

	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 chicken, without dressing. Tofu +30 calories; Steak +50 calories; No Protein -110 calories)

BBQ RANCH	1 Salad	390	16	5	0	75	1210	31	0	4	31	X		X		Milk
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Salad	360	13	2.5	0	80	2600	30	0	6	33					Milk, Wheat
CAESAR	1 Salad	300	10	4	0	75	980	25	0	4	32	X				Milk, Wheat
COBB	1 Salad	460	26	9	0	300	1540	14	2	5	43			X		Egg, Milk
FAJITA	1 Salad	340	15	5	0	80	1150	23	4	5	31			X		Milk
GREEK	1 Salad	270	12	5	0	80	1360	14	2	5	27	X		X		Milk
JALAPEÑO RANCH	1 Salad	360	16	7	0	110	1400	20	2	7	37			X		Milk
ROASTED AUTUMN	1 Salad	490	18	4	0	70	1080	57	5	33	29	X		X		Milk, Peanut, Tree Nuts
THAI	1 Salad	180	2.5	1	0	60	620	16	4	6	24	X	X	X	X	
THE BEET GOES ON SUPERFOOD	1 Salad	430	18	5	0	80	1110	37	8	21	30	X		X		Milk, Peanut, Tree Nuts
KIDS SALAD	1 Salad	130	3.5	0	0	0	190	51	2	3	5	X	X		X	Wheat

WRAPS (Wrap nutrition includes one portion of chicken, tortilla, and 1 oz of dressing. Tofu +30 calories; Steak +50 calories; No protein -110 calories)

BBQ RANCH	1 Wrap	710	30	7	0	75	1800	74	1	7	38	X				Milk, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Wrap	740	33	7	0	85	3280	70	0	6	40					Milk, Wheat
CAESAR	1 Wrap	680	31	7	0	85	1760	64	0	3	39	X				Egg, Fish, Milk, Soy, Wheat
COBB	1 Wrap	840	46	14	0	310	2240	55	1	5	50					Egg, Milk, Wheat
FAJITA	1 Wrap	710	34	8	0	80	1900	65	3	5	38					Milk, Wheat
GREEK	1 Wrap	610	28	8	0	85	2010	56	1	5	34	X				Egg, Milk, Wheat
JALAPEÑO RANCH	1 Wrap	710	32	9	0	115	2080	61	1	7	44					Milk, Wheat
ROASTED AUTUMN	1 Wrap	830	35	7	0	70	1800	96	6	32	36	X				Milk, Peanut, Wheat
THAI (Dressing served separately, not included)	1 Wrap	550	20	3.5	0	60	1230	57	2	8	31	X	X		X	Fish, Peanut, Sesame, Soy, Wheat
THE BEET GOES ON SUPERFOOD	1 Wrap	820	38	8	0	80	1910	81	1	23	36	X				Milk, Peanut, Tree Nuts, Wheat
FLOUR TORTILLA (12")	1 each	270	7	1	0	0	540	43	0	1	7	X	X		X	Wheat

BREAKFAST BURRITOS (Includes all-natural flour tortilla, without salsa. Breakfast bowls -270 calories)

BACON, EGG & CHEESE	1 Burrito	580	29	10	0	410	1430	46	0	2	32					Milk, Eggs, Wheat
FIESTA	1 Burrito	650	31	8	0	175	1320	67	1	3	27					Milk, Eggs, Wheat
MEDITERRANEAN	1 Burrito	480	23	7	0	245	870	49	0	2	19					Milk, Eggs, Wheat
SOUTHWEST	1 Burrito	480	22	7	0	175	880	46	0	1	24					Milk, Eggs, Wheat
SWEET HEAT (Adobo served separately, not included)	1 Burrito	550	24	6	0	195	1060	64	3	4	19					Milk, Eggs, Wheat
TRADITIONAL	1 Burrito	560	25	8	0	175	1790	57	0	3	26					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	10 oz	150	3.5	1.5	0	35	830	17	1	3	12			X		Milk
DRESSINGS/SALSA (1 Packet)																
BALSAMIC VINAIGRETTE	2.5 oz	300	31	4	0	0	450	7	0	5	1	X	X	X	X	
BBQ RANCH	2.5 oz	160	13	1.5	0	0	500	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 GREEK	2.5 oz	220	22	5	0	20	360	4	0	1	4			X		Milk, Eggs
JALAPEÑO RANCH	2.5 oz	220	24	2.5	0	0	430	3	0	1	2	X		X		Milk
RANCH	2.5 oz	220	23	3.5	0	10	410	2	0	1	2	X		X		Fish, Milk, Soy
RASPBERRY VINAIGRETTE	2.5 oz	310	32	3.5	0	0	460	8	0	7	0	X		X	X	
THAI PEANUT	2.5 oz	300	28	4	0	0	200	10	1	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	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 SAUCE	1.5 oz	110	11	3	0	15	380	3	0	1	1	X		X		Milk
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	580	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	4	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		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	2.4 oz	5	0	0	0	0	25	1	0	0	0	X	X	X	X	
Wrap - MIXED GREENS WITH ROMAINE	1.4 oz	5	0	0	0	0	15	1	0	0	0	X	X	X	X	
Wrap - ROMAINE ONLY	3 oz	10	0	0	0	0	0	1	1	1	1	X	X	X	X	
Wrap - ROMAINE WITH MIXED GREENS	1.6 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	.9 oz	110	8	3	0	35	620	1	0	1	9			X	X	
BANANA PEPPERS	.7 oz	0	0	0	0	0	250	1	0	0	0	X	X	X	X	
BLACK BEANS, SPICY	1.6 oz	35	0	0	0	0	250	7	0	0	2	X	X	X	X	
BRUSSELS 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	5	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	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	
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	220	2	1	0	0	X	X	X	X	
POBLANOS - ROASTED	1 oz	20	1	0	0	0	0	3	0	1	<1	X	X	X	X	
QUINOA	1.4 oz	45	0.5	0	0	0	40	8	1	0	2	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	
ROASTED BEETS	2.6 oz	50	2	0	0	0	270	7	1	6	1	X	X	X	X	
SWEET POTATOES	2.8 oz	54	2	0	0	0	265	7	1	6	1	X	X	X	X	
WARM SWEET POTATOES	2.4 oz	70	1	0	0	0	210	12	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	50	3	0	0	0	15	6	0	0	1	X	X	X	X	
FLOUR TORTILLA (12")	1 each	270	7	1	0	0	540	43	0	1	7	X	X		X	Wheat

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BEVERAGES (Beverage nutrition assumes 25% portion of ice)

HOUSEMADE LEMONADE - TRADITIONAL	24 oz	260	0	0	0	0	20	68	0	64	1	X	X	X	X	
HOUSEMADE LEMONADE - SPICED CRANBERRY	24 oz	250	0	0	0	0	20	66	0	61	1	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	20	48	0	45	1	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	230	0	0	0	0	20	62	0	58	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	
HOT COFFEE	14 oz	5	0	0	0	0	10	0	0	0	1	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	
CINNAMON FLAVOR SHOT	.25 oz	25	0	0	0	0	0	6	0	6	0	X	X	X	X	
CINNAMON DULCE (Cinnamon and Caramel)	.5 oz	45	0	0	0	0	0	10	0	10	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, 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 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, 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.