

# 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	900	590	66 g	16 g	0 g	320 mg	1640 mg	25 g	11 g	10 g	55 g
make it grain	640	250	29 g	5 g	0 g	15 mg	110 mg	80 g	11 g	28 g	22 g
walnut st noodle salad	560	320	36 g	6 g	0 g	15 mg	830 mg	47 g	3 g	5 g	19 g
white bean tuna	480	290	33 g	4.5 g	0 g	210 mg	730 mg	22 g	6 g	7 g	27 g
seasonal - greek out	480	330	37 g	6 g	0 g	20 mg	2050 mg	26 g	5 g	5 g	15 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	630	260	29 g	10 g	0 g	0 mg	1320 mg	78 g	7 g	14 g	17 g
sesame garlic	740	210	24 g	2.5 g	0 g	65 mg	1840 mg	89 g	2 g	8 g	41 g
spicy garlic	800	210	24 g	2.5 g	0 g	70 mg	1280 mg	102 g	3 g	15 g	41 g
sweet soy five spice	720	260	29 g	4.5 g	0 g	85 mg	1940 mg	86 g	7 g	23 g	30 g
seasonal - walnut basil pesto	900	390	45 g	3.5 g	0 g	110 mg	3760 mg	95 g	4 g	4 g	28 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	180	130	14 g	4.5 g	0 g	35 mg	580 mg	0 g	0 g	0 g	13 g
hard boiled egg	80	50	5 g	1.5 g	0 g	185 mg	60 mg	1 g	0 g	1 g	6 g
roasted shrimp	80	30	3.5 g	0.5 g	0 g	110 mg	830 mg	1 g	0 g	0 g	12 g
roasted spicy tofu (non-GMO)	60	30	3.5 g	0 g	0 g	0 mg	35 mg	2 g	1 g	0 g	6 g
yellowfin tuna	110	50	6 g	0.5 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	30	5	0.5 g	0 g	0 g	0 mg	25 mg	6 g	2 g	1 g	3 g
organic arugula	20	5	0.5 g	0 g	0 g	0 mg	20 mg	3 g	1 g	2 g	2 g
organic baby spinach	50	0	0 g	0 g	0 g	0 mg	170 mg	8 g	5 g	0 g	5 g
organic mesclun mix	50	5	1 g	0 g	0 g	0 mg	85 mg	8 g	4 g	2 g	4 g
red quinoa	130	15	1.5 g	0 g	0 g	0 mg	10 mg	23 g	2 g	3 g	5 g
romaine lettuce	20	5	0 g	0 g	0 g	0 mg	10 mg	4 g	3 g	2 g	2 g
wheat berries	110	5	0.5 g	0 g	0 g	0 mg	5 mg	24 g	4 g	3 g	5 g
fresh whole wheat noodles	185	10	1 g	0 g	0 g	0 mg	375 mg	38 g	0 g	0.5 g	6.5 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	160	130	15 g	2 g	0 g	0 mg	5 mg	9 g	7 g	1 g	2 g
banana peppers											
carrots	30	0	0 g	0 g	0 g	0 mg	50 mg	7 g	2 g	3 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	60	0	0 g	0 g	0 g	0 mg	0 mg	17 g	1 g	15 g	0 g
edamame	25	10	1 g	0 g	0 g	0 mg	0 mg	2 g	1 g	0 g	2 g
grape tomatoes	10	0	0 g	0 g	0 g	0 mg	10 mg	4 g	1 g	1 g	1 g
herbed focaccia croutons	60	20	2.5 g	0 g	0 g	0 mg	90 mg	8 g	0 g	0 g	1 g
herbed white beans	50	5	0 g	0 g	0 g	0 mg	160 mg	8 g	3 g	0 g	3 g
kalamata olives	80	70	8 g	0 g	0 g	0 mg	450 mg	2 g	0 g	0 g	0 g
mushrooms	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	1 g
pickled 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	2 g	0 g	1 g	0 g
roasted beets	30	5	0 g	0 g	0 g	0 mg	140 mg	6 g	1 g	4 g	1 g
roasted chickpeas	60	10	1 g	0 g	0 g	0 mg	100 mg	9 g	3 g	2 g	3 g
roasted broccoli	20	10	1.5 g	0 g	0 g	0 mg	100 mg	2 g	1 g	1 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	80	50	5 g	3.5 g	0 g	15 mg	420 mg	1 g	0 g	0 g	7 g
local fresh mozzarella	130	90	9 g	6 g	0 g	35 mg	55 mg	2 g	0 g	1 g	9 g

### toppings

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
local goat cheese	50	35	4 g	2.5 g	0 g	10 mg	85 mg	0 g	0 g	0 g	3 g
parmesan crisps	80	50	6 g	3.5 g	0 g	15 mg	140 mg	0 g	0 g	0 g	7 g
spiced agave cashews	110	70	8 g	1.5 g	0 g	0 mg	400 mg	7 g	1 g	3 g	3 g
toasted sesame seeds	15	10	1.5 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
walnuts	100	90	10 g	1 g	0 g	0 mg	0 mg	2 g	1 g	0 g	2 g

### dressings

ingredients	calories	calories from fat	total fat	saturated	trans fat	cholesterol	sodium	total carbohydrate	dietary	sugars	protein
avocado green goddess dressing	140	130	15 g	1 g	0 g	0 mg	125 mg	2 g	0 g	0 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	0 mg	2 g	0 g	1 g	0 g
honey ginger vinaigrette	160	140	16 g	1 g	0 g	0 mg	70 mg	6 g	0 g	5 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
walnut lemon dressing	170	160	18 g	1.5 g	0 g	0 mg	15 mg	2 g	0 g	2 g	0 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

bread

ingredients	calories	calories from fat	total fat	saturated	trans fat	cholesterol	sodium	total carbohydrate	dietary	sugars	protein
herbed 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	trans fat	cholesterol	sodium	total carbohydrate	dietary	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
cage-free egg	120	80	9 g	2.5 g	0.5 g	230 mg	120 mg	1 g	0 g	1 g	8 g
naturally raised beef	140	35	4 g	1 g	0 g	65 mg	280 mg	0 g	0 g	0 g	25 g
roasted shrimp	80	30	3.5 g	0.5 g	0 g	110 mg	830 mg	1 g	0 g	0 g	12 g
roasted spicy tofu (non-GMO)	60	30	3.5 g	0 g	0 g	0 mg	35 mg	2 g	1 g	0 g	6 g
togarashi 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	trans fat	cholesterol	sodium	total carbohydrate	dietary	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	245	4	.5 g	.1 g	0 g	0 mg	43 mg	55 g	2 g	0 g	4 g
brown rice	160	10	1.5 g	0 g	0 g	0 mg	5 mg	33 g	3 g	0 g	4 g
sweet potato noodles	80	25	2.5 g	0 g	0 g	0 mg	350 mg	12 g	2 g	4 g	1 g
wok garlic + oil	130	130	15 g	1 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
zucchini noodles	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	1 g	0 g

add-ins

ingredients	calories	calories from fat	total fat	saturated	trans fat	cholesterol	sodium	total carbohydrate	dietary	sugars	protein
bean sprouts	20	0	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	2 g
bell peppers	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	1 g	1 g	0 g
broccoli	5	0	0 g	0 g	0 g	0 mg	5 mg	1 g	1 g	1 g	1 g
carrots	30	0	0 g	0 g	0 g	0 mg	50 mg	7 g	2 g	3 g	1 g
edamame	25	10	1 g	0 g	0 g	0 mg	0 mg	2 g	1 g	0 g	2 g
green beans	25	0	0 g	0 g	0 g	0 mg	0 mg	5 g	2 g	3 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
jalapeños	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
mushrooms	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	1 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	20	0	0 g	0 g	0 g	0 mg	0 mg	5 g	1 g	4 g	0 g
red onions	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
scallions	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
spring peas	15	0	0 g	0 g	0 g	0 mg	20 mg	2 g	1 g	1 g	1 g
roasted spring carrots	20	5	1 g	0 g	0 g	0 mg	130 mg	2 g	1 g	1 g	0 g
sugar snap 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	trans fat	cholesterol	sodium	total carbohydrate	dietary	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
fried shallots	30	15	1.5 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
herbed breadcrumbs	70	10	1 g	0 g	0 g	0 mg	360 mg	12 g	0 g	0 g	2 g
mg spice	10	5	0.5 g	0 g	0 g	0 mg	60 mg	0 g	0 g	0 g	0 g
parsley	0	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
pickled cucumbers	10	0	0 g	0 g	0 g	0 mg	75 mg	3 g	1 g	1 g	1 g
spiced agave cashews	50	35	4 g	0.5 g	0 g	0 mg	200 mg	4 g	0 g	1 g	2 g
toasted sesame seeds	15	10	1.5 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g

sauces

ingredients	calories	calories from fat	total fat	saturated	trans fat	cholesterol	sodium	total carbohydrate	dietary	sugars	protein
red coconut curry	130	100	11 g	9 g	0 g	0 mg	970 mg	8 g	0 g	5 g	1 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	90	25	3 g	0 g	0 g	0 mg	10 mg	14 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	trans fat	cholesterol	sodium	total carbohydrate	dietary	sugars	protein
apples	15	0	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	0 g
bananas	50	0	0 g	0 g	0 g	0 mg	0 mg	13 g	2 g	7 g	1 g
blueberries	15	0	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	0 g
coconut shavings	50	25	3 g	3 g	0 g	0 mg	30 mg	6 g	1 g	4 g	0 g
dark chocolate chips	100	50	6 g	3.5 g	0 g	0 mg	0 mg	14 g	1 g	12 g	1 g
granola	40	15	1.5 g	0 g	0 g	0 mg	35 mg	6 g	1 g	3 g	1 g
housemade whipped cream	110	80	9 g	6 g	0 g	30 mg	5 mg	6 g	0 g	6 g	1 g
pineapples	20	0	0 g	0 g	0 g	0 mg	0 mg	5 g	1 g	4 g	0 g
plain local yogurt	45	20	2.5 g	1.5 g	0 g	10 mg	30 mg	3 g	0 g	3 g	2 g
red grapes	25	0	0 g	0 g	0 g	0 mg	0 mg	7 g	0 g	6 g	0 g

strawberries	15	0	0 g	0 g	0 g	0 mg	0 mg	3 g	1 g	2 g	0 g
<b>honeys</b>											
ingredients	calories	calories from fat	total fat	saturated	trans fat	cholesterol	sodium	total carbohydrate	dietary	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	trans fat	cholesterol	sodium	total carbohydrate	dietary	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

\* all of our sauces + dressings are made in-house daily. no freezers, ever. calorie counts are based on "light" portions of dressings + sauces. we do not carry or use any peanuts or peanut products

\* 2,000 calories a day is used for general nutrition advice, but calorie needs may vary. additional nutrition information available upon request.

\* before placing your order, please inform us if a person in your party has a food allergy.

If you have a severe food allergy or sensitivity, please notify an ambassador or manager in the restaurant. Although some items do not contain any particular allergens, we cannot make any guarantees. All nutrition information is based on an individual portion of each ingredient. All stir-fries are made with a small amount of fresh garlic + 1/2 oz. of non-GMO canola oil. All stir-fries and salads are made with a small amount of salt and black pepper.