

	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 <sup>^</sup>	Dairy Friendly <sup>^</sup>	ALLERGENS*
--	------	----------	---------------	-------------------	---------------	------------------	-------------	-------------------	-----------	-----------	-------------	--------------	---------	------------------------------	-----------------------------	------------

## MENU ITEMS

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

ASIAN FUSION	1 Salad	290	10	1	0	55	800	17	6	9	25				X	Soy, Wheat
ARCADIA	1 Salad	460	24	6	0	75	1020	37	2	20	25					
BBQ RANCH	1 Salad	370	16	4.5	0	70	1170	29	9	6	28	X		X		Milk
BUFFALO CHICKEN	1 Salad	310	12	2.5	0	55	1850	27	7	7	25					Milk, Wheat
CAESAR	1 Salad	280	9	3.5	0	65	860	23	4	2	29	X				Milk, Wheat
COBB	1 Salad	460	28	12	0	295	1350	11	5	4	39			X		Egg, Milk
FAJITA	1 Salad	310	14	4.5	0	70	870	23	10	5	28			X		Milk
MEDITERRANEAN	1 Salad	280	12	5	0	75	1100	18	6	6	26	X		X		Milk
JALAPEÑO RANCH	1 Salad	350	15	7	0	105	1150	18	4	6	32			X		Milk
ROASTED AUTUMN	1 Salad	490	19	5	0	65	990	56	10	33	29	X		X		Milk, Peanut, Tree Nuts
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 pulled chicken, tortilla, and 2.5 oz of dressing (full sachet). Tofu +30 calories; Steak +50 calories; No protein -90 calories)

ASIAN FUSION	1 Wrap	960	55	8	0	55	2030	79	9	18	35				X	Treenuts, Sesame, Soy, Wheat
ARCADIA	1 Wrap	990	57	11	0	75	1810	92	4	27	33					
BBQ RANCH	1 Wrap	820	39	9	0	70	2340	85	10	15	37					Milk, Wheat
BUFFALO CHICKEN	1 Wrap	760	37	10	0	70	2860	74	7	7	33					Egg, Milk, Wheat
CAESAR	1 Wrap	920	55	11	0	105	2350	74	6	4	41					Anchovy, Egg, Milk, Soy, Wheat
COBB	1 Wrap	1060	69	23	0	315	2400	60	6	4	50					Egg, Milk, Wheat
FAJITA	1 Wrap	810	47	10	0	70	2130	67	10	6	36					Milk, Wheat
MEDITERRANEAN	1 Wrap	780	43	13	0	95	2270	67	7	6	36					Egg, Milk, Wheat
JALAPEÑO RANCH	1 Wrap	860	48	13	0	110	2210	66	5	7	41					Milk, Wheat
ROASTED AUTUMN	1 Wrap	1080	59	11	0	65	2260	108	10	38	37					Milk, Peanut, Tree Nuts, Wheat
FLOUR TORTILLA (12")	1 each	300	8	3	0	0	810	48	2	1	8				X	Wheat

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

BACON LOVER w/Shredded Beef	1 Burrito	1020	60	29	1	550	2740	52	2	3	59					Milk, Eggs, Wheat
BACON LOVER w/Pulled Chicken	1 Burrito	960	51	24	1	535	2650	51	2	2	66					Milk, Eggs, Wheat
CHILAQUILE w/Shredded Beef	1 Burrito	810	46	19	0.5	460	2150	57	2	4	42					Milk, Eggs, Wheat
CHILAQUILE w/Pulled Chicken	1 Burrito	750	37	15	0.5	445	2060	56	3	3	49					Milk, Eggs, Wheat
OG w/ Shredded Beef	1 Burrito	800	46	22	1	480	1980	52	2	3	45					Milk, Eggs, Wheat
OG w/Pulled Chicken	1 Burrito	740	37	17	1	465	1880	51	2	2	51					Milk, Eggs, Wheat
TRADITIONAL w/Shredded Beef	1 Burrito	860	48	22	1	480	2320	62	3	3	46					Milk, Eggs, Wheat
TRADITIONAL w/Pulled Chicken	1 Burrito	800	38	17	1	465	2220	62	3	3	53					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	

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

BREAKFAST - BACON, EGG & CHEESE	1 Quesadilla	310	19	10	0	185	800	15	0	1	18					Milk, Eggs, Wheat
BREAKFAST- EGG & CHEESE	1 Quesadilla	250	14	7	0	165	550	15	0	1	13					Milk, Eggs, Wheat

BREAKFAST- POTATO, EGG & CHEESE	1 Quesadilla	270	15	7	0	165	700	19	1	1	14						Milk, Eggs, Wheat
BREAKFAST- SAUSAGE, EGG & CHEESE	1 Quesadilla	290	17	7	0	165	760	15	0	1	18						Milk, Eggs, Wheat
CHEESE ONLY	1 Quesadilla	240	15	9	0.5	40	510	15	0	1	12						Milk, Wheat
CHEESE & CHICKEN	1 Quesadilla	190	9	5	0	40	490	14	0	1	13						Milk, Wheat
CHEESE & STEAK	1 Quesadilla	220	11	6	0	35	430	14	0	1	14						Milk, 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 Friendly*	Dairy Friendly**	ALLERGENS*
--	------	----------	---------------	-------------------	---------------	------------------	-------------	-------------------	-----------	-----------	-------------	------------	-------	------------------	------------------	------------

<b>SIDES</b>																	
BANANA - WHOLE	1 Each	110	0	0	0	0	0	27	3	14	1	X	X	X	X		
BOULDER CANYON AVOCADO OIL SEA SALT CHIPS	1 Bag	180	11	1.5	0	0	150	20	2	0	3	X	X	X	X		
CHEWY MARSHMALLOW BAR (GF)	1 Bar	230	4	3	0	15	230	45	0	22	2	X		X		Milk	
GREEK YOGURT PARFAIT	1 Each	250	4	0	0	10	135	35	2	22	20	X		X		Milk, Soy	
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS)	6 oz	150	4	0	0	15	740	21	4	1	8			X	X		
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 CHICKPEAS	~ 4 oz	250	13	0	0	0	600	22	5	1	9	X					Sesame
HUMMUS WITH FETA	~ 4 oz	280	16	4	0	25	760	19	4	1	11	X					Sesame, Milk
LOADED GREEK HUMMUS	~ 4 oz	280	15	2.5	0	15	730	21	4	1	10	X					Sesame, Milk
MAC AND CHEESE CUP	~ 6 oz	280	15	9	0.5	55	840	24	1	4	12	X					Milk, Eggs, Wheat
MAC AND CHEESE BOWL	~ 11 oz	520	27	16	1	95	1550	43	1	7	23	X					Milk, Eggs, Wheat
PITA CHIPS	2 oz	260	6	0.5	0	0	290	41	1	2	7	X	X		X		Wheat
POWER WRAP	1 Each	330	13	2.5	0	0	380	46	3	19	8	X			X		Peanut, Soy, Wheat

<b>DRESSINGS/SALSA (1 Packet)</b>																
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 FETA	2.5 oz	230	23	6	0	20	310	4	0	0	5			X		Milk, Eggs
JALAPEÑO RANCH	2.5 oz	230	24	2.5	0	0	460	3	0	1	2	X		X		Milk
KOREAN BBQ VINAIGRETTE	2.5 oz	360	37	4	0	0	420	10	0	8	1	X	X		X	Soy, Sesame, Tree Nut
RANCH	2.5 oz	220	23	3.5	0	10	410	2	0	1	2	X		X		Milk
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
STRAWBERRY GINGER VINAIGRETTE	2.5 oz	240	24	2.5	0	0	220	8	0	7	0	X		X	X	

<b>INDIVIDUAL INGREDIENTS</b>																
<b>PROTEINS</b>																
SLOW-ROASTED PULLED CHICKEN	3 oz	90	1.5	1	0	55	350	1	0	0	18			X	X	
BUFFALO CHICKEN	3.95 oz	160	10	2	0	55	1270	2	0	1	17			X		Milk
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

SHREDDED BEEF	4 oz	180	9	5	0	90	470	2	0	1	23					X	
<b>CHEESES</b>																	
BLUE CHEESE	.7 oz	70	6	4	0	15	210	1	0	0	4	X		X			Milk
FETA	.75 oz	70	6	4	0	15	190	1	0	0	5	X		X			Milk
GOAT CHEESE CRUMBLES	.85 oz	70	5	3.5	0	20	70	3	0	0	4	X		X			Milk (Goat)
OAXACA	.75 oz	80	6	4	0	20	140	1	0	0	5	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
<b>GREENS</b>																	
ASIAN SLAW	4 oz	15	0	0	0	0	70	3	1	1	1	X	X	X	X		
MIXED GREENS	3.5 oz	15	0	0	0	0	65	3	1	0	1	X	X	X	X		
ROMAINE	6 oz	30	0	0	0	0	10	6	4	2	2	X	X	X	X		
	<i>SIZE</i>	<i>CALORIES</i>	<i>TOTAL FAT (g)</i>	<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>	
ROMAINE WITH MIXED GREENS	4.85 oz	25	0	0	0	0	40	5	3	1	2	X	X	X	X		
SPINACH	2.7 oz	20	0	0	0	0	60	3	2	0	2	X	X	X	X		
<b>FRUITS, VEGGIES AND MORE</b>																	
APPLE SLICES	1.8oz	25	0	0	0	0	0	7	0	5	0	X	X	X	X		
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		
CRISPY ONIONS	.6oz	100	7	0.5	0	0	40	9	0	1	1	X	X		X		Wheat
CROUTONS	.8 oz	100	3	0	0	0	280	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
FLOUR TORTILLA (6")	1 each	80	2.5	1	0	0	230	14	0	1	2	X	X		X		Wheat
FLOUR TORTILLA (12")	1 each	300	9	3	0	0	810	48	2	1	8	X	X		X		Wheat
KALAMATA OLIVES	1.1 oz	50	5	1	0	0	510	1	0	0	0	X	X	X	X		
MARINATED CHICKPEAS	1.4 oz	70	3.5	0	0	0	220	8	2	1	3	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 ONIONS - PICKLED	1 oz	18	0	0	0	0	1	5	0	3	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		
SLICED JALAPENOS	1 oz	10	0	0	0	0	0	2	1	1	0	X	X	X	X		

SWEET POTATOES	2.8 oz	54	2	0	0	0	265	7	1	6	1	X	X	X	X	
SWICY CARROTS	2 oz	45	1.5	0	0	0	180	9	2	5	1	X	X	X	X	Soy
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	
WATERMELON RADISH	1 oz	5	0	0	0	0	10	1	0	1	0	X	X	X	X	
WONTON STRIPS	.8 oz	110	6	0	0	0	180	0	0	0	3				X	Wheat, Soy

	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 <sup>ns</sup>	Dairy Friendly <sup>ns</sup>	ALLERGENS*
--	------	----------	---------------	-------------------	---------------	------------------	-------------	-------------------	-----------	-----------	-------------	------------	-------	-------------------------------	------------------------------	------------

## BEVERAGES

CITRUS ZEN JUICE	24 oz	220	0	0	0	0	20	58	0	54	2	X	X	X	X	
GREEN REVIVER	24 oz	180	0	0	0	0	75	45	1	34	2	X	X	X	X	
ORANGE REVIVER	24 oz	140	0	0	0	0	70	33	1	27	1	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 - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	0	71	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACKBERRY BRAMB	24 oz	320	0	0	0	0	20	86	0	82	1	X	X	X	X	
FRUIT STAND LEMONADE - SUMMER STONE FRU	24 oz	330	0	0	0	0	20	86	0	83	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 ORCH	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	
CITRUS ZEN JUICE	16 oz	150	0	0	0	0	15	40	0	37	1	X	X	X	X	
GREEN REVIVER	16 oz	130	0	0	0	0	50	31	1	23	1	X	X	X	X	
ORANGE REVIVER	16 oz	100	0	0	0	0	50	22	1	19	1	X	X	X	X	
HOUSEMADE LEMONADE - TRADITIONAL	16 oz	190	0	0	0	0	10	50	0	48	0	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	16 oz	130	0	0	0	0	35	34	0	32	1	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	16 oz	190	0	0	0	0	15	51	0	49	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACKBERRY BRAMB	16 oz	230	0	0	0	0	15	62	0	60	1	X	X	X	X	
FRUIT STAND LEMONADE - SUMMER STONE FRU	16 oz	240	0	0	0	0	15	63	0	60	0	X	X	X	X	
FRUIT STAND LEMONADE - MANGO GROVE	16 oz	240	0	0	0	0	15	64	0	61	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACK CHERRY ORCH	16 oz	240	0	0	0	0	10	63	0	60	1	X	X	X	X	
ICED TEA - BLACK	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
ICED TEA - MANGO GREEN	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
COLD BREW ICED COFFEE	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	

## 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
COLD FOAM	1 oz	60	2.5	0	0	15	25	0	0	9	0	X		X		Milk, Soy
SIMPLE SYRUP SHOT (24 oz Cup)	1 oz	70	0	0	0	0	0	18	0	18	0	X	X	X	X	
CARAMEL FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	19	0	X	X	X	X	

HAZELNUT FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	19	0	19	0	X	X	X	X	Tree Nuts
VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	20	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (COLD)	1 oz	60	2.5	0	0	15	25	9	0	9	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (LEMO)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	
BLACKBERRY FLAVOR SHOT (24 oz Cup)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	
STONE FRUIT FLAVOR SHOT (24 oz Cup)	.75 oz	60	0	0	0	0	0	14	0	13	0	X	X	X	X	
MANGO PUREE (24 oz Cup)	1 oz	80	0	0	0	0	10	20	0	19	0	X	X	X	X	
BLACK CHERRY PUREE (24 oz Cup)	1 oz	80	0	0	0	0	0	18	0	18	0	X	X	X	X	
SIMPLE SYRUP SHOT (16 oz Cup)	.75 oz		0	0	0	0	0	14	0	14	0	X	X	X	X	
CARAMEL FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
HAZELNUT FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	12	0	12	0	X	X	X	X	Tree Nuts
VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	50	0	0	0	0	0	13	0	13	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT (16 oz Cup)	.75 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (COLD)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (LEMO)	.5 oz	40	0	0	0	0	0	9	0	9	0	X	X	X	X	
BLACKBERRY FLAVOR SHOT (16 oz Cup)	.5 oz	35	0	0	0	0	0	9	0	9	0	X	X	X	X	
STONE FRUIT FLAVOR SHOT (16 oz Cup)	.5 oz	35	0	0	0	0	0	9	0	9	0	X	X	X	X	
MANGO PUREE (16 oz Cup)	.5 oz	40	0	0	0	0	0	10	0	9	0	X	X	X	X	
BLACK CHERRY PUREE (16 oz Cup)	.5 oz	40	0	0	0	0	0	9	0	8	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](mailto: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.