

SA A D GO													ě	
				1547		(e)		l8 _{tt}	,	ES (B)			Gluen-Fee (GF), Dairy-Free (DF), Vesan (V)	
		Ē	CALORIES FRO	707AL FAT(6)	SATURATED FAL	TRANSFAT (e)	CHOLESTERON .	or (m	CARBOHYDRAS		(8)	(g) _(k)	ree (Gr.	SENS*
		CALORIES	G4(0)	707 _A L	SATUR.	TRANS	СНОЦЕ	Sopiu	S. PBO	FIBER (E)	SUGAR(E)		Gluten	ALL ERGENS*
SALADS / WRAPS (salads base	d on sta		1	1		1							, or dressing; f	
BBQ RANCH BRUSCHETTA CAPRESE		510 310	210 140	23 15	6 7	0	15 40	800 720	65 24	17 7	12 6	20	**	Dairy Dairy, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)		300	80	9	2	0	65	1170	29	11	9	28		Dairy, Wheat
CAESAR		170	50	6	2.5	0	10	300	23	8	6	11		Dairy, Wheat
COBB SOUTHWEST SONORAN (SEASONAL)		470 350	330 180	36 19	11 5	0	225 15	610 300	19 46	11 10	6 14	18 22	GF GF	Dairy Dairy
GREEK		170	80	9	4.5	0	25	520	18	7	7	8	GF	Dairy
JALAPEÑO RANCH		410	200	22	9	0	35	460	38	8	17	16	GF	Dairy
THAI KIDS SALAD		100	10 15	1.5	0	0	0	55 120	20 18	10 5	9	6	GF, DF, V	Dairy, Wheat
FLOUR TORTILLA (12")		260	70	8	1.5	0	0	400	44	4	2	5	DF, V	Wheat
PROTEINS (based on 1/2 cup portion)								'						·
BUFFALO CHICKEN (without salad)		150	60	7	1	0	65	1020	1	0	1	21	GF	Dairy
CHICKEN		130	30	3.5	1	0	75	620	1	0	0	25	GF, DF	
SHRIMP		90	35	4 3.5	0	0	115 0	510	1	0	0	12	GF, DF	Shellfish
DRESSINGS (serving size is 2 than or		130	30		1.5			135	6	1	4	18	GF, DF, V	Soy
DRESSINGS (serving size is 2 tbsp or BALSAMIC VINAIGRETTE	1 oz; e	ach pac 120	ket cont	13 ains	serving 1.5	s which	equals 0	5 tbsp o 150	r 2.5 oz) 2	0	2	0	GF, DF, V	
BASIL PESTO		160	150	17	2	0	0	60	<1	0	0	<1	GF, DF, V	Dairy, Pine Nuts
BBQ RANCH - new & improved!		60	45	5	0	0	0	170	4	0	3	0	GF	Dairy
CAESAR		120	110	13	2.5	0	10	190	1	0	0	1	GF	Dairy, Eggs, Fish, Soy
CREAMY BLUE CHEESE CREAMY GREEK - new & improved!		130 80	120 70	13 8	3.5 2	0	10 10	180 120	2	0	0	< 1 1	GF GF	Dairy, Eggs Dairy, Eggs
JALAPEÑO RANCH - new & improved!		80	80	9	0.5	0	0	130	1	0	0	< 1	GF	Dairy
RANCH - new & improved!		90	90	10	1.5	0	< 5	160	1	0	1	< 1	GF	Dairy
SERRANO LIME VINAIGRETTE (SEASONAL)		100	90	10	1	0	0	75	5	0	5	0	GF, DF ***	
THAI PEANUT		130	110	12	1.5	0	0	135	4	0	3	2	GF, DF	Fish, Peanuts, Soy
	ludes a				40		220	4400	40	_		24		5 : 5 344 .
BACON, EGG & CHEESE BURRITO		600	320	36	12	0	220	1100	48	5	4	21	GF w/out tortilla GF w/out tortilla	Dairy, Eggs, Wheat
FIESTA		640	270	30	8	0	145	1100	71	8	5	26	and strips **	Dairy, Eggs, Wheat
SOUTHWEST		480 630	210 310	23 35	7 11	0	145 130	900 1180	50 60	5 6	5 5	23 19	GF w/out tortilla GF w/out tortilla	Dairy, Eggs, Wheat
TRADITIONAL TURKEY SAUSAGE, EGG & CHEESE		520	230	26	8	0	235	940	48	5	4	26	GF w/out tortilla	Dairy, Eggs, Wheat Dairy, Eggs, Wheat
FLOUR TORTILLA (12")		260	70	8	1.5	0	0	400	44	4	2	5	DF, V	Wheat
HOUSE-MADE SALSA		10	0	0	0	0	0	180	2	1	1	0	GF, DF, V	
SOUP														
CHICKEN WILD RICE SOUP (SEASONAL)	14 oz	200	50	6	1	0	30	730	25	3	6	15	GF, DF	
BEVERAGES														
HOUSEMADE LEMONADE - TRADITIONAL	16 oz		0	0	0	0	0	15	57	0	54	0	GF, DF, V	
HOUSEMADE LEMONADE - TRADITIONAL HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz 16 oz	330 120	0	0	0	0	0	20 15	85 31	0	82 29	0	GF, DF, V GF, DF, V	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	0	25	46	1	43	< 1	GF, DF, V	
HOUSEMADE LEMONADE - BLUEBERRY BASIL (SEASON		230	0	0	0	0	0	15	59	0	56	0	GF, DF, V	
HOUSEMADE LEMONADE - BLUEBERRY BASIL (SEASON HOUSEMADE LEMONADE - FROZEN STRAWBERRY		340	0	0	0	0	0	20	89 49	1 2	84	<1 0	GF, DF, V	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY HOUSEMADE LEMONADE - FROZEN STRAWBERRY	16 oz 24 oz	190 290	0	0	0	0	0	15 25	49 74	2	46 68	<1	GF, DF, V GF, DF, V	
ORGANIC ICED TEA - BLACK	16 oz	0	0	0	0	0	0	15	0	0	0	0	GF, DF, V	
ORGANIC ICED TEA - BLACK	24 oz	0	0	0	0	0	0	20	0	0	0	0	GF, DF, V	
ORGANIC ICED TEA - MANGO GREEN ORGANIC ICED TEA - MANGO GREEN	16 oz 24 oz	0	0	0	0	0	0	15 20	0	0	0	0	GF, DF, V GF, DF, V	
ORGANIC COLD BREW ICED COFFEE	16 oz	0	0	0	0	0	0	20	0	0	0	0	GF, DF, V	
ORGANIC COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	0	25	0	0	0	0	GF, DF, V	
COLD BREW ADD-INS				-	_	_	_			_	-	_	05	
ALMOND MILK - GMO-free (for 16 oz cup) ALMOND MILK - GMO-free (for 24 oz cup)	1.5 oz 2 oz	15 15	10 10	1	0	0	0	35 45	1 2	0	1	0	GF, DF, V GF, DF, V	Tree Nuts Tree Nuts
OAT MILK - GMO-free (for 16 oz cup)	1.5 oz	25	10	1.5	0	0	0	20	3	0	1	<1	GF, DF, V	
OAT MILK - GMO-free (for 24 oz cup)	2 oz	35	15	2	1	0	0	25	4	1	2	< 1	GF, DF, V	
HALF-AND-HALF (for 16 oz cup)	1.5 oz	60 90	45 60	5	3 4	0	25 30	40 55	3 4	0	2	2	GF GF	Dairy
HALF-AND-HALF (for 24 oz cup) SIMPLE SYRUP SHOT (for 16 oz cup)	2 oz .75 oz	50	0	6	0	0	0	0	13	0	13	0	GF, DF, V	Dairy
SIMPLE SYRUP SHOT (for 24 oz cup)	1 oz	70	0	0	0	0	0	0	18	0	18	0	GF, DF, V	
CARAMEL FLAVOR SHOT (for 16 oz cup)	.75 oz	60	0	0	0	0	0	0	15	0	14	0	GF, DF, V	
CARAMEL FLAVOR SHOT (for 24 oz cup) HAZELNUT FLAVOR SHOT (for 16 oz cup)	1 oz .75 oz	80 60	0	0	0	0	0	0	20 14	0	19 14	0	GF, DF, V GF, DF, V	Tree Nuts
HAZELNUT FLAVOR SHOT (for 24 oz cup)	1 oz	80	0	0	0	0	0	0	19	0	19	0	GF, DF, V	Tree Nuts
VANILLA FLAVOR SHOT (for 16 oz cup)	.75 oz	60	0	0	0	0	0	0	15	0	15	0	GF, DF, V	
VANILLA FLAVOR SHOT (for 24 oz cup)	1 oz	80	0	0	0	0	0	0	20 0	0	20 0	0	GF, DF, V	
SUGAR-FREE VANILLA FLAVOR SHOT (for 16 oz cup) SUGAR-FREE VANILLA FLAVOR SHOT (for 24 oz cup)	.75 oz 1 oz	0	0	0	0	0	0	0	0	0	0	0	GF, DF, V GF, DF, V	
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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	
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	
CHICKPEAS (SEASONAL)	1.05 oz	45	10	2	0	0	0	130	7	0	0	2	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
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	
PEPITAS (SEASONAL)	.80 oz	130	100	11	2	0	0	0	2	1	0	7	GF, DF, V	
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	
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
BREAKAST 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.

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 nutritionals are based on 25% of each cup containing ice.

^{**} 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.

^{***} Not vegan due to use of honey in recipe.