

# 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
greek out	480	330	37 g	6 g	0 g	20 mg	2050 mg	26 g	5 g	5 g	15 g
seasonal - mex-cellente	840	440	50 g	10 g	0 g	30 mg	1830 mg	88 g	21 g	12 g	23 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	590	270	30 g	11 g	0 g	0 mg	1250 mg	68 g	6 g	14 g	16 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	840	280	31 g	4.5 g	0 g	85 mg	2800 mg	109 g	7 g	26 g	33 g
seasonal - l'eggo mi fuego	970	370	41 g	6 g	0 g	70 mg	2370 mg	113 g	15 g	11 g	44 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

### 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	240	50	6 g	0 g	0 g	0 mg	970 mg	39 g	5 g	2 g	8 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
black beans	50	0	0 g	0 g	0 g	0 mg	180 mg	10 g	4 g	1 g	4 g
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
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
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
cotija cheese	100	80	9 g	5 g	0 g	30 mg	400 mg	1 g	0 g	0 g	6 g
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
spiced tortilla strips	80	30	3.5 g	0 g	0 g	0 mg	1330 mg	11 g	2 g	0 g	1 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 fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
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avocado GG 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
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
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	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	5	0 g	0 g	0 g	0 mg	25 mg	35 g	1 g	0 g	1 g
brown rice	370	40	4.5 g	1 g	0 g	0 mg	860 mg	75 g	3 g	3 g	8 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
black beans	50	0	0 g	0 g	0 g	0 mg	180 mg	10 g	4 g	1 g	4 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

**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
cotija cheese	50	40	4.5 g	2.5 g	0 g	15 mg	200 mg	1 g	0 g	0 g	3 g
fried shallots	30	15	1.5 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 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**

**suggested honeybar**

ingredients	calories	calories from fat	total fat	saturated	trans fat	cholesterol	sodium	total carbohydrate	dietary	sugars	protein
cobbler honeybar	260	110	12 g	7 g	0 g	35 mg	180 mg	35 g	2 g	23 g	4 g
fruit + granola honeybar	240	50	6 g	4 g	0 g	0 mg	70 mg	48 g	4 g	39 g	2 g
summer berry honeybar	200	50	6 g	3 g	0 g	15 mg	50 mg	37 g	2 g	31 g	4 g

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
buttercream whipped cream	60	50	6 g	3.5 g	0 g	15 mg	0 mg	2 g	0 g	2 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
peaches with mint	15	0 g	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	0 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
roasted apples	20	0	0 g	0 g	0 g	0 mg	0 mg	5 g	1 g	4 g	0 g
roasted peaches	20	0	0 g	0 g	0 g	0 mg	0 mg	5 g	1 g	4 g	0 g
strawberries	15	0	0 g	0 g	0 g	0 mg	0 mg	3 g	1 g	2 g	0 g
streusel topping	120	45	5 g	3 g	0 g	15 g	160 mg	18 g	0 g	7 g	1 g

#### honeys

ingredients	calories	calories from fat	total fat	saturated	trans fat	cholesterol	sodium	total carbohydrate	dietary	sugars	protein
blueberry honey	120	0	0 g	0 g	0 g	0 mg	0 mg	34 g	0 g	32 g	0 g
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.