

Sprout Salad Company

Summary Nutritional Information

	Item	Calories	Total Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salads	Argentine Steakhouse	400	19	38	8	4	22
	Chop Chop	225	3	14	4	7	28
	Ensalada Mexicana (vegetarian)	390	16	49	10	5	15
	Heartland Cobb	485	32	8	10	4	38
	K-Town	365	20	31	5	10	19
	Mighty Aphrodite (vegetarian)	320	13	39	7	5	14
	Riviera Nicoise	200	6	16	4	5	18
	Sienna	300	15	14	6	3	30
	Sprout Chicken Caesar	340	11	26	3	3	36
Dressings	balsamic black garlic dressing	140	13	8	0	7	1
	basil pesto dressing	170	17	2	0	0	5
	chimichurri vinaigrette dressing	150	15	4	1	0	1
	classic French vinaigrette dressing	235	26	1	0	1	0
	fresh carrot ginger dressing	155	15	5	1	2	1
	fresh lemon oregano dressing	200	21	5	2	3	1
	jalapeño honey lime dressing	180	16	11	0	9	0
	lemon Creole mustard vinaigrette dressing	165	16	3	0	0	1
	light chipotle cilantro ranch dressing	115	7	5	0	3	6
	spicy gochujang vinaigrette dressing	80	5	7	1	6	1
	Sprout virtually oil-free caesar dressing	40	2	5	1	4	4
	balsamic reduction	60	0	14	0	14	0
Proteins	grilled antibiotic-free chicken	130	4	0	0	0	23
	grilled USDA choice steak	170	9	0	0	0	20
	grilled wild salmon	130	6	0	0	0	19
	blackened shrimp	105	3	0	0	0	17
	garlic soy roasted tofu	185	12	4	0	0	15
Other	tortilla (for wraps)	290	7	50	6	0	9
	lavash cracker	25	1	4	0	0	1

Nutritional values are intended to be illustrative only and reflect standard portions as per current specifications. Actual values for prepared salads may vary depending on preparation and ongoing innovation.

Add salad and tortilla nutritional values to determine wrap nutrition w/o dressing.

Dressings not included in salad calorie counts.

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Summary Allergen Information

	Item	GF	DF	Veg	Vegan	Paleo	Peanut Free	Soy Free	Seafood Free	Pescatarian	Spicy
Salads	Argentine Steakhouse Salad	x	x				x	x	x		
	Chop Chop Salad	x	x				x		x		
	Ensalada Mexicana Salad			x			x	x	x	x	x
	Heartland Cobb Salad						x	x	x		
	K-Town Salad		x				x		x		x
	Mighty Aphrodite Salad			x			x	x	x	x	
	Riviera Nicoise Salad	x	x				x	x		x	
	Sienna Salad	x	x			x	x	x	x		
Sprout Chicken Caesar Salad						x	x	x			
Dressings	balsamic black garlic dressing	x		x			x	x	x		
	basil pesto dressing	x		x			x		x		
	chimichurri vinaigrette dressing	x	x	x	x		x		x		
	classic French vinaigrette dressing	x	x				x	x	x		
	fresh carrot ginger dressing	x	x	x	x		x		x		
	fresh lemon oregano dressing	x	x	x	x		x	x	x		
	jalapeño honey lime dressing	x	x	x			x	x	x		x
	lemon Creole mustard vinaigrette dressing	x	x	x	x		x		x		
	light chipotle cilantro ranch dressing	x		x			x		x		x
	spicy gochujang vinaigrette dressing		x	x	x		x		x		x
	Sprout virtually oil-free caesar dressing	x					x			x	
balsamic reduction	x	x	x	x		x	x	x	x		
Other	Tortilla (for wraps)		x	x			x		x	x	
	Seasonal Vegetable Tray	x	x	x	x	x	x	x	x	x	
	Seasonal Fruit Tray	x	x	x	x	x	x	x	x	x	
	Lavash Cracker Tray		x	x	x		x	x	x	x	
	Assorted Sweets Tray			x			x	x	x	x	
	Chocolate Chip Cookie			x			x		x	x	
	Fruit	x	x	x	x	x	x	x	x	x	

All salads and wraps are customizable; any ingredient(s) can be taken out or replaced upon customer request. Combine salad and tortilla allergen information for wraps.

Gluten free tortillas can be provided for advance catering orders only upon request.

Sprout strives to reduce the risk of cross contamination by providing each customer with their own clean chopping board, mixing bowl and scoop.

Sprout does not certify or guarantee allergen information to be correct. Should not be relied on by individuals with allergies or dietary restrictions.