

Document title: menu | sweetgreen

Capture URL: <https://web.archive.org/web/20190708195816/https://www.sweetgreen.com/menu/?region=chicago>

Captured site IP: 207.241.233.214

Page loaded at (UTC): Wed, 09 Oct 2019 19:19:02 GMT

Capture timestamp (UTC): Wed, 09 Oct 2019 19:19:06 GMT

Capture tool: 2.51.4

Collection server IP: 100.24.23.166

Browser engine: Mozilla/5.0 (X11; Linux x86_64) AppleWebKit/537.36 (KHTML, like Gecko) HeadlessChrome/75.0.3738.0 Safari/537.36

Operating system: linux x64 (Node v8.16.1)

PDF length: 5

Capture ID: sbigbLjxWsw9KjoZprymXz

User: supergirl-vaulter

CHANGE REGION | DOWNLOAD MENU & NUTRITION

early summer menu chicago

SEASONAL

WARM BOWLS

SALADS

MAKE YOUR OWN

ELOTE BOWL

595 cal

Roasted corn + peppers, tomatoes, shredded cabbage, cilantro, local goat cheese, tortilla chips, spicy sunflower seeds, warm quinoa, organic arugula, lime cilantro jalapeno vinaigrette

SPRING CHICKEN

420 cal

Roasted chicken, roasted zucchini + yellow squash, shredded carrots, basil, parmesan crisps, organic mesclun, shredded kale, pesto vinaigrette

BLUEBERRY SUMMER SALAD

405 cal

Blackened chicken thighs, cucumbers, red onions, green beans with lemon, local feta, spicy sunflower seeds, organic arugula, shredded kale, smoky blueberry vinaigrette

BLUEBERRY BASIL FRESCA

60 cal

An antioxidant-rich blend of fresh berries + basil

= vegan

* = contains gluten

= warm bowl





- SEASONAL
- WARM BOWLS
- SALADS
- MAKE YOUR OWN

WARM BOWLS

SHROOMAMI

640 cal

organic wild rice, shredded kale, raw beets, cucumbers, basil, spicy sunflower seeds, warm portobello mix, roasted sesame tofu, miso sesame ginger dressing

CHICKEN PESTO PARM*

525 cal

roasted chicken, spicy broccoli, tomatoes, shaved parmesan, za'atar breadcrumbs, warm quinoa, organic spinach, sweetgreen hot sauce, pesto vinaigrette

HARVEST BOWL

705 cal

organic wild rice, shredded kale, apples, sweet potatoes, roasted chicken, local goat cheese, toasted almonds, balsamic vinaigrette

CURRY CHICKPEA BOWL

650 cal

roasted chicken, hot chickpeas, shredded carrots, shredded cabbage, raisins, cilantro, toasted almonds, warm quinoa, organic baby spinach, curry yogurt dressing

FISH TACO

520 cal

roasted steelhead, shredded cabbage, cilantro, tortilla chips, warm quinoa, organic arugula, sweetgreen hot sauce, lime cilantro jalapeno vinaigrette

SALADS

SPICY THAI SALAD

440 cal

roasted sesame tofu, raw corn, cucumbers, shredded cabbage, basil, cilantro, spicy sunflower seeds, organic arugula, chopped romaine, lime squeeze, spicy cashew dressing

KALE CAESAR

420 cal

shredded kale, chopped romaine, parmesan crisp, shaved parmesan, roasted chicken, tomatoes, fresh lime squeeze, caesar dressing

GUACAMOLE GREENS

530 cal

organic mesclun, avocado, roasted chicken, red onion, tomatoes, tortilla chips, fresh lime squeeze, lime cilantro jalapeno vinaigrette

HUMMUS TAHINA*

495 cal

LENTIL + AVOCADO

chopped romaine, shredded kale, herb falafel, local feta, tomatoes, red onion, cucumbers, za'atar breadcrumbs, housemade hummus, cucumber tahini yogurt dressing

avocado, black lentils, spicy broccoli, raw beets, cucumbers, shredded carrots, basil, raw walnuts, organic arugula, chopped romaine, balsamic vinaigrette

= vegan * = contains gluten = warm bowl

make your own

SEASONAL
WARM BOWLS
SALADS
MAKE YOUR OWN

BASES

Choose up to 2. All bases are gluten-free.

organic mesclun

organic arugula

organic baby spinach

shredded kale

chopped romaine

warm quinoa

organic wild rice

INGREDIENTS

Choose up to 4. Our vegetables are sourced locally when in season. Check your in-store local list for the most up-to-date lineup of farms and seasonal ingredients.

cilantro

raisins

basil

INGREDIENTS

Choose up to 4. Our vegetables are sourced locally when in season. Check your in-store local list for the most up-to-date lineup of farms and seasonal ingredients.

cilantro	raisins	basil
raw beets	red onion	tomatoes
organic carrots	cucumbers	hot chickpeas
shredded cabbage	spicy broccoli	raw corn
local apples	roasted sweet potatoes	tortilla chips
spicy sunflower seeds	toasted almonds	za'atar breadcrumbs*

PREMIUMS

Premiums include everything from local cheeses to vegan-friendly proteins.

SEASONAL

WARM BOWLS

SALADS

MAKE YOUR OWN

blackened chicken thighs	roasted corn + peppers (V)	roasted zucchini + yellow squash (V)
green beans with lemon	organic salami	roasted steelhead
roasted chicken	warm portobello mix (V)	herb falafel (V)
roasted sesame tofu (V)	avocado (V)	hard-boiled egg
housemade hummus (V)	local goat cheese	local feta cheese
shaved parmesan	parmesan crisps	

DRESSINGS

All of our dressings are gluten-free and made in-house.

smoky blueberry vinaigrette (V)	curry yogurt dressing	lime cilantro jalapeño vinaigrette (V)
miso sesame ginger vinaigrette (V)	pesto vinaigrette (V)	spicy cashew dressing (V)
sweetgreen hot sauce (V)	balsamic vinaigrette	cucumber tahini yogurt dressing
caesar dressing	extra virgin olive oil (V)	balsamic vinegar (V)
fresh lime squeeze (V)	fresh lemon squeeze (V)	red chili

(V) = vegan * = contains gluten ● = seasonal