

	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 ^{ns}	Dairy Friendly ^{ns}	ALLERGENS*
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MENU ITEMS

SALADS (Salad nutrition includes one portion of chicken, without dressing. Tofu +10 calories; Steak +30 calories; No Protein -110 calories)

BBQ RANCH	1 Salad	400	18	5	0	75	930	32	2	4	32	X		X		Milk, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Salad	360	13	2.5	0	80	2050	30	1	7	33					Milk, Wheat
CAESAR	1 Salad	300	10	4	0	75	890	25	3	4	32	X				Milk, Wheat
COBB	1 Salad	510	33	7	0	285	1110	14	2	5	37			X		Egg, Milk
GREEK	1 Salad	280	12	5	0	80	1270	15	2	5	27	X		X		Milk
JALAPEÑO RANCH	1 Salad	410	22	4	0	100	970	19	2	6	31			X		Milk
ROASTED AUTUMN	1 Salad	460	16	4	0	70	980	55	5	30	29	X		X		Milk, Tree Nuts
THAI	1 Salad	180	2.5	1	0	60	520	16	4	6	24	X	X	X	X	
KIDS SALAD	1 Salad	130	3.5	0	0	0	190	51	2	3	5	X	X		X	Wheat
FLOUR TORTILLA (12")	1 Salad	260	8	1.5	0	0	400	44	4	2	5	X	X		X	Wheat

WRAPS (Wrap nutrition includes one portion of chicken, tortilla, and 1 oz of dressing. Tofu +10 calories; Steak +30 calories; No protein -110 calories)

BBQ RANCH	1 Wrap	710	29	7	0	75	1630	75	1	7	38	X		X		Milk, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Wrap	740	33	7	0	85	2740	71	0	7	40					Milk, Wheat
CAESAR	1 Wrap	670	30	7	0	85	1660	65	0	4	39	X				Egg, Fish, Milk, Soy, Wheat
COBB	1 Wrap	890	53	11	0	295	1810	55	1	5	44			X		Egg, Milk, Wheat
GREEK	1 Wrap	610	27	8	0	85	1920	57	1	5	34	X		X		Egg, Milk, Wheat
JALAPEÑO RANCH	1 Wrap	750	38	6	0	100	1640	60	1	6	38			X		Milk, Wheat
ROASTED AUTUMN	1 Wrap	830	35	7	0	70	1690	96	6	32	35	X		X		Milk, Wheat
THAI (Dressing served separately, not included)	1 Wrap	460	10	2	0	65	1120	59	2	5	31	X	X	X	X	Fish, Peanut, Sesame, Soy, Wheat
KIDS SALAD	1 Wrap	100	1.5	0	0	0	120	18	5	4	4					Milk, Wheat
FLOUR TORTILLA (12")	1 Wrap	260	8	1.5	0	0	400	44	4	2	5	X	X		X	Wheat

BREAKFAST BURRITOS (Includes all-natural flour tortilla, without salsa. Breakfast bowls -260 calories)

BACON, EGG & CHEESE	1 Burrito	630	36	7	0	395	1090	45	0	1	26					Milk, Eggs, Wheat
FIESTA	1 Burrito	650	31	8	0	175	1320	67	1	3	27					Milk, Eggs, Wheat
SOUTHWEST	1 Burrito	480	22	7	0	175	880	46	0	1	24					Milk, Eggs, Wheat
TRADITIONAL	1 Burrito	630	34	5	0	165	1490	56	0	2	20					Milk, Eggs, Wheat
TURKEY SAUSAGE, EGG & CHEESE	1 Burrito	560	27	9	0	410	960	45	0	1	31					Milk, Eggs, Wheat
BREAKFAST POTATOES	2.3 oz	35	1	0	0	0	190	6	1	1	1	X	X	X	X	
SCRAMBLED EGG	1.7 oz	45	4	1	0	120	70	0	0	0	4	X		X	X	Eggs
TURKEY SAUSAGE	1.7 oz	90	6	2	0	40	160	0	0	0	9			X	X	

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SOUP

CHICKEN POT PIE SOUP	10 oz	140	4.5	1.5	0	15	680	20	0	3	9			X		Milk
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DRESSINGS/SALSA (1 Packet)

BALSAMIC VINAIGRETTE	2.5 oz	300	31	4	0	0	440	7	0	5	0	X	X	X	X	
BBQ RANCH	2.5 oz	150	12	1.5	0	0	490	10	0	8	1	X		X		Milk
CAESAR	2.5 oz	320	34	4.5	0	35	610	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 GREEK	2.5 oz	210	21	5	0	20	360	4	0	1	4	X		X		Milk, Eggs
JALAPEÑO RANCH	2.5 oz	210	22	2.4	0	0	410	3	0	1	2	X		X		Milk
RANCH	2.5 oz	200	21	3.5	0	10	390	2	0	1	2	X		X		Milk
THAI PEANUT	2.5 oz	300	28	4	0	0	200	5	0	6	4			X	X	Fish, Peanuts, Soy, Sesame
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	180	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	

INDIVIDUAL INGREDIENTS

PROTEINS

BUFFALO CHICKEN	4.9 oz	210	10	2.5	0	75	1820	3	0	1	27			X		Milk
CHICKEN	2.5 oz	110	2	1	0	60	480	1	0	1	21			X	X	
STEAK	2.5 oz	140	7	3.5	0	40	150	0	0	0	18			X	X	
TOFU	3.3 oz	120	2	1	0	0	380	10	3	4	12	X	X	X	X	Soy, Sesame

CHEESES

BLUE CHEESE	.7 oz	70	5	3.5	0	15	250	1	0	0	4	X		X		Milk
FETA	.8 oz	60	4.5	3	0	20	230	2	0	1	3	X		X		Milk
PARMESAN (GRATED)	.6 oz	40	3	1.5	0	10	95	1	0	0	3	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	15	130	1	0	0	4	X		X		Milk

GREENS

Salad - MIXED GREENS ONLY	3.5 oz	20	0	0	0	0	75	4	0	0	1	X	X	X	X	
Salad - MIXED GREENS WITH ROMAINE	1.9 oz	10	0	0	0	0	40	2	0	0	1	X	X	X	X	
Salad - ROMAINE ONLY	5.5 oz	30	0	0	0	0	10	6	3	2	2	X	X	X	X	
Salad - ROMAINE WITH MIXED GREENS	3 oz	15	0	0	0	0	5	3	2	1	1	X	X	X	X	
Salad - SPINACH	2.7 oz	20	0	0	0	0	60	3	0	0	2	X	X	X	X	

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Wrap - MIXED GREENS ONLY	1.2 oz	5	0	0	0	0	25	1	0	0	0	X	X	X	X	
Wrap - MIXED GREENS WITH ROMAINE	.7 oz	5	0	0	0	0	15	1	0	0	0	X	X	X	X	
Wrap - ROMAINE ONLY	1.6 oz	10	0	0	0	0	0	1	1	1	1	X	X	X	X	
Wrap - ROMAINE WITH MIXED GREENS	.8 oz	5	0	0	0	0	0	0	0	0	0	X	X	X	X	
Wrap - SPINACH	1 oz	5	0	0	0	0	20	1	0	0	1	X	X	X	X	

FRUITS, VEGGIES AND MORE

AVOCADO	1/4 each	60	6	1	0	0	0	3	0	0	1	X	X	X	X	
BACON - NITRATE-FREE	.9 oz	170	15	6	0	25	300	0	0	0	3			X	X	
BLACK BEANS	1.6 oz	80	0	0	0	0	480	14	3	1	5	X	X	X	X	
BRUSSEL SPROUTS	2 oz	50	3	0	0	0	110	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	0	0	0	0	0	20	<1	0	0	0	X	X	X	X	
CORN	1.3 oz	30	0	0	0	0	30	7	0	1	1	X	X	X	X	
CRANBERRIES (DRIED)	.8 oz	70	0	0	0	0	0	18	0	16	0	X	X	X	X	
CROUTONS	.8 oz	100	3	0	0	0	160	16	0	0	3	X	X		X	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
GREEN ONIONS	.4 oz	0	0	0	0	0	0	1	0	0	0	X	X	X	X	
JALAPENOS	.7 oz	0	0	0	0	0	0	1	0	1	0	X	X	X	X	
KALAMATA OLIVES	1.1 oz	30	3	0	0	0	190	2	1	0	0	X	X	X	X	
PECANS (CANDIED)	.8 oz	120	8	1	0	0	60	12	0	10	1	X		X		Milk
PICO DE GALLO	1.6 oz	25	0	0	0	0	105	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	15	0	0	0	0	0	3	0	2	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	
SWEET POTATOES	2.8 oz	80	1.5	0	0	0	240	15	2	3	1	X	X	X	X	
TOMATOES	1.7 oz	10	0	0	0	0	0	2	1	1	0	X	X	X	X	
TORTILLA STRIPS	.4 oz	110	5	1	0	0	50	15	2	0	2	X	X	X	X	
FLOUR TORTILLA (12")	1 each	260	8	1.5	0	0	400	44	4	2	5	X	X		X	Wheat

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BEVERAGES (Beverage nutrition assumes 25% portion of ice)

HOUSEMADE LEMONADE - TRADITIONAL	24 oz	330	0	0	0	0	20	85	0	82	0	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	25	46	1	43	<1	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	2	68	<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	

COLD BREW 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
SIMPLE SYRUP SHOT	1 oz	70	0	0	0	0	0	18	0	18	0	X	X	X	X	
CARAMEL FLAVOR SHOT	1 oz	80	0	0	0	0	0	20	0	19	0	X	X	X	X	
HAZELNUT FLAVOR SHOT	1 oz	80	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	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	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, 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.

[^]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. 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.