

Name	Genre	Green	Protein	Cheese	Toppings	Crunch	Dressings	Calories
Alaskan King	The Big Salad	Spinach	Crab		Broccoli, Peas	Chow Mein Noodles	Wasabi Dressing	400
Ancho Tuna Salad	La Sandia	Mixed Greens	Ancho Tuna		Anise Tomato, Orange, Avocado, Radish	Pumpkin Seeds	Piloncillo Sesame Chipotle Vinaigrette	
Antipasto	European	Romaine, Butter, Iceberg	Salami, Prosciutto	Provolone	Chickpeas, Kidney Beans, Tomatoes, Olives		Red Wine Vinaigrette	
Apple, Pears, Cheddar	Sweetgreen	Kale, Mesclun		Cheddar	Apples, Pears, Basil	Toasted Pecans	Balsamic Vinaigrette	425
Arugula Truffle Salad	Seasons 52	Arugula		Parmesan	Roasted Mushrooms, Aoli		Truffle Vinaigrette	
Ashbury	Mixt Greens	Kale, Arugula			Grilled Asparagus, Caramelized Leeks	Quinoa/Toasted Farro, Roasted Almonds	Moroccan Herb Vinaigrette	
Asparagus, Egg, Lox	European	Mesclun	Smoked Salmon		Asparagus, Tomato, Poached Egg, Red Onion	Croutons, Pine Nuts	Dijon Vinaigrette	400
Baby Ganoush	Sweetgreen	Mesclun	Roasted Eggplant	Feta	Grape Tomatoes, Cucumber, Red Onion	Pita Chips	Lemon Hummus Tahini + Lemon	
Bachelor	Mixt Greens	Red Leaf	Steak	Blue Cheese	Roasted Potatoes, Cherry Tomatoes, Caramelized Onions		Balsamic Vinaigrette	550
Baja Chili Salad	Wendy's	Mixed Greens	Chili	Shredded Cheese	Tomatoes, Cucumbers, Black Olives	Tortilla Chips	Chili	
Be Wello	Mixt Greens	Mixed Greens			Chickpeas, Avocado, Lentils, Edamame, Cucumber, Red Onion, Herbs	Quinoa	Jalapeno Vinaigrette	350
Beet	American	Baby Spinach, Mesclun	(Chicken)	Goat Cheese	Roasted Beets, Red Onion	Pecans	Balsamic Vinaigrette	
Black and Blue	American	Mesclun	Steak	Blue Cheese	Tomatoes, Red Onions, Cucumber, Bell Pepper	Pine Nuts	EVOO + Balsamic + Black Pepper	600
Bondi Beach	Sweetgreen	Mesclun, Arugula	Chicken		Avocado, Corn, Hearts of Palm	Wasabi Peas	Miso Sesame Ginger Vinaigrette	545
Buffalo Chicken	American	Romaine, Spinach	Chicken	Blue Cheese	Celery, Tomato, Cucumber, Carrot	Croutons	Blue Cheese, Ranch + Buffalo Sauce	
Bulgogi Salad	Asian	Romaine, Mixed Greens	Bulgogi		Kimchi, Quick Pickled Cucumbers, Sprouts, Scallions		Ssamjang/Gochujang Vinaigrette	
Caesar	European	Romaine	Chicken/Shrimp/Salmon	Parmesan	Tomato, Red Onion	Croutons	Caesar + Black Pepper	
Caprese	European	Mesclun		Mozzarella	Tomato, Basil	Pine Nuts	EVOO + Balsamic	
Chef	American	Green Leaf, Red Leaf	Ham, Turkey, Roast Beef	Cheddar	Tomato, Cucumbers	Croutons	Ranch, Honey Mustard, Thousand Island	
Chic P	Sweetgreen	Mesclun, Baby Spinach	Falafel		Chickpeas, Cucumbers, Bell Pepper	Pita Chips	Lemon Hummus Tahini	550
Chicken & White Bean	American	Romaine, Radicchio	Chicken	Feta	White Beans, Zucchini, Celery, Sundried Tomatoes, Basil		Red Wine Dijon Vinaigrette	428
Chinese Chicken	Asian	Spinach, Napa Cabbage	Chicken		Carrot, Water Chestnuts, Bamboo Shoots, Mandarin Oranges, Scallions	Wontons, Peanuts	Soy Ginger Vinaigrette, Chinese Mustard Vinaigrette	
Chipotle BBQ Chicken	Seasons 52	Mixed Greens	Chicken	Blue Cheese	Corn, Roasted Red Peppers	Pumpkin Seeds	Cumin Lime Vinaigrette	450
Cobb	American	Romaine, Endive, Watercress, Iceberg	Chicken	Roquefort	Bacon, Egg, Tomato, Avocado, Chive		Red Wine Vinaigrette	
Cowboy	Mixt Greens	Romaine	Chicken	Cheddar	Roasted Red Peppers, Black Beans, Red Onion		Blue Cheese Dressing + Chipotle Honey Drizzle	420
Crab Louie	American	Iceberg	Crab		Egg, Asparagus, Tomato		Louie Dressing (Mayonnaise + Chili Sauce)	
Cuban	Latino	Butter	Pork, Ham	Swiss	Pickles, Onions, Avocado	Croutons	Yellow Mustard Vinaigrette	
Curry Cauliflower Quinoa	Sweetgreen	Arugula	Chicken		Curry Cauliflower, Cilantro, Dried Cranberries	Quinoa, Farro	Cucumber Tahini Yogurt	560
Curry Gold	Sweetgreen	Baby Spinach	Chicken		Cucumbers, Raw Beets, Cranberries	Toasted Almonds	Curry Pineapple Yogurt	364
Dagwood	Mixt Greens	Mixed Greens		Goat Cheese	Roasted Mushrooms, Roasted Onions, Roasted Peppers, Roasted Zucchini	Garlic Croutons	Balsamic Reduction + Lemon Herb Vinaigrette	500
District Cobb	Sweetgreen	Romaine, Kale	Chicken	Goat Cheese	Egg, Bacon, Corn, Avocado, Grape Tomatoes		Agave Dijon Vinaigrette	725
Earth Bowl	Sweetgreen	Arugula	Chicken	Cheddar	Grape Tomatoes, Corn, Spicy Broccoli	Quinoa/Barley/Wheatberries	Pesto Vinaigrette	734
Fajita	Latino	Romaine	Chicken/Steak	Pepper Jack	Fajita Onions and Peppers, Tomato, Avocado	Tortilla Chips	Ranch, Lime Vinaigrette, Salsa	
Falafel Blog	Blog	Romaine	Falafel	Goat Cheese	Tomato, White Beans	Quinoa, Almonds	Balsamic Vinaigrette	

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Fillmore	Mixt Greens	Mesclun	Chicken	Parmesan	Pole Beans, Tomatoes, Potatoes	Pumpkin Seeds	Whole Grain Mustard Vinaigrette	
Fuji Apple Salad	Panera	Mesclun, Romaine	Chicken	Gorgonzola	Tomatoes, Red Onions	Apple Chips, Pecans	White Balsamic Apple Vinaigrette	560
Gazpacho Shrimp Salad	Sweetgreen	Baby Spinach	Shrimp		Tomatoes, Onions, Cucumbers	Croutons	Gazpacho	
Greek	European	Arugula		Feta	Tomatoes, Cucumbers, Bell Peppers, Red Onion, Olives, Capers, Oregano		EVOO + Lemon + Red Wine	
Grove	Mixt Greens	Kale, Romaine	Chicken	Feta	Avocado, Orange, Fennel, Pickled Red Onions, Fresh Herbs		Lemon Herb Vinaigrette	
Guacamole Greens	Sweetgreen	Mesclun	Chicken/Shrimp		Grape Tomatoes, Avocado, Red Onion	Tortilla Chips	Lime Cilantro Jalapeno Vinaigrette + Lime	515
Hatch	Mixt Greens	Mixed Greens, Kale	Chicken		Egg, Avocado, Red Onion, Watermelon Radish, Fennel		Green Goddess Dressing	400
Hudson Valley Mix	Just Salad	Baby Spinach		Goat Cheese	Butternut Squash, Broccoli, Apples, Beets	Pumpkin Seeds, Croutons	Low-Fat Horseradish Chive	550
Immunity Bowl	Just Salad	Mesclun	Salmon		Butternut Squash, Cranberries, Cucumber	Wheatberries	Lemon Vinaigrette	610
Israeli Couscous	European	Mesclun, Kale	Chicken		Israeli Couscous, Butternut Squash, Cranberries, Golden Raisins, Onions, Preserved Lemon, Olives, Parsley	Pita Chips, Pine Nuts	Garlic Lemon Tahini Vinaigrette	
Japanese	Asian	Mesclun	Shrimp/Rare Tuna		Seaweed, Mushrooms, Carrots, Radish, Scallion	Wasabi Peas	Miso Ginger Dressing	
Kale Caesar	Sweetgreen	Romaine, Kale	Chicken	Parmesan	Grape Tomatoes	Parmesan Crisp	Caesar + Lime	440
Lemongrass Salmon	Seasons 52	Mixed Greens	Lemongrass Salmon		Pineapple, Mango, Jicama		Toasted Sesame Dressing	
Lyonnaise	European	Frisee	Bacon		Poached Egg	Croutons	Dijon Vinaigrette	
Mache & Chicken Salad	European	Mache, Baby Spinach	Chicken		New Potatoes, Peas, Shallot		Honey-Tahini Dressing	
Madison	Mixt Greens	Mixed Greens, Kale	Chicken	Parmesan	Roasted Potatoes, Grilled Asparagus	Pumpkin Seeds	Whole Grain Mustard Vinaigrette	380
Mariana	The Big Salad	Spinach, Romaine, Iceberg	Bacon		Egg, Red Onion, Broccoli, Chow Mein Noodles	Sunflower Seeds	Honey Mustard Dijon	510
Maui	Mixt Greens	Butter	Seared Tuna		Cherry Tomatoes, Mango, Avocado, Red Onion	Macadamia Nuts	Mango Citrus Vinaigrette	360
Maui Tuna Crunch	Seasons 52	Mixed Greens	Seared Tuna		Pineapple	Almonds	Miso Vinaigrette	475
Mediterranean	European	Romaine	Chicken/Lamb	Feta	Tomatoes, Cucumbers, Bell Peppers, Red Onion, Olives, Chickpeas		EVOO + Lemon + Red Wine	
Mesogiaki	European	Mixed Greens	Chicken/Salmon	Feta	Northern Beans, Tomatoes, Olives		EVOO + Lemon + Red Wine	
Mexican Chopped	Latino	Romaine	Chicken/Steak	Pepper Jack	Corn, Tomatoes, Red Onions, Black Beans, Cilantro, Jicama, Avocado		Chipotle Ranch, Honey Lime Vinaigrette	
Misoba	Sweetgreen	Mesclun	Soba Noodles		Avocado, Corn, Carrots, Cilantro	Sunflower, Flax	Miso Sesame Ginger Vinaigrette + Sriracha	540
New England Boiled Salad	European	Romaine, Iceberg	Corned Beef		Potatoes, Cabbage, Carrots, Onion	Rye Croutons	Thousand Island	550
Nicoise	European	Butter	Tuna, Anchovies		Olives, String Beans, Tomatoes, Egg, Red Onion		Dijon Vinaigrette	
Panzanella - Tiffany	Sweetgreen	Baby Arugula			White Beans, Cucumber, Pickled Red Onions, Marinated Golden Tomatoes, Basil, Kalamata	Torn Bread	EVOO + Balsamic	
Pesto Paradise	Just Salad	Arugula, Mesclun	Chicken	Mozzarella	Broccoli, Sun Dried Tomatoes, Red Onions		EVOO + Balsamic + Pesto	560
Pod	Mixt Greens	Butter	Ham		Radish, Peas, Fennel, Red Onion	Bread Crumbs	Buttermilk Ranch	
Rad Thai	Sweetgreen	Arugula, Mesclun	Shrimp		Sprouts, Carrots, Cabbage, Cucumbers, Basil	Spicy Sunflower Seeds	Spicy Cashew Dressing	375
Raspberry Gorgonzola	American	Mesclun		Gorgonzola	Apples, Cranberries	Candied Walnuts	Raspberry Vinaigrette	
Santorini	Sweetgreen	Romaine	Shrimp	Feta	Grapes, Mint, Chickpeas		Cucumber Basil Yogurt + Lemon	400
Seared Calamari	European	Baby Spinach, Arugula	Squid		Cannellini Beans, Tomato, Onion, Celery		Basil Vinaigrette	
Seasonal - April 2013	Sweetgreen	Mesclun	Shrimp		Cilantro, Red Onion, Carrots, Cucumbers, Sprouts	Sunflower Seeds	Lime Cilantro Jalapeno Vinaigrette + Sriracha	515

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Seasonal - April 2014	Sweetgreen	Arugula, Kale	Tofu		Carrots, Asparagus, Bell Peppers, Basil	Warm Grains, Almonds	Carrot Chili Vinaigrette	635
Seasonal - August 2011	Sweetgreen	Mesclun		Gorgonzola	Tomatoes, Fennel, Corn	Parmesan Crisp	Champagne Vinaigrette + Lemon	
Seasonal - August 2013	Sweetgreen	Arugula, Kale		Feta	Watermelon, Tomatoes, Cucumber, Mint	Spicy Sunflower Seeds	Champagne Vinaigrette	
Seasonal - December 2011	Sweetgreen	Mesclun	Turkey		Cauliflower, Crispy Kale, Butternut Squash	Sunflower	Cranberry Vinaigrette	
Seasonal - December 2013	Sweetgreen	Arugula	Chicken		Curry Roasted Cauliflower, Dried Cranberries, Cilantro	Quinoa/Barley/Wheatberries	Cucumber Basil Yogurt Dressing + Sriracha	
Seasonal - February 2013	Sweetgreen	Arugula, Kale		Parmesan	Roasted Portobello, Basil, Raw Beets	Quinoa/Barley/Wheatberries	Pesto Vinaigrette	538
Seasonal - January 2013	Sweetgreen	Mesclun, Kale	Smoked Salmon		Red Onion, Cucumbers, Avocado, Carrots, Lentils	Sunflower, Flax	Miso Sesame Ginger Vinaigrette	574
Seasonal - January 2014	Sweetgreen	Mesclun, Kale			Kimchi, Apples, Carrots, Raw Beets, Cucumbers	Sunflower Seeds	Miso Sesame Ginger Vinaigrette	395
Seasonal - July 2011	Sweetgreen	Baby Spinach		Mozzarella	Tomatoes, Basil	Spicy Quinoa	Balsamic Vinaigrette	
Seasonal - July 2013	Sweetgreen	Mesclub, Baby Spinach		Goat Cheese	Peaches, Basil	Almonds	Balsamic Vinaigrette	
Seasonal - June 2011	Sweetgreen	Mesclun		Goat Cheese	Green Beans, Radishes, Cranberries	Toasted Almonds	Champagne Vinaigrette	
Seasonal - June 2013	Sweetgreen	Baby Spinach, Kale	Chicken	Parmesan	Roasted Vegetables, Basil, Carrots	Tortilla Chips	Pesto Vinaigrette	520
Seasonal - March 2013	Sweetgreen	Mesclun, Baby Spinach	Bacon	Blue Cheese	Sweet Potato, Caramelized Onions	Candied Pecans	Balsamic Vinaigrette	573
Seasonal - March 2015	Sweetgreen	Arugula, Kale	Salmon		Raw Beets, Radishes, Carrots, Tomatoes, Caramelized Onions		Mustard Oregano Vinaigrette	485
Seasonal - May 2011	Sweetgreen	Mesclun		Feta	Asparagus, Strawberries, Mint	Sunflower	Balsamic Vinaigrette	
Seasonal - May 2013	Sweetgreen	Mesclun, Kale		Feta	Strawberry, Cucumbers, Mint, Dried Cranberries	Raw Seeds	Champagne Vinaigrette	
Seasonal - September 2011	Sweetgreen	Baby Spainch	Tofu		Apples, Sugar Snap Peas, Cilantro	Spicy Quinoa	Cilantro Jalapeno Vinaigrette	
Seasonal - September 2013	Sweetgreen	Mesclun, Kale	Crab		Green Pepper, Bell Pepper, Corn, Avocado	Spicy Sunflower Seeds	Carrot Chili Vinaigrette	505
Sesame Duck	Seasons 52	Mixed Greens	Duck		Apples, Mint, Cranberries, Butternut Squash	Pecans		450
Siam	Mixt Greens	Mixed Greens			Green Papaya, Jicama, Mango, Cucumber, Red Pepper, Herbs	Peanuts	Thai Lemongrass Vinaigrette	270
Smoked Trout Salad	European	Arugula, Endive	Smoked Trout		Potatoes, Fennel, Raddish, Red Onion		Dill Horseradish	
Spicy Sabzi	Sweetgreen	Baby Spinach	Tofu		Spicy Broccoli, Carrots, Raw Beets, Basil, Sprouts	Spicy Quinoa	Carrot Chili Vinaigrette + Sriracha	455
Spicy Watermelon	Sweetgreen	Baby Spinach		Feta	Mint, Golden Tomatoes, Watermelon		Cucumber Basil Yogurt Dressing + Sriracha	
Spinach Power Salad	Panera	Baby Spinach	Bacon		Roasted Mushrooms, Caramelized Onions, Egg	Fried Onions	Smokey Vidalia Onion Vinaigrette	460
Strawberry	American	Baby Spinach, Mesclun	(Chicken)	Goat Cheese	Strawberry, Heart of Palm	Walnuts	Poppyseed	
Taco	Latino	Iceberg	Ground Beef	Cheddar	Tomato, Onions, Pinto Beans	Tortilla Chips	French, (Sour Cream + Salsa)	
Thai Peanut	Asian	Mesclun, Cabbage	Chicken		Cucumber, Carrot, Mung Sprouts, Bell Pepper, Scallion, Cilantro	Peanuts	Peanut Dressing, Thai Vinaigrette	
The California	Just Salad	Iceberg	Chicken		Avocado, Egg Whites, Tomatoes	Almonds	Balsamic Vinaigrette	450
Tropical	Latino	Romaine, Mesclun	Chicken/Salmon		Mango, Bell Pepper, Pineapple, Avocado, Jicama		Mango Vinaigrette	
Turkey + Autumn	Sweetgreen	Mesclun	Turkey		Roasted Brussels Sprouts, Roasted Potatoes		Cranberry Vinaigrette	405
Umami Grain Bowl	Sweetgreen	Swiss Chard, Pea Shoots	Tofu		Roasted Mushrooms, Red Onions	Spicy Sunflower Seeds, Wild Rice, Quinoa, Farro	Miso Sesame Ginger Vinaigrette	510
Vegan Wonder	Blog	Romaine			Avocado, Sweet Potato, Chickpeas, Tomatoes, Cucumber, Raw Beets, Carrots, Peppers, Broccoli		Lemon + Lime + EVOO	
Waldorf	American	Romaine	Chicken		Grapes, Apples, Celery	Walnuts	Mayonnaise + Lemon	
Wedge	American	Iceberg	Bacon	Blue Cheese	Tomato, Scallion		Blue Cheese	

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Whisky Wheatberry	American	Butter		Chipotle Goat Cheese	Golden Raisins	Whiskey Wheatberries, Pine Nuts	Lemon Vinaigrette	
Wild Child	Sweetgreen	Baby Spinach			Cilantro, Peppers, Raw Beets, Cabbage, Carrots, Avocado	Wild Rice, Raw Seeds	Miso Sesame Ginger Vinaigrette	545
Wild Rice & Pomegranate	American	Kale, Mesclun	Chicken?	Feta	Pomegranate, Wild Rice, Shallot	Walnuts	Cider Vinaigrette	
Yotam Trout	European	Mesclun, Pea Shoots	Smoked Trout	Goat Cheese	Peas, Fennel, Dill, Lemon Zest	Fennel Seeds, Pink Pepper Corns	Lemon, EVOO	
Zucchini - Casey	Sweetgreen	Romaine	Shrimp	Goat Cheese	Basil, Red Onion, Golden Tomato, Zucchini Fritter		Lemon Hummus Tahini	