

|  | SIZE | CALORIES | CALORIES FROM FAT | 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* |
|--|------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|------------|-------|-----------------|------------------|------------|
|--|------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|------------|-------|-----------------|------------------|------------|

## SALADS / WRAPS

(salads based on standard portions that fill a 48 oz container, not including added protein unless indicated, or dressing; for wraps, add flour tortilla nutritional details below)

|  |     |     |     |     |   |     |      |    |    |    |    |   |   |   |   |   |             |
|--|-----|-----|-----|-----|---|-----|------|----|----|----|----|---|---|---|---|---|-------------|
| BBQ RANCH  | 510 | 210 | 23  | 6   | 0 | 15  | 800  | 65 | 17 | 12 | 20 | X |   | X |   |   | Milk        |
| BRUSCHETTA CAPRESE                                   | 310 | 140 | 15  | 7   | 0 | 40  | 720  | 24 | 7  | 6  | 21 | X |   |   |   |   | Milk, Wheat |
| BUFFALO CHICKEN (includes a Buffalo Chicken portion) | 300 | 80  | 9   | 2   | 0 | 65  | 1170 | 29 | 11 | 9  | 28 |   |   |   |   |   | Milk, Wheat |
| CAESAR   | 170 | 50  | 6   | 2.5 | 0 | 10  | 300  | 23 | 8  | 6  | 11 | X |   |   |   |   | Milk, Wheat |
| COBB   | 470 | 330 | 36  | 11  | 0 | 225 | 610  | 19 | 11 | 6  | 18 |   |   | X |   |   | Milk        |
| GREEK  | 170 | 80  | 9   | 4.5 | 0 | 25  | 520  | 18 | 7  | 7  | 8  | X |   | X |   |   | Milk        |
| JALAPEÑO RANCH                                       | 410 | 200 | 22  | 9   | 0 | 35  | 460  | 38 | 8  | 17 | 16 |   |   | X |   |   | Milk        |
| THAI   | 100 | 10  | 1.5 | 0   | 0 | 0   | 55   | 20 | 10 | 9  | 6  |   | X | X | X |   |             |
| KIDS SALAD   | 100 | 15  | 1.5 | 0   | 0 | 0   | 120  | 18 | 5  | 4  | 4  |   |   |   |   |   | Milk, Wheat |
| FLOUR TORTILLA (12")                                 | 260 | 70  | 8   | 1.5 | 0 | 0   | 400  | 44 | 4  | 2  | 5  | X | X |   |   | X | Wheat       |

## PROTEINS (based on 1/2 cup portion)

|                 |     |    |     |     |   |    |      |   |   |   |    |   |   |   |   |  |             |
|-----------------|-----|----|-----|-----|---|----|------|---|---|---|----|---|---|---|---|--|-------------|
| BUFFALO CHICKEN | 150 | 60 | 7   | 1   | 0 | 65 | 1020 | 1 | 0 | 1 | 21 |   |   | X |   |  | Milk        |
| CHICKEN         | 130 | 30 | 3.5 | 1   | 0 | 75 | 620  | 1 | 0 | 0 | 25 |   |   | X | X |  |             |
| TOFU            | 130 | 30 | 3.5 | 1.5 | 0 | 0  | 135  | 6 | 1 | 4 | 18 | X | X | X | X |  | Soy, Sesame |

## DRESSINGS (serving size is 2 tbsp or 1 oz; each packet contains 2.5 servings which equals 5 tbsp or 2.5 oz)

|                      |     |     |    |     |   |     |     |     |   |   |     |   |   |   |   |  |                       |
|----------------------|-----|-----|----|-----|---|-----|-----|-----|---|---|-----|---|---|---|---|--|-----------------------|
| BALSAMIC VINAIGRETTE | 120 | 110 | 13 | 1.5 | 0 | 0   | 150 | 2   | 0 | 2 | 0   |   | X | X | X |  |                       |
| BASIL PESTO          | 160 | 150 | 17 | 2   | 0 | 0   | 60  | < 1 | 0 | 0 | < 1 | X |   | X |   |  | Milk, Pine Nuts       |
| BBQ RANCH            | 60  | 45  | 5  | 0   | 0 | 0   | 170 | 4   | 0 | 3 | 0   | X |   | X |   |  | Milk                  |
| CAESAR               | 120 | 110 | 13 | 2.5 | 0 | 10  | 190 | 1   | 0 | 0 | 1   | X |   | X |   |  | Milk, Eggs, Fish, Soy |
| CREAMY BLUE CHEESE   | 130 | 120 | 13 | 3.5 | 0 | 10  | 180 | 2   | 0 | 0 | < 1 | X |   | X |   |  | Milk, Eggs            |
| CREAMY GREEK         | 80  | 70  | 8  | 2   | 0 | 10  | 120 | 1   | 0 | 0 | 1   | X |   | X |   |  | Milk, Eggs            |
| JALAPEÑO RANCH       | 80  | 80  | 9  | 0.5 | 0 | 0   | 130 | 1   | 0 | 0 | < 1 | X |   | X |   |  | Milk                  |
| RANCH                | 90  | 90  | 10 | 1.5 | 0 | < 5 | 160 | 1   | 0 | 1 | < 1 | X |   | X |   |  | Milk                  |
| THAI PEANUT          | 130 | 110 | 12 | 1.5 | 0 | 0   | 135 | 4   | 0 | 3 | 2   | X |   | X | X |  | Fish, Peanuts, Soy    |

## BREAKFAST BURRITOS (includes all-natural flour tortilla)

|                              |     |     |    |    |   |     |      |    |   |   |    |  |  |  |  |  |                   |
|------------------------------|-----|-----|----|----|---|-----|------|----|---|---|----|--|--|--|--|--|-------------------|
| BACON, EGG & CHEESE BURRITO  | 600 | 320 | 36 | 12 | 0 | 220 | 1100 | 48 | 5 | 4 | 21 |  |  |  |  |  | Milk, Eggs, Wheat |
| FIESTA                       | 640 | 270 | 30 | 8  | 0 | 145 | 1100 | 71 | 8 | 5 | 26 |  |  |  |  |  | Milk, Eggs, Wheat |
| SOUTHWEST                    | 480 | 210 | 23 | 7  | 0 | 145 | 900  | 50 | 5 | 5 | 23 |  |  |  |  |  | Milk, Eggs, Wheat |
| TRADITIONAL                  | 630 | 310 | 35 | 11 | 0 | 130 | 1180 | 60 | 6 | 5 | 19 |  |  |  |  |  | Milk, Eggs, Wheat |
| TURKEY SAUSAGE, EGG & CHEESE | 520 | 230 | 26 | 8  | 0 | 235 | 940  | 48 | 5 | 4 | 26 |  |  |  |  |  | Milk, Eggs, Wheat |

|                      |      |          |                   |               |                   |               |                  |             |                   |           |           |             |            |       |                   |                  |            |
|----------------------|------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|------------|-------|-------------------|------------------|------------|
| FLOUR TORTILLA (12") |      | 260      | 70                | 8             | 1.5               | 0             | 0                | 400         | 44                | 4         | 2         | 5           | X          | X     |                   | X                | Wheat      |
| HOUSE-MADE SALSA     |      | 10       | 0                 | 0             | 0                 | 0             | 0                | 180         | 2                 | 1         | 1         | 0           | X          | X     |                   | X                |            |
|                      | SIZE | CALORIES | CALORIES FROM FAT | 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^A | Dairy Friendly^A | ALLERGENS* |

## SOUP

|                               |       |     |    |   |   |     |   |     |    |   |   |   |  |   |   |   |  |
|-------------------------------|-------|-----|----|---|---|-----|---|-----|----|---|---|---|--|---|---|---|--|
| CORN TORTILLA SOUP (seasonal) | 14 oz | 170 | 70 | 8 | 0 | < 1 | 0 | 490 | 23 | 3 | 6 | 3 |  | X | X | X |  |
|-------------------------------|-------|-----|----|---|---|-----|---|-----|----|---|---|---|--|---|---|---|--|

## BEVERAGES

|  |       |     |   |     |   |   |   |    |    |   |    |     |   |   |   |   |  |
|--|-------|-----|---|-----|---|---|---|----|----|---|----|-----|---|---|---|---|--|
| MANGO GINGER COOLER (seasonal)         | 24 oz | 110 | 0 | < 1 | 0 | 0 | 0 | 20 | 27 | 1 | 20 | 0   | X | X | X | X |  |
| HOUSEMADE LEMONADE - TRADITIONAL       | 24 oz | 330 | 0 | 0   | 0 | 0 | 0 | 20 | 85 | 0 | 82 | 0   | X | X | X | X |  |
| HOUSEMADE LEMONADE - CUCUMBER MINT     | 24 oz | 180 | 0 | 0   | 0 | 0 | 0 | 25 | 46 | 1 | 43 | < 1 | X | X | X | X |  |
| HOUSEMADE LEMONADE - FROZEN STRAWBERRY | 24 oz | 290 | 0 | 0   | 0 | 0 | 0 | 25 | 74 | 2 | 68 | < 1 | X | X | X | X |  |
| ICED TEA - BLACK                       | 24 oz | 0   | 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 | 0 | 20 | 0  | 0 | 0  | 0   | X | X | X | X |  |
| COLD BREW ICED COFFEE                  | 24 oz | 0   | 0 | 0   | 0 | 0 | 0 | 25 | 0  | 0 | 0  | 0   | X | X | X | X |  |

## COLD BREW ADD-INS

|                                |      |    |    |   |   |   |    |    |    |   |    |     |   |   |   |   |           |
|--------------------------------|------|----|----|---|---|---|----|----|----|---|----|-----|---|---|---|---|-----------|
| ALMOND MILK                    | 2 oz | 15 | 10 | 1 | 0 | 0 | 0  | 45 | 2  | 0 | 1  | 0   | X | X | X | X | Tree Nuts |
| OAT MILK                       | 2 oz | 35 | 15 | 2 | 1 | 0 | 0  | 25 | 4  | 1 | 2  | < 1 | X | X | X | X |           |
| HALF-AND-HALF                  | 2 oz | 90 | 60 | 6 | 4 | 0 | 30 | 55 | 4  | 0 | 2  | 2   | X |   | X |   | Milk      |
| SIMPLE SYRUP SHOT              | 1 oz | 70 | 0  | 0 | 0 | 0 | 0  | 0  | 18 | 0 | 18 | 0   | X | X | X | X |           |
| CARAMEL FLAVOR SHOT            | 1 oz | 80 | 0  | 0 | 0 | 0 | 0  | 0  | 20 | 0 | 19 | 0   | X | X | X | X |           |
| HAZELNUT FLAVOR SHOT           | 1 oz | 80 | 0  | 0 | 0 | 0 | 0  | 0  | 19 | 0 | 19 | 0   | X | X | X | X | Tree Nuts |
| VANILLA FLAVOR SHOT            | 1 oz | 80 | 0  | 0 | 0 | 0 | 0  | 0  | 20 | 0 | 20 | 0   | X | X | X | X |           |
| SUGAR-FREE VANILLA FLAVOR SHOT | 1 oz | 0  | 0  | 0 | 0 | 0 | 0  | 0  | 0  | 0 | 0  | 0   | X | X | X | X |           |

## CHEESES

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

## GREENS

|              |         |    |   |   |   |   |   |    |   |   |   |     |   |   |   |   |  |
|--------------|---------|----|---|---|---|---|---|----|---|---|---|-----|---|---|---|---|--|
| MIXED GREENS | 1.85 oz | 10 | 0 | 0 | 0 | 0 | 0 | 15 | 2 | 1 | 0 | < 1 | X | X | X | X |  |
| ROMAINE      | 4.86 oz | 35 | 5 | 1 | 0 | 0 | 0 | 15 | 8 | 5 | 3 | 3   | X | X | X | X |  |
| SPINACH      | 2.74 oz | 20 | 0 | 0 | 0 | 0 | 0 | 60 | 3 | 2 | 0 | 2   | X | X | X | X |  |

## FRUITS, VEGGIES AND MORE

|                       |         |     |     |    |   |   |    |     |   |   |   |   |   |   |   |   |  |
|-----------------------|---------|-----|-----|----|---|---|----|-----|---|---|---|---|---|---|---|---|--|
| AVOCADO (1/4 avocado) |         | 110 | 90  | 10 | 2 | 0 | 0  | 5   | 6 | 4 | 0 | 1 | X | X | X | X |  |
| BACON - NITRATE-FREE  | 1.03 oz | 170 | 140 | 15 | 6 | 0 | 25 | 300 | 0 | 0 | 0 | 3 |   |   | X | X |  |

|                           |         |     |    |     |   |   |     |     |    |   |    |    |   |   |   |   |       |
|---------------------------|---------|-----|----|-----|---|---|-----|-----|----|---|----|----|---|---|---|---|-------|
| BLACK BEANS               | 2 oz    | 80  | 0  | 0   | 0 | 0 | 0   | 480 | 14 | 3 | 1  | 5  | X | X | X | X |       |
| CARROTS                   | .78 oz  | 10  | 0  | 0   | 0 | 0 | 0   | 15  | 2  | 1 | 1  | 0  | X | X | X | X |       |
| CELERY                    | .89 oz  | 0   | 0  | 0   | 0 | 0 | 0   | 20  | <1 | 0 | 0  | 0  | X | X | X | X |       |
| CORN                      | 1.23 oz | 90  | 15 | 2   | 0 | 0 | 0   | 15  | 20 | 2 | 7  | 3  | X | X | X | X |       |
| CROUTONS                  | .45 oz  | 50  | 10 | 1   | 0 | 0 | 0   | 90  | 9  | 1 | 0  | 2  | X | X |   | X | Wheat |
| CUCUMBERS                 | 1.21 oz | 5   | 0  | 0   | 0 | 0 | 0   | 0   | 1  | 0 | 1  | 0  | X | X | X | X |       |
| EGG - HARD BOILED (1 egg) |         | 80  | 50 | 5   | 2 | 0 | 185 | 60  | <1 | 0 | <1 | 6  | X |   | X | X | Eggs  |
| GREEN ONIONS              | .47 oz  | 0   | 0  | 0   | 0 | 0 | 0   | 0   | 1  | 0 | 0  | 0  | X | X | X | X |       |
| JALAPENOS                 | .54 oz  | 0   | 0  | 0   | 0 | 0 | 0   | 0   | 1  | 0 | 1  | 0  | X | X | X | X |       |
| KALAMATA OLIVES           | .91 oz  | 30  | 25 | 3   | 0 | 0 | 0   | 190 | 2  | 1 | 0  | 0  | X | X | X | X |       |
| PICO DE GALLO             | 2.86 oz | 25  | 2  | 0   | 0 | 0 | 0   | 105 | 2  | 1 | 1  | 0  | X | X | X | X |       |
| POBLANOS - ROASTED        | 1.01 oz | 20  | 5  | 1   | 0 | 0 | 0   | 0   | 3  | 0 | 1  | <1 | X | X | X | X |       |
| RED CABBAGE               | 1 oz    | 10  | 0  | 0   | 0 | 0 | 0   | 10  | 3  | 1 | 1  | <1 | X | X | X | X |       |
| RED ONIONS - PICKLED      | 1.33 oz | 40  | 0  | 0   | 0 | 0 | 0   | 0   | 8  | 1 | 6  | 0  | X | X | X | X |       |
| RED ONIONS - FRESH        | 1.04 oz | 15  | 0  | 0   | 0 | 0 | 0   | 0   | 3  | 1 | 1  | 0  | X | X | X | X |       |
| RED PEPPERS - FRESH       | 1.5 oz  | 15  | 0  | 0   | 0 | 0 | 0   | 0   | 3  | 1 | 2  | 0  | X | X | X | X |       |
| SWEET POTATOES (seasonal) | 2.5 oz  | 130 | 15 | 1.5 | 0 | 0 | 0   | 250 | 26 | 4 | 0  | 1  | X | X | X | X |       |
| TOMATOES                  | 1.79 oz | 10  | 0  | 0   | 0 | 0 | 0   | 0   | 2  | 1 | 1  | 0  | X | X | X | X |       |
| TORTILLA STRIPS           | .8 oz   | 110 | 45 | 5   | 1 | 0 | 0   | 50  | 15 | 2 | 0  | 2  | X | X | X | X |       |

### BREAKFAST HOURS ONLY

|                    |         |    |    |   |   |   |    |     |    |   |   |    |   |   |   |   |      |
|--------------------|---------|----|----|---|---|---|----|-----|----|---|---|----|---|---|---|---|------|
| BREAKFAST POTATOES | 1.3 oz  | 40 | 10 | 1 | 0 | 0 | 0  | 60  | 6  | 1 | 0 | <1 | X | X | X | X |      |
| SCRAMBLED EGG      | 1.16 oz | 50 | 30 | 4 | 1 | 0 | 90 | 50  | <1 | 0 | 0 | 3  | X |   | X | X | Eggs |
| TURKEY SAUSAGE     | 1.78 oz | 90 | 60 | 6 | 2 | 0 | 40 | 160 | <1 | 0 | 0 | 9  |   |   | 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, 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.

### 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, basil pesto, ranch, BBQ Ranch, Caesar and Greek Dressings. Our Thai Salad (not the dressing!), balsamic dressing balsamic vinegar and olive oil are vegan. If you eat dairy our Broccoli Cheddar Soup is made with a vegetable broth. 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. Lemonade nutritionals are based on 25% of each cup containing ice.