

hg nutrition analysis

recommended menu item nutritional information

salads

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
cobb	820	530	60 g	13 g	0 g	225 mg	1240 mg	25 g	12 g	11 g	49 g
make it grain	570	310	36 g	7 g	0 g	15 mg	710 mg	50 g	7 g	18 g	18 g
seasonal - fall the things	570	390	44 g	10 g	0 g	45 mg	820 mg	29 g	4 g	20 g	18 g
walnut st noodle salad	550	280	32 g	4 g	0 g	5 mg	580 mg	55 g	4 g	4 g	18 g
white bean tuna	500	290	33 g	4.5 g	0 g	210 mg	620 mg	26 g	7 g	7 g	27 g

suggested stir-fry

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
red coconut curry	430	160	18 g	6 g	0 g	0 mg	550 mg	57 g	5 g	12 g	12 g
roast pork	890	390	44 g	8 g	0 g	65 mg	1670 mg	85 g	3 g	2 g	37 g
sesame garlic	800	240	27 g	4.5 g	0 g	55 mg	1860 mg	94 g	5 g	8 g	45 g
spicy garlic	790	160	27 g	2 g	0 g	70 mg	1110 mg	115 g	5 g	21 g	43 g
sweet soy five spice	660	240	27 g	4.5 g	0 g	85 mg	1780 mg	76 g	10 g	26 g	32 g

CYO salad nutritional information

proteins

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
all natural roast chicken	150	40	4.5 g	1 g	0 g	70 mg	330 mg	0 g	0 g	0 g	26 g
crispy bacon	150	110	12 g	4 g	0 g	30 mg	490 mg	0 g	0 g	0 g	11 g
hard boiled egg	45	25	3 g	1 g	0 g	105 mg	35 mg	0 g	0 g	0 g	4 g
roasted shrimp	60	5	1 g	0 g	0 g	100 mg	1180 mg	1 g	0 g	0 g	11 g
roasted spicy tofu (non-GMO)	80	40	4.5 g	0 g	0 g	0 mg	40 mg	3 g	1 g	0 g	7 g
yellowfin tuna	110	50	6 g	0 g	0 g	25 mg	250 mg	0 g	0 g	0 g	14 g

bases

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
green kale	40	5	1 g	0 g	0 g	0 mg	30 mg	7 g	3 g	2 g	4 g
organic arugula	20	5	0.5 g	0 g	0 g	0 mg	25 mg	3 g	1 g	2 g	2 g
organic baby spinach	20	0	0 g	0 g	0 g	0 mg	65 mg	3 g	2 g	0 g	2 g
organic mesclun mix	20	0	0 g	0 g	0 g	0 mg	95 mg	3 g	2 g	0 g	2 g
romaine lettuce	15	0	0 g	0 g	0 g	0 mg	5 mg	3 g	2 g	1 g	1 g
wheat berries	70	5	0 g	0 g	0 g	0 mg	0 mg	16 g	2 g	2 g	3 g
fresh whole wheat noodles	220	10	1 g	0 g	0 g	0 mg	450 mg	45 g	0 g	1 g	8 g

add-ins

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
apples	15	0	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	0 g
avocado	45	35	4 g	0.5 g	0 g	0 mg	0 mg	2 g	2 g	0 g	1 g
broccoli	10	0	0 g	0 g	0 g	0 mg	10 mg	2 g	1 g	0 g	1 g
carrots	10	0	0 g	0 g	0 g	0 mg	20 mg	3 g	1 g	1 g	0 g
cauliflower	5	0	0 g	0 g	0 g	0 mg	10 mg	1 g	1 g	1 g	1 g
cucumber	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
dried cranberries	90	5	0 g	0 g	0 g	0 mg	0 mg	23 g	2 g	18 g	0 g
grape tomatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	0 g
herbed white beans	70	5	0 g	0 g	0 g	0 mg	250 mg	12 g	4 g	0 g	5 g
mushrooms	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	1 g
pickled red peppers	10	0	0 g	0 g	0 g	0 mg	0 mg	3 g	0 g	2 g	0 g
red grapes	25	0	0 g	0 g	0 g	0 mg	0 mg	7 g	0 g	6 g	0 g
red onions	10	0	0 g	0 g	0 g	0 mg	0 mg	3 g	0 g	1 g	0 g
red quinoa	90	15	0 g	0 g	0 g	0 mg	0 mg	18 g	1 g	1 g	1 g
roasted carrots	35	15	1.5 g	0 g	0 g	0 mg	150 mg	5 g	2 g	2 g	0 g
roasted yams	35	10	1 g	0 g	0 g	0 mg	160 mg	6 g	1 g	2 g	1 g

cheeses

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
crumbled blue cheese	100	70	8 g	5 g	0 g	25 mg	380 mg	0 g	1 g	0 g	6 g
feta cheese	60	35	4 g	2.5 g	0 g	10 mg	320 mg	1 g	0 g	0 g	5 g
local fresh mozzarella	70	45	4.5 g	3 g	0 g	15 mg	30 mg	1 g	0 g	1 g	5 g

toppings

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
crushed cashews	100	70	8 g	1.5 g	0 g	0 mg	0 mg	5 g	1 g	1 g	3 g
local goat cheese	70	50	6 g	4 g	0 g	15 mg	130 mg	0 g	0 g	0 g	5 g
parmesan crisps	150	100	11 g	7 g	0 g	30 mg	280 mg	0 g	0 g	0 g	13 g
roasted pecans	90	85	10 g	1 g	0 g	0 mg	0 mg	2 g	1 g	1 g	1 g
toasted sesame seeds	80	60	7 g	1 g	0 g	0 mg	5 mg	4 g	2 g	0 g	2 g
walnuts	190	170	18 g	1.5 g	0 g	0 mg	0 mg	4 g	2 g	1 g	4 g

dressings

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
honey ginger vinaigrette	160	140	16 g	1 g	0 g	0 mg	70 mg	6 g	0 g	5 g	0 g
maple cider vinaigrette	150	140	16 g	1 g	0 g	0 mg	40 mg	3 g	0 g	3 g	0 g
orange sherry vinaigrette	160	150	18 g	1.5 g	0 g	0 mg	50 mg	2 g	0 g	2 g	0 g
red wine vinaigrette	180	180	21 g	2 g	0 g	0 mg	35 mg	0 g	0 g	0 g	0 g
sriracha tahini vinaigrette	80	45	5 g	0.5 g	0 g	0 mg	630 mg	7 g	1 g	3 g	2 g
walnut lemon	160	150	18 g	1.5 g	0 g	0 mg	15 mg	1 g	0 g	0 g	1 g
white balsamic vinaigrette	180	160	19 g	1.5 g	0 g	0 mg	80 mg	4 g	0 g	3 g	0 g
balsamic vinaigrette	190	190	22 g	3 g	0 g	0 mg	35 mg	1 g	0 g	1 g	0 g
fresh lemon juice	5	0	0 g	0 g	0 g	0 mg	5 mg	2 g	0 g	1 g	0 g

bread

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
herb focaccia	150	20	2.5 g	0 g	0 g	0 mg	330 mg	27 g	3 g	0 g	5 g

CVO stir-fry nutritional information

proteins

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
all natural roast chicken	150	40	4.5g	1g	0g	70 mg	330 mg	0g	0g	0g	26g
all natural roast pork	190	100	11g	4g	0g	60 mg	310 mg	1g	0g	0g	20g
cage-free egg	45	25	3g	1g	0g	105 mg	35 mg	0g	0g	0g	4g
naturally raised beef	190	70	8g	2.5g	0g	55 mg	470 mg	1g	0g	0g	26g
roasted shrimp	60	5	1g	0g	0g	100 mg	1180 mg	1g	0g	0g	11g
roasted spicy tofu (non-GMO)	80	40	4.5g	0g	0g	0 mg	40 mg	3g	1g	0g	7g
togarashi spiced turkey	180	90	11g	2.5g	0g	85 mg	320 mg	1g	0g	0g	22g

bases

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
fresh egg white noodles	380	15	1.5g	0g	0g	0 mg	750 mg	76g	0g	0g	12g
fresh whole wheat noodles	370	15	1.5g	0g	0g	0 mg	750 mg	75g	0g	1g	13g
rice noodles	150	5	0g	0g	0g	0 mg	25 mg	35g	1g	0g	1g
brown rice	160	10	1.5g	0g	0g	0 mg	5 mg	33g	3g	0g	4g
boston lettuce cup	0	0	0g	0g	0g	0 mg	0 mg	0g	0g	0g	0g
wok garlic + oil	81	72	8g	1g	0g	0 mg	0 mg	2g	0g	0g	0g

add-ins

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
bean sprouts	10	0	0g	0g	0g	0 mg	0 mg	2g	1g	1g	1g
bell peppers	5	0	0g	0g	0g	0 mg	0 mg	1g	0g	1g	0g
broccoli	10	0	0g	0g	0g	0 mg	10 mg	2g	1g	0g	1g
carrots	10	0	0g	0g	0g	0 mg	20 mg	3g	1g	1g	0g
edamame	40	10	1g	0g	0g	0 mg	10 mg	3g	2g	0g	3g
green beans	10	0	0g	0g	0g	0 mg	0 mg	2g	1g	1g	1g
green kale	15	0	0g	0g	0g	0 mg	10 mg	2g	1g	1g	1g
jalapeños	10	0	0g	0g	0g	0 mg	0 mg	2g	1g	1g	0g
mushrooms	5	0	0g	0g	0g	0 mg	0 mg	1g	0g	0g	1g
organic baby spinach	5	0	0g	0g	0g	0 mg	20 mg	1g	1g	0g	1g
pineapples	15	0	0g	0g	0g	0 mg	0 mg	4g	0g	3g	0g
red onions	10	0	0g	0g	0g	0 mg	0 mg	3g	0g	1g	0g
scallions	10	0	0g	0g	0g	0 mg	0 mg	2g	1g	1g	1g
snow peas	10	0	0g	0g	0g	0 mg	0 mg	2g	1g	1g	1g

garnishes

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
chili flakes	5	5	0g	0g	0g	0 mg	0 mg	1g	0g	0g	0g
cilantro	0	0	0g	0g	0g	0 mg	0 mg	0g	0g	0g	0g
crushed cashews	100	70	8g	1.5g	0g	0 mg	0 mg	5g	1g	1g	3g
fried shallots	160	70	8g	0g	0g	0 mg	0 mg	0g	0g	0g	0g
parsley	5	0	0g	0g	0g	0 mg	0 mg	0g	0g	0g	0g
pickled cucumbers	5	0	0g	0g	0g	0 mg	30 mg	1g	0g	1g	0g
toasted sesame seeds	80	60	7g	1g	0g	0 mg	5 mg	4g	2g	0g	2g

sauces

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
brew au jus	190	180	21g	2g	0g	0 mg	490 mg	2g	0g	0g	0g
red coconut curry	60	45	5g	4.5g	0g	0 mg	470 mg	4g	0g	3g	1g
sesame garlic	60	15	1.5g	0g	0g	0 mg	620 mg	9g	0g	6g	1g
spicy garlic	80	25	2.5g	0g	0g	0 mg	10 mg	13g	0g	8g	1g
sweet soy five spice	100	0	0g	0g	0g	0 mg	1440 mg	24g	0g	19g	1g

honeybar nutritional information

fruits and toppings

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
apples	15	0	0g	0g	0g	0 mg	0 mg	4g	1g	3g	0g
bananas	25	0	0g	0g	0g	0 mg	0 mg	6g	1g	3g	0g
blueberries	15	0	0g	0g	0g	0 mg	0 mg	4g	1g	3g	0g
coconut shavings	130	70	8g	7g	0g	0 mg	80 mg	15g	3g	10g	1g
dark chocolate chips	140	70	8g	5g	0g	0 mg	0 mg	19g	2g	16g	1g
granola	120	40	4.5g	0.5g	0g	0 mg	110 mg	20g	2g	8g	3g
housemade whipped cream	100	80	9g	6g	0g	35 mg	10 mg	4g	0g	4g	1g
pineapples	15	0	0g	0g	0g	0 mg	0 mg	4g	0g	3g	0g
plain local yogurt	25	15	1.5g	1g	0g	5 mg	15 mg	2g	0g	1g	1g
red grapes	25	0	0g	0g	0g	0 mg	0 mg	7g	0g	6g	0g
strawberries	10	0	0g	0g	0g	0 mg	0 mg	2g	1g	1g	0g

honeys

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
buckwheat honey	90	0	0g	0g	0g	0 mg	0 mg	23g	0g	23g	0g
clover honey	90	0	0g	0g	0g	0 mg	0 mg	23g	0g	23g	0g
wildflower honey	90	0	0g	0g	0g	0 mg	0 mg	23g	0g	23g	0g
maple syrup	110	0	0g	0g	0g	0 mg	5 mg	27g	0g	27g	0g

honeygrow juice nutritional information

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
green is good	130	0	0g	0g	0g	0 mg	75 mg	32g	0g	31g	2g
orange you thirsty	180	0	1.5g	0g	0g	0 mg	50 mg	40g	1g	28g	3g
better off red	100	0	0g	0g	0g	0 mg	370 mg	24g	0g	15g	2g

*Think safe. Eat right. We do not carry or use any peanuts or peanut products. If you have a severe food allergy or sensitivity, please notify an ambassador or store manager in the store or send us an email at ComeTogether@honeygrow.com. Although some items do not contain any particular allergens, we cannot make any guarantees. All nutrition information is accurate to the best of our calculations. However, due to the customizable nature of our menu, variations in data will occur based on customized menu choices. All suggested items are calculated using 1oz. of sauce or dressing. For dressings and sauces, "right" equals 1 oz. and "regular" equals 2 oz. All stir-fries are made with a small amount of fresh garlic, and 1/4 oz. of non-GMO canola oil.