5	0	20	70	3	0	0	4	X		X		Milk
PARMESAN (SHAVED)	.5 oz	60	4.5	3	0	15	230	0	0	0	6	X		X		Milk
PEPPER JACK CHEESE	.7 oz	70	5	3	0	20	110	1	0	0	4	X		X		Milk

### GREENS

ASIAN SLAW	4 oz	15	0	0	0	0	70	3	1	1	1	X	X	X	X	
MIXED GREENS	3.5 oz	15	0	0	0	0	65	3	1	0	1	X	X	X	X	
ROMAINE	6 oz	30	0	0	0	0	10	6	4	2	2	X	X	X	X	

	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegan	Vegetarian	Gluten Free**	Dairy Free**	ALLERGENS*
ROMAINE WITH MIXED GREENS	4.85 oz	25	0	0	0	0	40	5	3	1	2	X	X	X	X	
SPINACH	2.7 oz	20	0	0	0	0	60	3	2	0	2	X	X	X	X	

### FRUITS, VEGGIES AND MORE

APPLE SLICES	1.8oz	25	0	0	0	0	0	7	0	5	0	X	X	X	X	
AVOCADO	1/2 each	60	6	1	0	0	0	3	0	0	1	X	X	X	X	
BACON	.9 oz	110	7	3.5	0	35	380	0	0	0	7			X	X	
BANANA PEPPERS	.7 oz	0	0	0	0	0	250	1	0	0	0	X	X	X	X	
BLACK BEANS, SPICY	1.52 oz	30	0	0	0	0	190	5	1	0	2	X	X	X	X	
BRUSSELS SPROUTS	1.9 oz	49	3	0	0	0	120	5	2	1	2	X	X	X	X	
CARROTS	.8 oz	10	0	0	0	0	15	2	1	1	0	X	X	X	X	
CELERY	1.1 oz	5	0	0	0	0	20	<1	0	0	0	X	X	X	X	
CRANBERRIES (DRIED)	.8 oz	70	0	0	0	0	0	18	0	16	0	X	X	X	X	
CRISPY ONIONS	.6oz	100	7	0.5	0	0	40	9	0	1	1	X	X		X	Wheat
CROUTONS	.8 oz	100	3	0	0	0	280	16	0	0	3	X	X		X	Milk, Wheat
CUCUMBERS	1.5 oz	5	0	0	0	0	0	1	0	1	0	X	X	X	X	

EGG - HARD BOILED	1 egg	80	5	2	0	185	60	<1	0	<1	6	X		X	X		Eggs
KALAMATA OLIVES	1.1 oz	50	5	1	0	0	510	1	0	0	0	X	X	X	X		
MARINATED CHICKPEAS	1.4 oz	70	3.5	0	0	0	220	8	2	1	3	X	X	X	X		
PECANS (CANDIED)	.8 oz	130	9	1	0	0	60	12	0	11	1	X		X			Milk, Peanuts, Tree Nuts
PICO DE GALLO	1.6 oz	10	0	0	0	0	210	2	1	1	0	X	X	X	X		
POBLANOS - ROASTED	1 oz	20	1	0	0	0	0	3	0	1	<1	X	X	X	X		
RED CABBAGE	1.3 oz	10	0	0	0	0	10	3	1	1	<1	X	X	X	X		
RED ONIONS - PICKLED	1 oz	18	0	0	0	0	1	5	0	3	0	X	X	X	X		
RED ONIONS - FRESH	.9 oz	15	0	0	0	0	0	3	1	1	0	X	X	X	X		
RED PEPPERS - FRESH	2 oz	15	0	0	0	0	0	3	1	2	0	X	X	X	X		
ROASTED CORN	1.35 oz	40	1	0	0	0	0	7	2	3	1	X	X	X	X		
SWEET POTATOES	2.8 oz	54	2	0	0	0	265	7	1	6	1	X	X	X	X		
SWICY CARROTS	2 oz	45	1.5	0	0	0	180	9	2	5	1	X		X	X		Soy
TOMATOES	1.7 oz	10	0	0	0	0	0	2	1	1	0	X	X	X	X		
TORTILLA STRIPS	.4 oz	50	3	0	0	0	15	6	0	0	1	X	X	X	X		
WATERMELON RADISH	1 oz	5	0	0	0	0	10	1	0	1	0	X	X	X	X		
WONTON STRIPS	.8 oz	110	6	0	0	0	180	0	0	0	3						Wheat, Soy
FLOUR TORTILLA (12")	1 each	300	9	3	0	0	810	48	2	1	8	X	X				Wheat

	SIZE	CALORIES	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*
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## BEVERAGES

CITRUS ZEN JUICE	24 oz	220	0	0	0	0	20	58	0	54	2	X	X	X	X		
GREEN REVIVER	24 oz	180	0	0	0	0	75	45	1	34	2	X	X	X	X		
ORANGE REVIVER	24 oz	140	0	0	0	0	70	33	1	27	1	X	X	X	X		
HOUSEMADE LEMONADE - TRADITIONAL	24 oz	270	0	0	0	0	10	73	0	69	1	X	X	X	X		
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	50	49	0	46	1	X	X	X	X		
HOUSEMADE LEMONADE - BLUEBERRY BASIL	24 oz	230	0	0	0	0	15	62	0	58	1	X	X	X	X		
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	0	71	1	X	X	X	X		
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	24 oz	320	0	0	0	0	20	86	0	82	1	X	X	X	X		
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	24 oz	330	0	0	0	0	20	86	0	83	1	X	X	X	X		
FRUIT STAND LEMONADE - MANGO GROVE	24 oz	350	0	0	0	0	25	93	0	88	1	X	X	X	X		
FRUIT STAND LEMONADE - BLACK CHERRY ORCHARD	24 oz	350	0	0	0	0	15	91	0	87	1	X	X	X	X		
ICED TEA - BLACK	24 oz	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	20	0	0	0	0	X	X	X	X		
COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	25	0	0	0	0	X	X	X	X		
TOASTED MARSHMALLOW LEMONADE (includes 1 portion of Cold Foam)	24 oz	390	2.5	0	0	15	40	86	0	92	1	X		X			Milk, Soy
TOASTED MARSHMALLOW COLD BREW ICED COFFEE (includes 1 portion of Cold Foam)	24 oz	140	2.5	0	0	15	55	18	0	27	0	X		X			Milk, Soy
CITRUS ZEN JUICE	16 oz	150	0	0	0	0	15	40	0	37	1	X	X	X	X		
GREEN REVIVER	16 oz	130	0	0	0	0	50	31	1	23	1	X	X	X	X		
ORANGE REVIVER	16 oz	100	0	0	0	0	50	22	1	19	1	X	X	X	X		
HOUSEMADE LEMONADE - TRADITIONAL	16 oz	190	0	0	0	0	10	50	0	48	0	X	X	X	X		
HOUSEMADE LEMONADE - CUCUMBER MINT	16 oz	130	0	0	0	0	35	34	0	32	1	X	X	X	X		
HOUSEMADE LEMONADE - BLUEBERRY BASIL	16 oz	160	0	0	0	0	30	42	0	40	1	X	X	X	X		
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	16 oz	190	0	0	0	0	15	51	0	49	1	X	X	X	X		
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	16 oz	230	0	0	0	0	15	62	0	60	1	X	X	X	X		
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	16 oz	240	0	0	0	0	15	63	0	60	0	X	X	X	X		
FRUIT STAND LEMONADE - MANGO GROVE	16 oz	240	0	0	0	0	15	64	0	61	1	X	X	X	X		
FRUIT STAND LEMONADE - BLACK CHERRY ORCHARD	16 oz	240	0	0	0	0	10	63	0	60	1	X	X	X	X		
ICED TEA - BLACK	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X		
ICED TEA - MANGO GREEN	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X		
COLD BREW ICED COFFEE	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X		
TOASTED MARSHMALLOW LEMONADE (includes 1 portion of Cold Foam)	16 oz	300	2.5	0	0	15	35	63	0	70	0	X		X			Milk, Soy
TOASTED MARSHMALLOW COLD BREW ICED COFFEE (includes 1 portion of Cold Foam)	16 oz	60	0	0	0	0	15	13	0	13	0	X		X			Milk, Soy

## ADD-INS

ALMOND MILK	2 oz	15	1	0	0	0	45	2	0	1	0	X	X	X	X	Tree Nuts
OAT MILK	2 oz	35	2	1	0	0	25	4	1	2	<1	X	X	X	X	
HALF-AND-HALF	2 oz	90	6	4	0	30	55	4	0	2	2	X		X		Milk
COLD FOAM	1 oz	60	2.5	0	0	15	25	0	0	9	0	X		X		Milk, Soy
SIMPLE SYRUP SHOT (24 oz Cup)	1 oz	70	0	0	0	0	0	18	0	18	0	X	X	X	X	
CARAMEL FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	19	0	X	X	X	X	
HAZELNUT FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	19	0	19	0	X	X	X	X	Tree Nuts
VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	20	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	0	0	0	0	0	0	0	0	0	0	0	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (COLD BREW - 24 oz Cup)	1 oz	60	2.5	0	0	15	25	9	0	9	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (LEMONADE - 24 oz Cup)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	
BLACKBERRY FLAVOR SHOT (24 oz Cup)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	
STONE FRUIT FLAVOR SHOT (24 oz Cup)	.75 oz	60	0	0	0	0	0	14	0	13	0	X	X	X	X	
MANGO PUREE (24 oz Cup)	1 oz	80	0	0	0	0	10	20	0	19	0	X	X	X	X	
BLACK CHERRY PUREE (24 oz Cup)	1 oz	80	0	0	0	0	0	18	0	18	0	X	X	X	X	
SIMPLE SYRUP SHOT (16 oz Cup)	.75 oz		0	0	0	0	0	14	0	14	0	X	X	X	X	
CARAMEL FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
HAZELNUT FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	12	0	12	0	X	X	X	X	Tree Nuts
VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (COLD BREW - 16 oz Cup)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (LEMONADE - 16 oz Cup)	.5 oz	40	0	0	0	0	0	9	0	9	0	X	X	X	X	
BLACKBERRY FLAVOR SHOT (16 oz Cup)	.5 oz	35	0	0	0	0	0	9	0	9	0	X	X	X	X	
STONE FRUIT FLAVOR SHOT (16 oz Cup)	.5 oz	35	0	0	0	0	0	9	0	9	0	X	X	X	X	
MANGO PUREE (16 oz Cup)	.5 oz	40	0	0	0	0	0	10	0	9	0	X	X	X	X	
BLACK CHERRY PUREE (16 oz Cup)	.5 oz	40	0	0	0	0	0	9	0	8	0	X	X	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, sesame, 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](mailto:info@saladandgo.com) if you have additional questions on allergens or ingredients.

**^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.

**PEANUT & TREE NUT ALLERGENS**

Peanuts and Tree Nuts are used in Salad and Go recipes and may come in contact with your food or drink. While our restaurants take allergen requests seriously, cross contact may occur during food preparation and we cannot guarantee the absence of these 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, Ranch, BBQ Ranch, Caesar and Greek Dressings. Our Thai Salad (not the dressing!), balsamic dressing, balsamic vinegar, and olive oil are vegan. 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.