

	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*
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	1170	30	9	7	26	X		X		Milk
BBQ RANCH (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	370	16	4.5	0	70	1170	29	9	6	28	X		X		Milk
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Salad	320	13	2	0	55	1840	29	6	6	23					Milk, Wheat
BUFFALO CHICKEN (includes a Slow-Roasted Pulled Buffalo Chicken portion)	1 Salad	290	10	1.5	0	50	1700	28	6	6	23					Milk, Wheat
CAESAR	1 Salad	290	11	3.5	0	70	860	24	4	3	27	X				Milk, Wheat
CAESAR (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	280	9	3.5	0	65	860	23	4	2	29	X				Milk, Wheat
COBB	1 Salad	470	29	12	0	295	1350	12	5	4	37			X		Egg, Milk
COBB (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	460	28	12	0	295	1350	11	5	4	39			X		Egg, Milk
FAJITA	1 Salad	320	16	4.5	0	70	860	24	10	5	25			X		Milk
FAJITA (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	310	14	4.5	0	70	870	23	10	5	28			X		Milk
GREEK	1 Salad	250	13	5	0	75	1400	14	4	5	21	X		X		Milk
GREEK (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	240	11	5	0	75	1400	12	4	5	24	X		X		Milk
JALAPEÑO RANCH	1 Salad	360	16	7	0	110	1140	19	4	6	30			X		Milk
JALAPEÑO RANCH (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	350	15	7	0	105	1150	18	4	6	32			X		Milk
ROASTED AUTUMN	1 Salad	470	19	4.5	0	65	940	54	10	31	25	X		X		Milk, Peanut, Tree Nuts
ROASTED AUTUMN (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	490	19	5	0	65	990	56	10	33	29	X		X		Milk, Peanut, Tree Nuts
SOUTHWEST HARVEST	1 Salad	340	12	4	0	70	510	34	6	10	25			X		Milk
SOUTHWEST HARVEST (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	330	10	3.5	0	70	520	33	6	10	27			X		Milk
THAI	1 Salad	170	3.5	1	0	50	370	17	6	6	18	X	X	X	X	
THAI (includes a Slow-Roasted Pulled Chicken portion)	1 Salad	170	2	1	0	55	390	16	6	6	22	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	32	8	0	70	1920	75	9	10	33	X				Milk, Wheat
BBQ RANCH (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	630	25	5	0	55	1820	73	9	10	31	X				Milk, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Wrap	700	34	8	0	65	2750	72	6	6	31					Egg, Milk, Wheat
BUFFALO CHICKEN (includes a Slow-Roasted Pulled Buffalo Chicken portion)	1 Wrap	680	32	8	0	60	2620	71	6	6	31					Egg, Milk, Wheat
CAESAR	1 Wrap	680	34	8	0	80	1870	66	4	3	35					Anchovy, Egg, Milk, Soy, Wheat
CAESAR (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	670	32	8	0	80	1880	65	4	3	37					Anchovy, Egg, Milk, Soy, Wheat
COBB	1 Wrap	860	51	18	0	305	2070	55	6	4	45					Egg, Milk, Wheat
COBB (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	850	49	18	0	300	2070	54	6	4	47					Egg, Milk, Wheat
FAJITA	1 Wrap	680	33	8	0	70	1790	66	10	6	32					Milk, Wheat
FAJITA (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	650	32	8	0	70	1790	62	9	5	35					Milk, Wheat
GREEK	1 Wrap	600	30	10	0	80	2090	56	5	5	29	X				Egg, Milk, Wheat
GREEK (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	550	24	7	0	70	1920	53	4	3	32	X				Egg, Milk, Wheat
JALAPEÑO RANCH	1 Wrap	710	34	11	0	110	1870	61	5	7	37					Milk, Wheat
JALAPEÑO RANCH (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	700	33	11	0	105	1880	60	5	6	40					Milk, Wheat
ROASTED AUTUMN	1 Wrap	880	41	9	0	65	1910	101	10	35	33	X				Milk, Peanut, Tree Nuts, Wheat
ROASTED AUTUMN (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	870	40	9	0	65	1920	100	10	35	36	X				Milk, Peanut, Tree Nuts, Wheat
SOUTHWEST HARVEST (includes a Diced Chicken portion, a full portion of lettuce, and a full portion of dressing)	1 Wrap	800	38	12	0	95	1890	83	8	13	34			X		Milk
SOUTHWEST HARVEST (includes a Slow-Roasted Pulled Chicken portion, a full portion of lettuce, and a full portion of dressing)	1 Wrap	790	36	12	0	95	1900	82	8	13	37			X		Milk
THAI	1 Wrap	440	12	3.5	0	55	1130	59	6	7	26	X	X		X	Wheat
THAI (includes a Slow-Roasted Pulled Chicken portion)	1 Wrap	430	10	3.5	0	55	1130	58	6	6	28	X	X		X	Wheat
FLOUR TORTILLA (12")	1 each	280	8	3	0	0	750	44	2	1	7	X	X		X	Wheat
BREAKFAST BURRITOS (Includes wheat flour tortilla, without salsa. Breakfast bowls -270 calories)																
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*
SIDES																
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	
SWEET POTATO GOCHUJANG SOUP (WITH 1oz OF SWEET POTAOES) - 8 oz Cup	6 oz	210	10	9	0	0	610	25	2	9	3	X	X	X	X	Soy, Sesame
SWEET POTATO GOCHUJANG SOUP (WITH 1oz OF SWEET POTAOES) - 12 oz Cup	9 oz	300	16	13	0	0	910	35	3	13	4	X	X	X	X	Soy, Sesame
HUMMUS	4 oz	210	11	0	0	0	480	18	4	0	7	X	X	X	X	Sesame
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
QUESADILLA (CHEESE ONLY)	1 Quesadilla	190	11	6	0	25	420	14	1	1	9					Milk, 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
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	2.5 oz	180	18	5	0	20	630	4	0	2	2	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	
SLOW-ROASTED PULLED CHICKEN	3 oz	90	1.5	1	0	55	350	1	0	0	18			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	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
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																
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	
	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*
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	
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	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	
CROUTONS	.8 oz	100	3	0	0	0	280	16	0	0	3	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	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	
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	280	8	3	0	0	750	44	2	1	7	X	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 Free ^{1,2}	Dairy Free ^{1,2}	ALLERGENS*
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BEVERAGES

GREEN REVIVER	24 oz	180	0	0	0	0	75	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	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 - APPLE CIDER	24 oz	280	0	0	0	0	20	72	0	67	1	X	X	X	X	
HOUSEMADE LEMONADE - CARAMEL APPLE	24 oz	330	0	0	0	0	25	85	0	80	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 - SUNKISSED YUZU	24 oz	350	0	0	0	0	60	93	0	89	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	
MANGO TANGO TEA	24 oz	80	0	0	0	0	35	20	0	19	0	X	X	X	X	
MAN-GO CRAZY FSL	24 oz	360	0	0	0	0	35	94	0	90	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	
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	

BLACKBERRY FLAVOR SHOT	.75 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
STONE FRUIT FLAVOR SHOT	.75 oz	60	0	0	0	0	0	14	0	13	0	X	X	X	X	
YUZU PUREE	1 oz	90	0	0	0	0	45	21	0	20	0	X	X	X	X	
MANGO PUREE	1 oz	80	0	0	0	0	10	20	0	19	0	X	X	X	X	
BLACK CHERRY PUREE	1 oz	80	0	0	0	0	0	18	0	18	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.																