



CUSTOMIZE

GREENS

MIXED GREENS - ORGANIC	1.85 oz	10	0	0	0	0	0	15	2	1	0	< 1	GF, DF, V	
ROMAINE - ORGANIC when available	4.86 oz	35	5	1	0	0	0	15	8	5	3	3	GF, DF, V	
SPINACH - ORGANIC	2.74 oz	20	0	0	0	0	0	60	3	2	0	2	GF, DF, V	

FRUITS, VEGGIES AND MORE

AVOCADO (1/4 avocado)		110	90	10	2	0	0	5	6	4	0	1	GF, DF, V	
BACON - NITRATE-FREE	1.03 oz	170	140	15	6	0	25	300	0	0	0	3	GF, DF	
BEETS (SEASONAL)	.86 oz	10	0	0	0	0	0	20	2	1	2	0	GF, DF, V	
BLACK BEANS - ORGANIC	2 oz	80	0	0	0	0	0	480	14	3	1	5	GF, DF, V	
CARROTS - ORGANIC	.78 oz	10	0	0	0	0	0	15	2	1	1	0	GF, DF, V	
CELERY	.89 oz	0	0	0	0	0	0	20	< 1	0	0	0	GF, DF, V	
CORN	1.23 oz	90	15	2	0	0	0	15	20	2	7	3	GF, DF, V	
CUCUMBERS - ORGANIC	1.21 oz	5	0	0	0	0	0	0	1	0	1	0	GF, DF, V	
CROUTONS	.45 oz	50	10	1	0	0	0	90	9	1	0	2	DF, V	Wheat
DRIED CRANBERRIES (SEASONAL)	.6 oz	50	0	0	0	0	0	0	14	1	11	0	GF, DF, V	
EGG - HARD BOILED (1 egg)		80	50	5	2	0	185	60	< 1	0	< 1	6	GF, DF	Eggs
GREEN ONIONS	.47 oz	0	0	0	0	0	0	0	1	0	0	0	GF, DF, V	
JALAPENOS	.54 oz	0	0	0	0	0	0	0	1	0	1	0	GF, DF, V	
KALAMATA OLIVES	.91 oz	30	25	3	0	0	0	190	2	1	0	0	GF, DF, V	
PECANS (SEASONAL)	1.17 oz	230	220	24	2	0	0	0	5	3	1	3	GF, DF, V	Tree Nuts
PICO DE GALLO - with organic tomatoes	2.86 oz	25	2	0	0	0	0	105	2	1	1	0	GF, DF, V	
POBLANOS - ROASTED	1.01 oz	20	5	1	0	0	0	0	3	0	1	< 1	GF, DF, V	
RED CABBAGE	1 oz	10	0	0	0	0	0	10	3	1	1	< 1	GF, DF, V	
RED ONIONS - PICKLED	1.33 oz	40	0	0	0	0	0	0	8	1	6	0	GF, DF, V	
RED ONIONS - FRESH	1.04 oz	15	0	0	0	0	0	0	3	1	1	0	GF, DF, V	
RED PEPPERS - FRESH	1.5 oz	15	0	0	0	0	0	0	3	1	2	0	GF, DF, V	
SWEET POTATOES (SEASONAL)	3.16 oz	160	20	2	0	0	0	320	33	5	1	2	GF, DF, V	
TOMATOES - ORGANIC	1.79 oz	10	0	0	0	0	0	0	2	1	1	0	GF, DF, V	
TORTILLA STRIPS	.8 oz	110	45	5	1	0	0	50	15	2	0	2	DF, V **	

CHEESES

BLUE CHEESE	.68 oz	60	40	5	3	0	15	210	1	1	0	3	GF	Dairy
FETA	.93 oz	70	50	6	4	0	25	290	1	0	1	4	GF	Dairy
FRESH MOZZARELLA BALLS	2.19 oz	160	90	10	6	0	40	380	2	0	1	15	GF	Dairy
PARMESAN	.39 oz	45	25	3	2	0	10	190	0	0	0	4	GF	Dairy
PEPPER JACK CHEESE	.68 oz	60	35	4	3	0	15	110	0	0	0	5	GF	Dairy

BREAKFAST HOURS ONLY

BREAKFAST POTATOES	1.3 oz	40	10	1	0	0	0	60	6	1	0	< 1	GF, DF, V	
SCRAMBLED EGG	1.16 oz	50	30	4	1	0	90	50	< 1	0	0	3	GF, DF	Eggs
TURKEY SAUSAGE	1.78 oz	90	60	6	2	0	40	160	< 1	0	0	9	GF, DF	

* Based on the Food and Drug Administration's list of 8 common food allergens: **dairy, eggs, fish, peanuts, shellfish, soy, tree nuts, wheat**. We do not make representations about other allergens.

** Tortilla strips are corn-based, but as they are made in a facility that uses wheat, there is a risk of cross-contamination and for that reason we do not claim they are gluten-free. Cheeses are pasteurized.

Health and food safety are among our top priorities, and while we take precautions in our kitchens and stores to avoid cross-contamination, we cannot guarantee that items will not come in contact with each other. If you have a food allergy or dietary needs, please let us know when placing your order. If you have a question about whether a specific ingredient is used in a dressing, sauce, or other preparation, please email us at info@saladandgo.com.

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. Lemonade nutritional information is based on 25% of each cup containing ice.