

	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^v	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 -100 calories)

BBQ RANCH	1 Salad	380	18	5	0	70	960	31	9	4	26	X		X		Milk
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Salad	320	13	2	0	55	1840	29	6	6	23					Milk, Wheat
CAESAR	1 Salad	290	11	3.5	0	70	860	24	4	3	27	X				Milk, Wheat
COBB	1 Salad	460	29	10	0	295	1360	14	6	5	39			X		Egg, Milk
FAJITA	1 Salad	330	16	5	0	70	890	24	10	5	25			X		Milk
GREEK	1 Salad	260	13	4.5	0	75	1120	14	5	4	22	X		X		Milk
JALAPEÑO RANCH	1 Salad	360	17	7	0	110	1170	22	4	5	32			X		Milk
ROASTED AUTUMN	1 Salad	470	19	4.5	0	65	940	54	10	31	25	X		X		Milk, Peanut, Tree Nuts
TUSCAN SUMMER	1 Salad	420	17	5	0	75	680	40	7	6	29	X				Milk, Soy, Wheat
THAI	1 Salad	170	3.5	1	0	50	370	17	6	6	18	X	X	X	X	
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 chicken, tortilla, and 1 oz of dressing. Tofu +30 calories; Steak +50 calories; No protein -100 calories)

BBQ RANCH	1 Wrap	700	30	7	0	70	1680	75	9	7	33	X				Milk, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Wrap	700	33	6	0	65	2550	71	6	6	30					Egg, Milk, Wheat
CAESAR	1 Wrap	680	33	7	0	80	1660	65	4	3	34					Anchovy, Egg, Milk, Soy, Wheat
COBB	1 Wrap	840	49	15	0	305	2050	55	7	5	46					Egg, Milk, Wheat
FAJITA	1 Wrap	670	32	7	0	70	1610	65	10	5	32					Milk, Wheat
GREEK	1 Wrap	600	29	8	0	80	1780	55	6	5	29	X				Egg, Milk, Wheat
JALAPEÑO RANCH	1 Wrap	700	33	9	0	110	1870	63	4	5	39					Milk, Wheat
ROASTED AUTUMN	1 Wrap	870	40	7	0	65	1710	100	10	35	33	X				Milk, Peanut, Tree Nuts, Wheat
TUSCAN SUMMER	1 Wrap	780	35	8	0	75	1480	84	8	9	36	X				Milk, Soy, Wheat
THAI (Does NOT contain dressing, served on side)	1 Wrap	430	10	2	0	55	920	57	6	6	25	X	X		X	Wheat
FLOUR TORTILLA (12")	1 each	270	7	1	0	0	540	43		1	7	X	X		X	Wheat

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

BACON, EGG & CHEESE	1 Burrito	580	29	10	0	410	1630	46	2	2	32					Milk, Eggs, Wheat
FIESTA	1 Burrito	610	27	8	0	230	1560	63	2	3	27					Milk, Eggs, Wheat
MEDITERRANEAN	1 Burrito	480	23	6	0	195	970	50	2	2	18					Milk, Eggs, Wheat
SOUTHWEST	1 Burrito	500	23	7	0	230	990	45	2	1	25					Milk, Eggs, Wheat
TRADITIONAL	1 Burrito	640	28	9	0	230	2140	67	2	4	29					Milk, Eggs, Wheat
TURKEY SAUSAGE, EGG & CHEESE	1 Burrito	560	27	9	0	410	960	45	2	1	31					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	90	6	1.5	0	35	150	0	0	0	8			X	X	

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SIDES																
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS)	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
HUMMUS WITH SUNDRIED TOMATO TAPENADE	5 oz	280	17	0.5	0	0	650	22	4	3	8	X	X	X	X	Sesame
PITA CHIPS	2 oz	70	2	0	0	0	85	12	0	0	2	X	X		X	Wheat
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 GREEK	2.5 oz	220	22	5	0	20	360	4	0	1	4			X		Milk, Eggs
ITALIAN VINAIGRETTE	2.5 oz	270	27	3	0	0	660	10	0	9	0	X		X	X	
JALAPEÑO RANCH	2.5 oz	230	24	2.5	0	0	460	3	0	1	2	X		X		Milk
RANCH	2.5 oz	220	23	3.5	0	10	410	2	0	1	2	X		X		Milk
THAI PEANUT	2.5 oz	300	27	4	0	0	250	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	3.95 oz	160	10	2	0	55	1270	2	0	1	17			X		Milk
CHICKEN	2.5 oz	100	3.5	1	0	55	350	2	0	1	16			X	X	
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
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 (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
PROVOLONE CHEESE (SHREDDED)	.7 oz	70	6	3.5	0	20	135	0	0	0	4	X		X		Milk
GREENS																
ARUGULA	1 oz	5	0	0	0	0	10	1	0	1	1	X	X	X	X	
MIXED GREENS (SALAD PORTION)	3.5 oz	15	0	0	0	0	65	3	1	0	1	X	X	X	X	
ROMAINE (SALAD PORTION)	6 oz	30	0	0	0	0	10	6	4	2	2	X	X	X	X	

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ROMAINE WITH ARUGULA (SALAD PORTION)	6 oz	30	0	0	0	0	15	6	4	2	2	X	X	X	X	
ROMAINE WITH MIXED GREENS (SALAD PORTION)	4.85 oz	25	0	0	0	0	40	5	3	1	2	X	X	X	X	
SPINACH (SALAD PORTION)	2.7 oz	20	0	0	0	0	60	3	2	0	2	X	X	X	X	
MIXED GREENS (WRAP PORTION)	2.4 oz	10	0	0	0	0	45	2	1	0	1	X	X	X	X	
ROMAINE (WRAP PORTION)	3 oz	15	0	0	0	0	5	3	2	1	1	X	X	X	X	
ROMAINE WITH MIXED GREENS (WRAP PORTION)	1.6 oz	5	0	0	0	0	15	1	1	0	0	X	X	X	X	
ROMAINE WITH ARUGULA (WRAP PORTION)	3 oz	15	0	0	0	0	10	3	2	1	1	X	X	X	X	
SPINACH (WRAP PORTION)	1 oz	5	0	0	0	0	20	1	1	0	1	X	X	X	X	
FRUITS, VEGGIES AND MORE																
AVOCADO	1/2 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	1.52 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	
CORN	1.35 oz	35	0	0	0	0	30	8	1	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	
ORECCHIETTE PASTA (COOKED)	2 oz	120	1.5	0	0	0	0	24	2	1	4	X	X		X	Soy, Wheat
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	
SUNDRIED TOMATO TAPENADE	1 oz	70	6	0.5	0	0	180	4	1	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	
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																
GREEN REVIVER JUICE	24 oz	180	0	0	0	0	45	45	1	34	2	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	10	49	0	46	1	X	X	X	X	
HOUSEMADE LEMONADE - BLUEBERRY BASIL	24 oz	230	0	0	0	0	10	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	
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, 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, 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.