

SIZE

CALORIES

TOTAL FAT (g)

MENU ITEMS

SALADS (Salad nutrition includes one portion of pulled chicken, without dressing. Tofu +30 calories; Steak +50 calories; No Protein -90 calories)

	SIZE	CALORIES	TOTAL FAT (g)
ASIAN FUSION	1 Salad	290	10
ARCADIA	1 Salad	460	24
BBQ RANCH	1 Salad	370	16
BUFFALO CHICKEN	1 Salad	290	10
CAESAR	1 Salad	280	9
COBB	1 Salad	460	28
FAJITA	1 Salad	310	14
GOOD GREENS	1 Salad	530	26
MEDITERRANEAN	1 Salad	280	12
JALAPEÑO RANCH	1 Salad	350	15
ROASTED AUTUMN	1 Salad	490	19
SOUTHWEST HARVEST	1 Salad	330	10
KIDS SALAD	1 Salad	140	3.5

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 -90 calories)

	SIZE	CALORIES	TOTAL FAT (g)
ASIAN FUSION	1 Wrap	960	55
ARCADIA	1 Wrap	990	57
BBQ RANCH	1 Wrap	820	39
BUFFALO CHICKEN	1 Wrap	890	52
CAESAR	1 Wrap	920	55
COBB	1 Wrap	1060	69
FAJITA	1 Wrap	810	47
GOOD GREENS	1 Wrap	1100	64
MEDITERRANEAN	1 Wrap	780	43
JALAPEÑO RANCH	1 Wrap	860	48
ROASTED AUTUMN	1 Wrap	1080	59

SOUTHWEST HARVEST	1 Wrap	800	37
FLOUR TORTILLA (12")	1 each	300	8

BIG AZ BREAKFAST BURRITOS (Includes wheat flour tortilla, without salsa(Except for Chilaquile). Breakfast bowls -300 calori

BACON LOVER w/Shredded Beef	1 Burrito	1020	60
BACON LOVER w/Pulled Chicken	1 Burrito	960	51
CHILAQUILE w/Shredded Beef	1 Burrito	800	44
CHILAQUILE w/Pulled Chicken	1 Burrito	740	35
OG w/ Shredded Beef	1 Burrito	800	46
OG w/Pulled Chicken	1 Burrito	740	37
TRADITIONAL w/Shredded Beef	1 Burrito	860	48
TRADITIONAL w/Pulled Chicken	1 Burrito	800	38
BREAKFAST POTATOES	2.3 oz	60	2
SCRAMBLED EGG	1.7 oz	70	4.5
TURKEY SAUSAGE	1.7 oz	80	5

QUESADILLAS (Includes 6" Wheat flour tortilla, without salsa.)

BREAKFAST - BACON, EGG & CHEESE	1 Quesadilla	310	19
BREAKFAST- EGG & CHEESE	1 Quesadilla	250	14
BREAKFAST- POTATO, EGG & CHEESE	1 Quesadilla	270	15
BREAKFAST- SAUSAGE, EGG & CHEESE	1 Quesadilla	290	17
CHEESE ONLY	1 Quesadilla	240	15
CHEESE & CHICKEN	1 Quesadilla	190	9
CHEESE & STEAK	1 Quesadilla	220	11

SIZE

CALORIES

TOTAL FAT

SIDES

BOULDER CANYON AVOCADO OIL SEA SALT CHIPS	1 Bag	180	11
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GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 8 oz Cup	6 oz	150	4
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 12 oz Cup	10 oz	210	4.5
HUMMUS	4 oz	210	11
LOADED GREEK HUMMUS	~ 4 oz	280	15
HUMMUS WITH CHICKPEAS	~ 4 oz	250	13
HUMMUS WITH FETA	~ 4 oz	280	16
PITA CHIPS (Larger Size)	2 oz	260	6
CHEWY MARSHMALLOW BAR (GF)	1 Bar	230	4

DRESSINGS/SALSA (1 Packet)

BALSAMIC VINAIGRETTE	2.5 oz	310	32
BBQ RANCH	2.5 oz	170	14
CAESAR	2.5 oz	340	37
CREAMY BLUE CHEESE	2.5 oz	320	32
CREAMY FETA	2.5 oz	230	23
JALAPEÑO RANCH	2.5 oz	230	24
KOREAN BBQ VINAIGRETTE	2.5 oz	360	37
LEMON BASIL VINAIGRETTE	2.5 oz	280	29
RANCH	2.5 oz	220	23
BALSAMIC VINEGAR	1 oz	30	0
TRADITIONAL SALSA	1.5 oz	10	0
SALSA VERDE	1.5 oz	15	0
SPICY ADOBO	2.5 oz	180	18
STRAWBERRY GINGER VINAIGRETTE	2.5 oz	240	24

INDIVIDUAL INGREDIENTS

PROTEINS

SLOW-ROASTED PULLED CHICKEN	3 oz	90	1.5
BUFFALO CHICKEN	3.95 oz	160	10
STEAK	2.5 oz	140	7
TOFU	3.3 oz	140	4.5
SHREDDED BEEF	4 oz	180	9

CHEESES

EGG - HARD BOILED	1 egg	80	5
KALAMATA OLIVES	1.1 oz	50	5
MARINATED CHICKPEAS	1.4 oz	70	3.5
PECANS (CANDIED)	.8 oz	130	9
PICO DE GALLO	1.6 oz	10	0
POBLANOS - ROASTED	1 oz	20	1
RED ONIONS - PICKLED	1 oz	18	0
RED PEPPERS - FRESH	2 oz	15	0
ROASTED CORN	1.35 oz	40	1
SWEET POTATOES	2.8 oz	54	2
SWICY CARROTS	2 oz	45	1.5
TOMATOES	1.7 oz	10	0
TORTILLA STRIPS	.4 oz	50	3
WATERMELON RADISH	1 oz	5	0
WONTON STRIPS	.8 oz	110	6
FLOUR TORTILLA (12")	1 each	300	9

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BEVERAGES

CITRUS ZEN JUICE	24 oz	220	0
GREEN REVIVER	24 oz	180	0
ORANGE REVIVER	24 oz	140	0
HOUSEMADE LEMONADE - TRADITIONAL	24 oz	270	0
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	24 oz	320	0

FRUIT STAND LEMONADE - SUMMER STONE FRUIT	24 oz	330	0
FRUIT STAND LEMONADE - MANGO GROVE	24 oz	350	0
FRUIT STAND LEMONADE - BLACK CHERRY ORCHARD	24 oz	350	0
ICED TEA - BLACK	24 oz	0	0
ICED TEA - MANGO GREEN	24 oz	0	0
COLD BREW ICED COFFEE	24 oz	0	0
TOASTED MARSHMALLOW LEMONADE (includes 1 portion of Cold Foam)	24 oz	390	2.5
TOASTED MARSHMALLOW COLD BREW ICED COFFEE (includes 1 portion of Cold Foam)	24 oz	140	2.5
CITRUS ZEN JUICE	16 oz	150	0
GREEN REVIVER	16 oz	130	0
ORANGE REVIVER	16 oz	100	0
HOUSEMADE LEMONADE - TRADITIONAL	16 oz	190	0
HOUSEMADE LEMONADE - CUCUMBER MINT	16 oz	130	0
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	16 oz	190	0
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	16 oz	230	0
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	16 oz	240	0
FRUIT STAND LEMONADE - MANGO GROVE	16 oz	240	0
FRUIT STAND LEMONADE - BLACK CHERRY ORCHARD	16 oz	240	0
ICED TEA - BLACK	16 oz	0	0
ICED TEA - MANGO GREEN	16 oz	0	0
COLD BREW ICED COFFEE	16 oz	0	0
TOASTED MARSHMALLOW LEMONADE (includes 1 portion of Cold Foam)	16 oz	300	2.5
TOASTED MARSHMALLOW COLD BREW ICED COFFEE (includes 1 portion of Cold Foam)	16 oz	60	0
ADD-INS			
ALMOND MILK	2 oz	15	1
OAT MILK	2 oz	35	2
HALF-AND-HALF	2 oz	90	6
COLD FOAM	1 oz	60	2.5
SIMPLE SYRUP SHOT (24 oz Cup)	1 oz	70	0
CARAMEL FLAVOR SHOT (24 oz Cup)	1 oz	80	0
HAZELNUT FLAVOR SHOT (24 oz Cup)	1 oz	80	0
VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	80	0

SUGAR-FREE VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	0	0
TOASTED MARSHMALLOW FLAVOR SHOT (COLD BREW - 24 oz Cup)	1 oz	60	2.5
TOASTED MARSHMALLOW FLAVOR SHOT (LEMONADE - 24 oz Cup)	.75 oz	60	0
BLACKBERRY FLAVOR SHOT (24 oz Cup)	.75 oz	60	0
STONE FRUIT FLAVOR SHOT (24 oz Cup)	.75 oz	60	0
MANGO PUREE (24 oz Cup)	1 oz	80	0
BLACK CHERRY PUREE (24 oz Cup)	1 oz	80	0
SIMPLE SYRUP SHOT (16 oz Cup)	.75 oz		0
CARAMEL FLAVOR SHOT (16 oz Cup)	.75 oz	50	0
HAZELNUT FLAVOR SHOT (16 oz Cup)	.75 oz	50	0
VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	50	0
SUGAR-FREE VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	0	0
TOASTED MARSHMALLOW FLAVOR SHOT (COLD BREW - 16 oz Cup)	.75 oz	60	0
TOASTED MARSHMALLOW FLAVOR SHOT (LEMONADE - 16 oz Cup)	.5 oz	40	0
BLACKBERRY FLAVOR SHOT (16 oz Cup)	.5 oz	35	0
STONE FRUIT FLAVOR SHOT (16 oz Cup)	.5 oz	35	0
MANGO PUREE (16 oz Cup)	.5 oz	40	0
BLACK CHERRY PUREE (16 oz Cup)	.5 oz	40	0

* 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 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 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

^^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 g

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,

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 wear 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!), baked 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

	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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1	0	55	800	17	6	9	25				X		Soy, Wheat
6	0	75	1020	37	2	20	25						
4.5	0	70	1170	29	9	6	28	X		X			Milk
1.5	0	50	1700	28	6	6	23						Milk, Wheat
3.5	0	65	860	23	4	2	29	X					Milk, Wheat
12	0	295	1350	11	5	4	39			X			Egg, Milk
4.5	0	70	870	23	10	5	28			X			Milk
7	0	40	1210	55	5	6	26						Milk, Wheat
5	0	75	1100	18	6	6	26	X		X			Milk
7	0	105	1150	18	4	6	32			X			Milk
5	0	65	990	56	10	33	29	X		X			Milk, Peanut, Tree Nuts
3.5	0	70	520	33	6	10	27			X			Milk
0	0	0	320	24	3	3	5	X	X				Milk, Wheat



8	0	55	2030	79	9	18	35				X		Treenuts, Sesame, Soy, Wheat
11	0	75	1810	92	4	27	33						
9	0	70	2340	85	10	15	37						Milk, Wheat
13	0	70	2940	77	6	6	33						Egg, Milk, Wheat
11	0	105	2350	74	6	4	41						Anchovy, Egg, Milk, Soy, Wheat
23	0	315	2400	60	6	4	50						Egg, Milk, Wheat
10	0	70	2130	67	10	6	36						Milk, Wheat
13	0	40	2270	111	7	14	34						Milk, Wheat
13	0	95	2270	67	7	6	36						Egg, Milk, Wheat
13	0	110	2210	66	5	7	41						Milk, Wheat
11	0	65	2260	108	10	38	37						Milk, Peanut, Tree Nuts, Wheat

12	0	95	1960	83	6	12	36					Milk
3	0	0	810	48	2	1	8				X	Wheat

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29	1	550	2740	52	2	3	59					Milk, Eggs, Wheat
25	1	535	2650	51	2	2	66					Milk, Eggs, Wheat
19	0.5	460	2070	60	2	4	42					Milk, Eggs, Wheat
15	0.5	445	1970	59	2	3	49					Milk, Eggs, Wheat
22	1	480	1980	52	2	3	45					Milk, Eggs, Wheat
17	1	465	1880	51	2	2	51					Milk, Eggs, Wheat
22	1	480	2320	62	3	4	46					Milk, Eggs, Wheat
18	1	465	2220	62	3	3	53					Milk, Eggs, Wheat
0	0	0	340	11	1	1	1	X	X	X	X	
1.5	0	180	170	0	0	0	6	X		X	X	Eggs
0	0	0	370	0	0	0	9			X	X	

10	0	185	800	15	0	1	18					Milk, Eggs, Wheat
7	0	165	550	15	0	1	13					Milk, Eggs, Wheat
7	0	165	700	19	1	1	14					Milk, Eggs, Wheat
7	0	165	760	15	0	1	18					Milk, Eggs, Wheat
9	0.5	40	510	15	0	1	12					Milk, Wheat
5	0	40	490	14	0	1	13					Milk, Wheat
6	0	35	430	14	0	1	14					Milk, Wheat

<i>...</i> (g)	<i>SATURATED FAT (g)</i>	<i>TRANS FAT (g)</i>	<i>CHOLESTEROL (mg)</i>	<i>SODIUM (mg)</i>	<i>CARBOHYDRATES (g)</i>	<i>FIBER (g)</i>	<i>SUGAR (g)</i>	<i>PROTEIN (g)</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Friendly</i> ^	<i>Dairy Friendly</i> ^^	<i>ALLERGENS*</i>
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1.5	0	0	150	20	2	0	3	X	X	X	X	
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0	0	15	740	21	4	1	8			X	X	
0	0	25	1210	30	6	2	12			X	X	
0	0	0	480	18	4	0	7	X	X	X	X	Sesame
2.5	0	15	730	21	4	1	10	X				Sesame, Milk
0	0	0	600	22	5	1	9	X				Sesame
4	0	25	760	19	4	1	11	X				Sesame, Milk
0.5	0	0	290	41	1	2	7	X	X		X	Wheat
3	0	15	230	45	0	22	2	X		X		Milk



3.5	0	0	470	7	0	5	1	X	X	X	X	
1.5	0	0	510	10	0	8	1	X		X		Milk
5	0	35	680	3	0	1	3			X		Milk, Eggs, Fish, Soy
9	0	20	430	4	0	1	3	X		X		Milk, Eggs
6	0	20	310	4	0	0	5			X		Milk, Eggs
2.5	0	0	460	3	0	1	2	X		X		Milk
4	0	0	420	10	0	8	1	X	X		X	Soy, Sesame, Tree Nut
3	0	0	260	8	0	7	1	X				
3.5	0	10	410	2	0	1	2	X		X		Milk
0	0	0	0	6	0	6	0	X	X	X	X	
0	0	0	190	2	0	1	0	X	X	X	X	
0	0	0	80	3	0	2	0	X	X	X	X	
5	0	20	630	4	0	2	2	X		X		Milk
2.5	0	0	220	8	0	7	0	X		X	X	



1	0	55	350	1	0	0	18			X	X	
2	0	55	1270	2	0	1	17			X		Milk
3.5	0	40	150	0	0	0	18			X	X	
1	0	0	640	14	2	6	10	X	X	X	X	Soy, Sesame, Tree Nut
5	0	90	470	2	0	1	23				X	



4	0	15	210	1	0	0	4	X		X		Milk
4	0	15	190	1	0	0	5	X		X		Milk
3.5	0	20	70	3	0	0	4	X		X		Milk (Goat)
4	0	20	140	1	0	0	5	X		X		Milk
3	0	15	230	0	0	0	6	X		X		Milk
3	0	20	110	1	0	0	4	X		X		Milk

0	0	0	70	3	1	1	1	X	X	X	X	
0	0	0	65	3	1	0	1	X	X	X	X	
0	0	0	10	6	4	2	2	X	X	X	X	

<i>g</i>	<i>g</i>	<i>mg</i>	<i>mg</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>					ALLERGENS*
SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	SUGAR	PROTEIN	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly		

0	0	0	40	5	3	1	2	X	X	X	X	
0	0	0	60	3	2	0	2	X	X	X	X	

0	0	0	0	7	0	5	0	X	X	X	X	
1	0	0	0	3	0	0	1	X	X	X	X	
3.5	0	35	380	0	0	0	7			X	X	
0	0	0	250	1	0	0	0	X	X	X	X	
0	0	0	190	5	1	0	2	X	X	X	X	
0	0	0	120	5	2	1	2	X	X	X	X	
0	0	0	15	2	1	1	0	X	X	X	X	
0	0	0	20	<1	0	0	0	X	X	X	X	
0	0	0	0	18	0	16	0	X	X	X	X	
0.5	0	0	40	9	0	1	1	X	X		X	Wheat
0	0	0	280	16	0	0	3	X	X		X	Milk, Wheat
0	0	0	0	1	0	1	0	X	X	X	X	

2	0	185	60	< 1	0	< 1	6	X		X	X	Eggs
1	0	0	510	1	0	0	0	X	X	X	X	
0	0	0	220	8	2	1	3	X	X	X	X	
1	0	0	60	12	0	11	1	X		X		Milk, Peanuts, Tree Nuts
0	0	0	210	2	1	1	0	X	X	X	X	
0	0	0	0	3	0	1	< 1	X	X	X	X	
0	0	0	1	5	0	3	0	X	X	X	X	
0	0	0	0	3	1	2	0	X	X	X	X	
0	0	0	0	7	2	3	1	X	X	X	X	
0	0	0	265	7	1	6	1	X	X	X	X	
0	0	0	180	9	2	5	1	X		X	X	Soy
0	0	0	0	2	1	1	0	X	X	X	X	
0	0	0	15	6	0	0	1	X	X	X	X	
0	0	0	10	1	0	1	0	X	X	X	X	
0	0	0	180	0	0	0	3				X	Wheat, Soy
3	0	0	810	48	2	1	8	X	X		X	Wheat

<i>SATURATED FAT (g)</i>	<i>TRANS FAT (g)</i>	<i>CHOLESTEROL (mg)</i>	<i>SODIUM (mg)</i>	<i>CARBOHYDRATES (g)</i>	<i>FIBER (g)</i>	<i>SUGAR (g)</i>	<i>PROTEIN (g)</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Friendly[^]</i>	<i>Dairy Friendly^{^^}</i>	<i>ALLERGENS*</i>
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0	0	0	20	58	0	54	2	X	X	X	X	
0	0	0	75	45	1	34	2	X	X	X	X	
0	0	0	70	33	1	27	1	X	X	X	X	
0	0	0	10	73	0	69	1	X	X	X	X	
0	0	0	50	49	0	46	1	X	X	X	X	
0	0	0	25	74	0	71	1	X	X	X	X	
0	0	0	20	86	0	82	1	X	X	X	X	

0	0	0	20	86	0	83	1	X	X	X	X	
0	0	0	25	93	0	88	1	X	X	X	X	
0	0	0	15	91	0	87	1	X	X	X	X	
0	0	0	20	0	0	0	0	X	X	X	X	
0	0	0	20	0	0	0	0	X	X	X	X	
0	0	0	25	0	0	0	0	X	X	X	X	
0	0	15	40	86	0	92	1	X		X		Milk, Soy
0	0	15	55	18	0	27	0	X		X		Milk, Soy
0	0	0	15	40	0	37	1	X	X	X	X	
0	0	0	50	31	1	23	1	X	X	X	X	
0	0	0	50	22	1	19	1	X	X	X	X	
0	0	0	10	50	0	48	0	X	X	X	X	
0	0	0	35	34	0	32	1	X	X	X	X	
0	0	0	15	51	0	49	1	X	X	X	X	
0	0	0	15	62	0	60	1	X	X	X	X	
0	0	0	15	63	0	60	0	X	X	X	X	
0	0	0	15	64	0	61	1	X	X	X	X	
0	0	0	10	63	0	60	1	X	X	X	X	
0	0	0	15	0	0	0	0	X	X	X	X	
0	0	0	15	0	0	0	0	X	X	X	X	
0	0	0	15	0	0	0	0	X	X	X	X	
0	0	15	35	63	0	70	0	X		X		Milk, Soy
0	0	0	15	13	0	13	0	X		X		Milk, Soy
0	0	0	45	2	0	1	0	X	X	X	X	Tree Nuts
1	0	0	25	4	1	2	< 1	X	X	X	X	
4	0	30	55	4	0	2	2	X		X		Milk
0	0	15	25	0	0	9	0	X		X		Milk, Soy
0	0	0	0	18	0	18	0	X	X	X	X	
0	0	0	0	20	0	19	0	X	X	X	X	
0	0	0	0	19	0	19	0	X	X	X	X	Tree Nuts
0	0	0	0	20	0	20	0	X	X	X	X	

0	0	0	0	0	0	0	0	X	X	X	X	
0	0	15	25	9	0	9	0	X	X	X	X	
0	0	0	0	13	0	13	0	X	X	X	X	
0	0	0	0	13	0	13	0	X	X	X	X	
0	0	0	0	14	0	13	0	X	X	X	X	
0	0	0	10	20	0	19	0	X	X	X	X	
0	0	0	0	18	0	18	0	X	X	X	X	
0	0	0	0	14	0	14	0	X	X	X	X	
0	0	0	0	13	0	13	0	X	X	X	X	
0	0	0	0	12	0	12	0	X	X	X	X	Tree Nuts
0	0	0	0	13	0	13	0	X	X	X	X	
0	0	0	0	0	0	0	0	X	X	X	X	
0	0	0	0	13	0	13	0	X	X	X	X	
0	0	0	0	9	0	9	0	X	X	X	X	
0	0	0	0	9	0	9	0	X	X	X	X	
0	0	0	0	9	0	9	0	X	X	X	X	
0	0	0	0	10	0	9	0	X	X	X	X	
0	0	0	0	9	0	8	0	X	X	X	X	

ake representations about other allergens. While we make efforts to minimize the risk of cross contact, we cannot hart. We use eggs, milk, peanuts, tree nuts, wheat, soy, sesame, and fish as ingredients in our food. Salad and Go cannot its.

gluten, but cannot guarantee that these menu items are gluten free.

uarantee that that these menu items are free of milk allergens.

, cross contact may occur during food preparation and we cannot guarantee the absence of these allergens.

change our gloves before serving you, please let us know at the start of your order. While we are happy to change our

alsamic dressing, balsamic vinegar, and olive oil are vegan. Our 'vegan' items are on the same line with animal-based

care is taken to provide consistent portioning, because every item is made by hand, variations may occur.