

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 - winter kale salad	450	330	38 g	8 g	0 g	25 mg	530 mg	20 g	7 g	8 g	13 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
seasonal - roasted garlic tahini	820	260	29 g	3 g	0 g	65 mg	1410 mg	94 g	5 g	4 g	43 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	18 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	1760 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
pears	25	0	0 g	0 g	0 g	0 mg	0 mg	6 g	1 g	3 g	0 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 brussel sprouts	20	5	0.5 g	0 g	0 g	0 mg	40 mg	3 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

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	1 g	0 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
pomegranate vinaigrette	180	170	20 g	2 g	0 g	0 mg	40 mg	3 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

CYO 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	4.5 g	1 g	0 g	70 mg	330 mg	0 g	0 g	0 g	26 g
all natural roast pork	190	100	11 g	4 g	0 g	60 mg	310 mg	1 g	0 g	0 g	20 g
cage-free egg	45	25	3 g	1 g	0 g	105 mg	35 mg	0 g	0 g	0 g	4 g
naturally raised beef	190	70	8 g	2.5 g	0 g	55 mg	470 mg	1 g	0 g	0 g	26 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
rogarashi spiced turkey	180	90	11 g	2.5 g	0 g	85 mg	320 mg	1 g	0 g	0 g	22 g

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	1.5 g	0 g	0 g	0 mg	750 mg	76 g	0 g	0 g	12 g
fresh whole wheat noodles	370	15	1.5 g	0 g	0 g	0 mg	750 mg	75 g	0 g	1 g	13 g
rice noodles	150	5	0 g	0 g	0 g	0 mg	25 mg	35 g	1 g	0 g	1 g
brown rice	160	10	1.5 g	0 g	0 g	0 mg	5 mg	33 g	3 g	0 g	4 g
boston lettuce cup	0	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
wok garlic + oil	81	72	8 g	1 g	0 g	0 mg	0 mg	2 g	0 g	0 g	0 g

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	0 g	0 g	0 g	0 mg	0 mg	2 g	1 g	1 g	1 g
bell peppers	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	0 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
chick peas	60	10	1 g	0 g	0 g	0 mg	100 mg	9 g	3 g	2 g	3 g
edamame	40	10	1 g	0 g	0 g	0 mg	10 mg	3 g	2 g	0 g	3 g
green beans	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	1 g	1 g	1 g
green kale	15	0	0 g	0 g	0 g	0 mg	10 mg	2 g	1 g	1 g	1 g
jalapenos	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	1 g	1 g	0 g
mushrooms	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	1 g
organic baby spinach	5	0	0 g	0 g	0 g	0 mg	20 mg	1 g	1 g	0 g	1 g
pineapples	15	0	0 g	0 g	0 g	0 mg	0 mg	4 g	0 g	3 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
scallions	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	1 g	1 g	1 g
snow peas	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	1 g	1 g	1 g

garnishes

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
chili flakes	5	5	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
cilantro	0	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
crushed cashews	100	70	8 g	1.5 g	0 g	0 mg	0 mg	5 g	1 g	1 g	3 g
fried shallots	160	70	8 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
garlic coriander crunch	50	25	3 g	0 g	0 g	5 mg	190 mg	1 g	1 g	0 g	1 g
parsley	5	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
pickled cucumbers	5	0	0 g	0 g	0 g	0 mg	30 mg	1 g	0 g	1 g	0 g
toasted sesame seeds	80	60	7 g	1 g	0 g	0 mg	5 mg	4 g	2 g	0 g	2 g

sauces

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
red coconut curry	60	45	5 g	4.5 g	0 g	0 mg	470 mg	4 g	0 g	3 g	1 g
roasted garlic tahini	100	80	9 g	1 g	0 g	0 mg	160 mg	5 g	1 g	0 g	3 g
sesame garlic	60	15	1.5 g	0 g	0 g	0 mg	620 mg	9 g	0 g	6 g	1 g
spicy garlic	80	25	2.5 g	0 g	0 g	0 mg	10 mg	13 g	0 g	8 g	1 g
sweet soy five spice	100	0	0 g	0 g	0 g	0 mg	1440 mg	24 g	0 g	19 g	1 g

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	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	0 g
bananas	25	0	0 g	0 g	0 g	0 mg	0 mg	6 g	1 g	3 g	0 g
blueberries	15	0	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	0 g
coconut shavings	130	70	8 g	7 g	0 g	0 mg	80 mg	15 g	3 g	10 g	1 g
dark chocolate chips	140	70	8 g	5 g	0 g	0 mg	0 mg	19 g	2 g	16 g	1 g
granola	120	40	4.5 g	0.5 g	0 g	0 mg	110 mg	20 g	2 g	8 g	3 g
housemade whipped cream	100	80	9 g	6 g	0 g	35 mg	10 mg	4 g	0 g	4 g	1 g
pears	25	0	0 g	0 g	0 g	0 mg	0 mg	6 g	1 g	3 g	0 g
pineapples	15	0	0 g	0 g	0 g	0 mg	0 mg	4 g	0 g	3 g	0 g
plain local yogurt	25	15	1.5 g	1 g	0 g	5 mg	15 mg	2 g	0 g	1 g	1 g
red grapes	25	0	0 g	0 g	0 g	0 mg	0 mg	7 g	0 g	6 g	0 g
strawberries	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	1 g	1 g	0 g

honeys

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

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	0 g	0 g	0 g	0 mg	75 mg	32 g	0 g	31 g	2 g
orange you thirsty	180	0	1.5 g	0 g	0 g	0 mg	50 mg	40 g	1 g	28 g	3 g
better off red	100	0	0 g	0 g	0 g	0 mg	370 mg	24 g	0 g	15 g	2 g

*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 based on an individual portion of ingredient. All suggested items are calculated using 1oz. of sauce or dressing. For dressings and sauces, "light" equals 1oz. and "regular" equals 2oz. All stir-fries are made with a small amount of fresh garlic and 1/4 oz. of non-GMO canola oil.