

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.	513	246	29.25	10.5	0	15	985	42.5	4	4	29.5	x		x	x	x		
WALNUT ST. - Cherry Hill & Marlton	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
CHESAPEAKE CRAB	531	83	8.5	1.5	0	60	1636	83.5	4	2	21	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	792	315	33.5	12	0	204	1266.5	88.5	6	7	30	x				x		
SESAME GARLIC - Cherry Hill & Marlton	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	1.5	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	1.5	0	3	x						
FRESHLY MADE WHOLE WHEAT NOODLES	150	6	<1	0	0	0	304	30	0	<1	5	x						
WHOLE WHEAT NOODLES - Cherry Hill & Marlton	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	1.5	<1	<1	<1							
EDAMAME	25	10	1	0	0	0	0	2	1	0	2							
GRAPES	28	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 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							
WATERMELON	25	0	0	0	0	0	0	6	0	5	<1							

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 TOPPING

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	4 g	0.5	0	0	45	8	1	7	0.5					x			
CRAB	47	4	<1	0	0	55	315	0	0	0	10								x
FRESH LIME	10	<1	<1	0	0	0	0.5	3.5	1	0.5	<1								
FRESH MINT	1	0	0	0	0	0	<1	<1	0	0	0								
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					x			
TOASTED SESAME SEEDS	8	6	<1	0	0	0	<1	<1	0	0	<1								
ROASTED WALNUTS	93	78	9	<1	0	0	<1	2	1	<1	2					x			

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					
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
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	<0	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	380	15	1.5	0	0	0	750	79	5	1	12	x							
WHOLE WHEAT NOODLES - Cherry Hill & Marlon	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								
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								

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								
CILANTRO	0	0	0	0	0	0	0	0	0	0	0								
CRAB	47	4	<1	0	0	55	315	0	0	0	10								x
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							
OLD BAY SEASONING	0	0	0	0	0	0	116	0	0	0	0								
PARSLEY	0	0	0	0	0	0	0	0	0	0	0								
ROASTED WALNUTS	93	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								
OLD BAY BROTH	21	12	1	1	0	3.5	377	2	<1	1	<1			x				x	
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			
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								

BANANAS	50	0	0	0	0	0	0	13	2	7	1								
BLUEBERRIES	15	0	0	0	0	0	0	4	1	3	0								
BROWNIE CRUMBLES	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								
DARK CHOCOLATE CHIPS	100	50	6	3.5	0	0	0	14	1	12	1								
GRANOLA	40	15	1.5	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					
PLAIN LOCAL YOGURT	45	20	2.5	1.5	0	10	30	3	0	3	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	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	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.