

# honeygrow

## NUTRITIONAL OVERVIEW MENU + INGREDIENTS

### HG MENU ITEMS

#### SUGGESTED SALADS

NAME	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
COBB (GF)	620	402	46	12	0	247	1278	18	9	8	33			x				
GREEK OUT (GF)	451	181	21	3.5	0	92.5	1872	31.5	15.5	3	31			x				
KALE CHICKEN CAESAR	358	170.5	18	5	0	82	1728.5	17.5	4	1.5	26.5	x	x	x				x
MAKE IT GRAIN	527	167	15	4	0	80	1785.5	52	8	20.5	30	x			x			
WALNUT ST.	493	245	29.25	10.5	0	15	761	42.5	11	4	29.5	x		x	x	x		

#### SUGGESTED SITR-FRY

NAME	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
MISO GARLIC CHICKEN	852	294	33	6	0	84.5	2860	100.5	6	4	36	x	x	x		x		
RED COCONUT CURRY (V, GF)	362	126	13	1	0	0	389.5	51	3	11.5	12.5					x		
SESAME GARLIC	742	313	33.5	12	0	204	716.6	83.5	18	6	31	x				x		
SPICY GARLIC	679	120	12.5	1.5	0.5	60	1934.5	102	4.5	18	31	x	x					
SWEET SOY FIVE SPICE	428	147	15	2	0	65	1308	45	3	13.5	23.5	x				x		

#### SUGGESTED HONEYBAR

NAME	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
APPLE PIE	429	160	18	9.5	0	45	210	64	2	51	25	x		x	x			
BROWNIE CRUMBLE	499	193.5	21.5	11	0	41	97	75	3	64	3	x	x	x		x		
THE COBBLER	325	150	17	10.5	0	17	55	196	40	1	28	x		x				
FRUIT + GRANOLA	253	40.5	4.5	3	0	0	65	46	4	45	1	x		x				

### SALAD CREATE YOUR OWN (CYO)

#### SALAD PROTEINS

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
CRISPY BACON	90	80	10	4.5	0	35	106	0	0	0	3							
HARD-BOILED EGG	50	30	3	1	0	130	40	<1	0	<1	5		x					
ROASTED CHICKEN	110	30	3	0.5	0	60	840	<1	0	0	18							
ROASTED SHRIMP	60	0	0	0	0	105	310	0	0	0	14						x	
ROASTED TOFU	70	38	5	<1	0	0	120	15	1	<1	9					x		

#### SALAD BASES

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
CHOPPED ROMAINE	25	5	<1	<1	0	10	10	5	3	2	2							
FARRO	80	2	<1	0	0	0	0	16.5	15	0	3	x						
WHOLE WHEAT NOODLES	132	5	<1	0	0	0	80	30	7	0	5	x						
CURLY KALE	15	5	0.5	<1	0	0	23	2	2	<1	1							
ORGANIC ARUGULA	28	6	0.75	<1	0	0	30	4	2	2	3							
ORGANIC BABY SPINACH	25	0	0	0	0	0	35	8	5	0	5							
SPRING MIX	15	0	0	0	0	0	30	3	1	<1	2							

#### SALAD ADD-INS

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
APPLES	15	0	0	0	0	0	0	4	0	4	0							
BANANA PEPPERS	8	1	<1	<1	0	0	4	2	1	<1	<1							
BEETS	12	<1	<1	0	0	0	22	3	0.5	2	<1							
BELL PEPPERS	5	0	0	0	0	0	<1	1	<1	<1	<1							
BLUEBERRIES	15	0	0	0	0	0	0	4	1	3	0							
CARROTS	9	0.5	<1	0	0	0	16	2	0.5	0	<1							
CRUNCHY CHICKPEAS	100	15	3	0	0	0	110	14	9	0	5							
CUCUMBER	7	0	0	0	0	0	1	15	<1	<1	<1							
EDAMAME	25	10	1	0	0	0	0	2	1	0	2							
GRAPES	38	0.5	<1	0	0	0	<1	7g	<1	6	<1							
GRAPE TOMATOES	10	2	0	0	0	0	2	1	1	1	<1							
HERBED PARMESAN BREADCRUMBS	6	3	<1	<1	0	<1	32	<1	<1	0	<1	x		x				
KALAMATA OLIVES	53	35	4	<1	0	0	480	3	15	0	3							
QUINOA	66	10	1	<1	0	0	532	12	15	0.5	2.5							
RED ONIONS	6	<1	<1	0	0	0	<1	1	<1	0	<1							
ROASTED BROCCOLI	16	7	0.5	<1	0	0	138	2	0	0	1							
ROASTED CAULIFLOWER	18	4	<1	0	0	0	156	3	1	1	1							
ROASTED CORN	40	10	1	0	0	0	160	8	<1	2	1							
ROASTED MUSHROOMS	15	8	1	<1	0	0	155	1	0g	<1	1							
SCALLIONS	2	<1	<1	0	0	0	1	0.5	<1	<1	0							
STRAWBERRIES	15	0	0	0	0	0	0	3	1	2	0							

#### SALAD CHEESE

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
CRUMBLLED BLUE CHEESE	60	40	5	3	0	12	190	0	0	0	4			x				
FETA CHEESE	60	43	5	3	0	20	258	<1	0	0	3			x				
SHAVED PARMESAN	95	55	6	3.5	<1	19.5	410	3	0	0	6			x				

#### SALAD TOPPINGS

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
AVOCADO	110	85	10	1	0	0	5	6	5	0	1			x				
CANDIED PECANS	74	35	4g	0.5	0	0	45	8	1	7	0.5				x			
FRESH LIME	10	<1	<1	0	0	0	0.5	3.5	1	0.5	<1							
HERBED FOCACCIA CROUTONS	55	26	3	<1	0	0	290	6	<1	0	1	x						

MEDITERRANEAN HERBS	12	<1	0	0	0	0	2	3	<1	0	<1						
PARMESAN CRISPS	71	43	4.75	10	0	15	213	0	0	0	8.5						
TOASTED SESAME SEEDS	8	6	<1	0	0	0	<1	<1	0	0	<1						
ROASTED WALNUTS	99	78	9	<1	0	0	<1	2	1	<1	2						

SALAD DRESSING																		
INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
GREEN GODDESS DRESSING	55	50	6	<1	0	2.5	165	<1	0	0	<1		x	x				
OLIVE OIL + BALSAMIC VINEGAR	190	170	20	3	0	0	115	1	0	1	0							
CLASSIC CAESAR DRESSING	50	49.5	5.5	1	0	2.5	130	0.5	0	0	0.5		x	x				x
FRESH LIME SQUEEZE	5	<1	<1	0	0	0	<1	2	<1	<1	<1							
HONEY GINGER VINAIGRETTE	50	40	5	<1	0	0	42	3	0	2.5	0							
ROSE VINAIGRETTE	70	60	8	0.5	0	0	25	2	0g	2	0							
WHITE BALSAMIC VINAIGRETTE	150	130	15	2	0	0	85	2	0	2	0							

### STIR-FRY CREATE YOUR OWN (CYO)

STIR-FRY PROTEINS																		
INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
CRISPY BACON	90	80	10	4.5	0	35	106	0	0	0	3							
ROASTED BEEF	288	224	25	12	0	204	130	0	0	0	15							
ROASTED CHICKEN	110	30	3	0.5	0	60	840	<1	0	0	18							
ROASTED SHRIMP	60	0	0	0	0	105	310	0	0	0	14						x	
ROASTED TOFU	70	38	5	<1	0	0	120	1.5	1	<1	9					x		
SCRAMBLED EGG	90	50	6	2	0	235	210	<1	0	0	7		x					
TURKEY MEATBALLS	150	70	7	2	0	65	310	0	0	0	19							

### STIR-FRY BASES

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
BROWN RICE	140	15	2	0	0	0	550	27	2	0	3							
CURLY KALE	15	5	0.5	<1	0	0	23	2	2	<1	1							
FRESHLY MADE EGG WHITE NOODLES	380	9	1	0	0	0	790	77	3	0	11	x	x					
FRESHLY MADE WHOLE WHEAT NOODLES	330	13	1.5	0	0	0	200	74	17	0	13	x						
RICE NOODLES	153	2	<1	0	0	0	27	34	1	0	2.5							

### STIR-FRY ADD-INS

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
BELL PEPPERS	5	0	0	0	0	0	<1	1	<1	<1	<1							
BROCCOLI	10	1	0	0	0	0	11	1	1	<1	1							
CARROTS	9	0.5	<1	0	0	0	16	2	0.5	0	<1							
CURLY KALE	7.5	2.5	<1	<1	0	0	11	1	1	<1	<1							
EDAMAME	25	10	1	0	0	0	0	2	1	0	2					x		
GRAPE TOMATOES	10	2	0	0	0	0	2	1	1	1	<1							
GREEN BEANS	14	1	0	0	0	0	3	3	1	1.5	1							
JALAPEÑOS	5	<1	0	0	0	0	<1	1	0	0.5	0							
MISO CORN	40	25	3	0	0	5	210	8	1	2	1	x		x		x		
MUSHROOMS	7	1	<1	0	0	0	15	1	0	<1	1							
ORGANIC BABY SPINACH	5	0	0	0	0	0	20	1	1	0	1							
PINEAPPLES	33	0.5	0	0	0	0	0.5	8	0.5	8	0							
RED ONIONS	6	<1	<1	0	0	0	<1	1	<1	0	<1							
ROASTED CAULIFLOWER	18	4	<1	0	0	0	156	3	1	1	1							
ROASTED GARLIC	40	20	2.5	0	0	0	0	4	0	0	<1							
SCALLIONS	2	<1	<1	0	0	0	1	0.5	<1	<1	0							
SWEET & SOUR ONIONS	100	60	7	1	0	0	410	10	2	2	<1							

### STIR-FRY GARNISHES

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
AVOCADO	110	85	10	1	0	0	5	6	5	0	1							
CANDIED PECANS	74	35	4	0.5	0	0	45	8	1	7	0.5				x			
CHILI FLAKES	5	5	0	0	0	0	0	1	0	0	0							
CHIVES	2	<1	<1	0	0	0	<1	0.5	<1	<1	0							
CILANTRO	0	0	0	0	0	0	0	0	0	0	0							
FRIED SHALLOTS	30	15	1.5	0	0	0	0	0	0	0	0	x						
HERBED PARMESAN BREADCRUMBS	6	3	<1	<1	0	<1	32	<1	<1	0	<1	x		x				
PARSLEY	0	0	0	0	0	0	0	0	0	0	0							
ROASTED WALNUTS	99	78	9	<1	0	0	<1	2	1	<1	2				x			
TOASTED SESAME SEEDS	8	6	<1	0	0	0	<1	<1	0	0	<1							

### STIR-FRY SAUCES

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
GARLIC OIL	55	55	6	<1	<1	0	<1	<1	0	0	<1							
RED COCONUT CURRY SAUCE	35	30	2	1	0	0	225	4	0	3	1				x			
SESAME GARLIC SAUCE	42	13	1	0	0	0	373	7	0	6	1	x				x		
SHIITAKE MUSHROOM BROTH	70	60	7	1	0	0	200	2	0	<1	0							
SPICY GARLIC SAUCE	80	25	2.5	0	0	0	293	14	0	10	1							
SWEET SOY FIVE SPICE SAUCE	55	0	0	0	0	0	445	14	0	12	0.5	x				x		

### HONEYBAR CREATE YOUR OWN (CYO)

#### HONEYBAR NUTRITIONAL INFORMATION

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
APPLES	15	0	0	0	0	0	0	4	0	4	0							
BLUEBERRIES	15	0	0	0	0	0	0	4	1	3	0							
BROWNIE CRUMBLIES	156	63	6.5	1.5	0	11	92	22	1	15	1	x	x	x		x		
CANDIED PECANS	74	35	4	0.5	0	0	45	8	1	7	0.5				x			
COCONUT SHAVINGS	50	25	3	3	0	0	30	6	1	4	0							
CHOCOLATE CHIPS	70	35	3.5	3	0	0	5	11	0	10	0			x		x		

GRANOLA	40	15	15	0	0	0	35	6	1	3	1	x			x			
HOUSEMADE WHIPPED CREAM	110	80	9	6	0	30	5	6	0	6	1			x				
MAPLE YOGURT	60	25	3	1.5	0	10	31	7	0	7	2			x				
RED GRAPES	28	0.5	<1	0	0	0	<1	7	<1	6	<1							
ROASTED APPLES	20	0	0	0	0	0	0	5	1	4	0							
STRAWBERRIES	15	0	0	0	0	0	0	3	1	2	0							
STREUSEL CRUMBLE	120	45	5	3	0	15	160	18	0	7	1	x		x				

**HONEYS**

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
BUCKWHEAT HONEY	90	0	0	0	0	0	0	23	0	23	0							
CLOVER HONEY	90	0	0	0	0	0	0	23	0	23	0							
WILDFLOWER HONEY	90	0	0	0	0	0	0	23	0	23	0							

**HG EXTRAS**

**HG GOALS**

NAME	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
HIGH PROTEIN SALAD	543	345.5	38	5.5	0	330	1063	12	5.5	4	32		x		x			
HIGH PROTEIN STIR-FRY	880	633	70	25	0	408	710.5	24	13	7	35	x				x		
KETO SALAD	491	307	35.5	9.5	0	117	1551	13	8	1	29		x					
KETO STIR-FRY	770	548	60	24	0	408	705.5	18	8	7	34	x				x		
PALEO SALAD	427	253	30	2	0	60	892	20	9	7	22				x			
PLAEO STIR-FRY	311	126	13	0.5	0	60	1213	23	7	10	23							
THE VEGAN SESAME GARLIC	574	129	13.5	0	0	0	1256.5	90	7	7	24	x				x		
VEGAN SESAME GARLIC - Cherry Hill, Marlton, Fenway, Seaport	524	127	13.5	0	0	0	706.5	85	19	6	25	x				x		
WHOLE SALAD	221	92	10	1	0	115	327	16	9	3.5	17						x	

**BREADS/SIDES**

INGREDIENTS	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	wheat	egg	milk	tree nut	soy	shellfish	fish
HERBED FOCACCIA BREAD	150	20	2.5	0	0	0	330	27	3	0	5	x						
BROWNIES	470	190	20	5	0	33	276	66	3	46	4	x	x	x		x		
CHILI LIME EDAMAME	190	60	7	1	0	0	760	15	11	2	19					x		
KIDS MAC N CHEESE	532	105	11.5	6.5	0	35.5	1375.5	82	3	0.5	19	x	x	x				

\*all of our suggested items are made to order using fresh ingredients, 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 non-gmo garlic oil.