honeygrow

NUTRITIONAL OVERVIEW
MENU + INGREDIENTS

HG MENU ITEMS

SUGGESTED STIR-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	sesame	fish
SPICY GARLIC	669	110.5	11.5	0.5	0	60	1789.5	102	4.5	18	32	x	x						
SESAME GARLIC	742	313	33.5	12	0	204	716.5	83.5	18	6	31	x				x		x	
SWEET SOY FIVE SPICE	428	147	15	2	0	65	1308	45	3	13.5	23.5	x				x		x	
GARLIC BUTTER CHICKEN	746	245	25.5	1.5	0	60	1977.5	84	4	3	33	x	x			x		x	
RED COCONUT CURRY (V, GF)	362	126	13	1	0	0	389.5	51	3	11.5	12.5				x	x			
MISO GARLIC CHICKEN	841	228	25	4	0	85	2866.5	107	4	10.5	37.5	x	x	x		x			
THE VEGAN SESAME GARLIC (V	524	127	13.5	0	0	0	706.5	85	19	6	25	x				x		x	
PALEO STIR-FRY (GF)	271	106	11	0.5	0	60	1022	19	3	10	22								
HIGH PROTEIN STIR-FRY	820	608	67.5	25	0	408	664.5	20	9	7.5	33	x				x		x	
KIDS GARLIC BUTTER + PARM	448	175	18.5	4.5	0	19.5	1155	44.5	1.5	8	12.5	x	x	x		x			
GARLIC BUTTER SHRIMP	704	225	23.5	1	0	105	1591.5	83.5	4	3	28	x	x			x	x	x	

SUGGESTED SALAD

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	sesame	fish
COBB (GF)	610	392	45	12	0	247	1133	18	9	9	34		x	x					
ASIAN SESAME GINGER	550	284	32	11.5	0	15	988	45.5	11	7	30	x		x	x	x		x	
GREEK OUT (GF)	529	265	30	5.5	0	90	1730	31.5	15.5	3	32			x		x			
KALE CHICKEN CAESAR	379	157.5	17.5	5	0	82	1522.5	26.5	4	1.5	29	x	x	x					x
CLASSIC SHRIMP CAESAR	322	135.5	15	4.5	0	137	1121	23.5	3	2	25	x	x	x			x		x
WHOLE SALAD (GF)	221	92	10	1	0	115	327	16	9	3.5	17						x		
PALEO SALAD (GF)	557	353	41	4.5	0	60	857	26	13	6	27				x				
HIGH PROTEIN SALAD (GF)	533	335.5	37	5.5	0	330	923	12	5.5	4	33		x		x				
KETO SALAD (GF)	431	247	28.5	9.5	0	114.5	1241	15	8	1	30			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	sesame	fish
THE COBBLER	300	125	14	9	0	46	178	38	1	27	5	x		x					
FRUIT + GRANOLA	253	40.5	4.5	3	0	0	65	46	4	45	1	x			x				
APPLE PIE	429	160	14	9.5	0	45	210	64	2	51	2.5	x		x	x				
BROWNIE CRUMBLE	469	178.5	19	10.5	0	41	102	65	2	62	2	x	x	x		x			
CHEESECAKE	300	55	18	11	0	55	330	32	2	19	3	x		x					

Create Your Own (CYO) Stir-Fry

Bases

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	sesame	fish
BROWN RICE	140	15	2	0	0	0	550	27	2	0	3								
EGG WHITE NOODLES	380	9	1	0	0	0	790	77	3	0	11	x	x						
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								
CURLY KALE - BASE	15	5	0.5	<1	0	0	23	2	2	<1	1								

Protein

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	sesame	fish
CRISPY BACON	90	80	10	4.5	0	35	106	0	0	0	3								
ROASTED CHICKEN	100	20	2	0.5	0	60	695	<1	0	0	19								
ROASTED STEAK	288	224	25	12	0	204	130	0	0	0	15								
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								

Add-Ins

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	sesame	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								
CARAMELIZED ONION	100	4	2	0	0	0	0	16	0	8	0								
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	39	25	3	<1	0	5.5	215.5	8	1	2.5	1.5	x		x		x			
MUSHROOMS	7	1	<1	0	0	0	1.5	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 GARLIC	40	20	2.5	0	0	0	0	4	0	0	<0								
SCALLIONS	2	<1	<1	0	0	0	1	0.5	<1	<1	0								
SNOW PEAS	9	<1	<1	0	0	0	<1	1	<1	<1	<1								

Garnish

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	sesame	fish
AVOCADO	110	85	10	1	0	0	5	6	5	0	1								
CANDIED PECANS	74	35	4 g	0.5	0	0	45	8	1	7	0.5				x				
CHILI CRISPS	105	94	10.5	<1	<1	0	140	1.5	1	1	1					x			
CHILI FLAKES	5	5	0	0	0	0	0	1	0	0	0								
CHOPPED CHIVES	2	<1	<1	<1	0	0	<1	<1	<1	<1	<1								
CILANTRO	0	0	0	0	0	0	0	0	0	0	0								
CRISPY ONIONS	45	31.5	3.5	0	0	0	25	3	0	0	0	x							
FRESH LIME WEDGE	5	<1	<1	0	0	0	<1	2	<1	<1	<1								
SEASONED BREADCRUMBS	20	5	0.5	0	0	0	55	3	0	0	0.5	x		x					
PARSLEY	0	0	0	0	0	0	0	0	0	0	0								
TOASTED SESAME SEEDS	8	6	<1	0	0	0	<1	<1	0	0	<1							x	
SHAVED PARMESAN	95	55	6	3.5	<1	19.5	410	3	0	0	6			x					

Sauce

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	sesame	fish
GARLIC BUTTER	80	60	6	1	0	0	350	3	0	2	1	x				x			
GARLIC OIL	55	55	6	<1	<1	0	<1	<1	0	0	<1								
RED COCONUT CURRY	35	30	2	1	0	0	225	4	0	3	1				x				
SESAME GARLIC	42	13	1	0	0	0	373	7	0	6	1	x				x		x	
MISO GARLIC	70	60	7	<1	0	0	756	3	<1	<1	<1					x			
SPICY GARLIC	80	25	2.5	0	0	0	293	14	0	10	1								
SWEET SOY FIVE SPICE	55	0	0	0	0	0	445	14	0	12	0.5	x				x		x	

Create Your Own (CYO) Salad

Bases

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	sesame	fish
CHOPPED ROMAINE	25	5	<1	<1	0	10	10	5	3	2	2								
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								

Protein

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	sesame	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	100	20	2	0.5	0	60	695	<1	0	0	19								
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			

Add-Ins

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	sesame	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								
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					x			
GRAPE TOMATOES	10	2	0	0	0	0	2	1	1	1	<1								
GRAPES	28	0.5	<1	0	0	0	<1	7 g	<1	6	<1								
JALAPEÑOS	5	<1	0	0	0	0	<1	1	0	0.5	0								
KALAMATA OLIVES	53	35	4	<1	0	0	480	3	1.5	0	3								
QUINOA	66	10	1	<1	0	0	532	12	1.5	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 MUSHROOMS	15	8	1	<1	0	0	155	1	0 g	<1	1								
SCALLIONS	2	<1	<1	0	0	0	1	0.5	<1	<1	0								
SEASONED BREADCRUMBS	20	5	0.5	0	0	0	55	3	0	0	0.5	x		x					
SNOW PEAS	9	<1	<1	0	0	0	<1	1	<1	<1	<1								
STRAWBERRIES	15	0	0	0	0	0	0	3	1	2	0								

Cheeses

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	sesame	fish
CRUMBLED 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					

Toppings

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	sesame	fish
AVOCADO	110	85	10	1	0	0	5	6	5	0	1								
CANDIED PECANS	74	35	4 g	0.5	0	0	45	8	1	7	0.5				x				
CILANTRO	0	0	0	0	0	0	0	0	0	0	0								
CRISPY ONIONS	45	31.5	3.5	0	0	0	25	3	0	0	0	x							
FRESH LIME	10	<1	<1	0	0	0	0.5	3.5	1	0.5	<1								
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					
ROASTED WALNUTS	93	78	9	<1	0	0	<1	2	1	<1	2				x				
SEASONED CROUTONS	72	21	3	0	0	0	206	12	0	0	2	x		x					

Dressing

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	sesame	fish
ASIAN SESAME GINGER	125	99	11	1.5	0	0	252	5	0	5	0.5	x				x		x	
CLASSIC CAESAR	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								
OLIVE OIL + BALSAMIC VINEGAR	190	170	20	3	0	0	120	1	0	1	0								
MISO GARLIC	70	60	7	<1	0	0	756	3	<1	<1	<1					x			
TUSCAN HERB	148	144	16	2	0	0	168	1	0	0	0			x		x			
WHITE BALSAMIC	150	130	15	2	0	0	85	2	0	2	0								

Create You Own (CYO) Honeybar

Bases

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	sesame	fish
CHEESECAKE FILLING	150	10	13	8	0	40	170	7	0	7	2			x					
VANILLA YOGURT	35	0	0	0	0	1	13	5	0	6	3			x					

Honey

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	sesame	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								

Add-Ins

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	sesame	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								
GRAPES	28	0.5	<1	0	0	0	<1	7 g	<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								

Toppings

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	sesame	fish
BROWNIE CRUMBLES	156	63	6.5	1.5	0	11	92	22	1	15	1	x	x	x		x			
COCONUT SHAVINGS	50	25	3	3	0	0	30	6	1	4	0				x				
GRANOLA	40	15	1.5	0	0	0	35	6	1	3	1	x			x				
MILK CHOCOLATE CHIPS	70	35	3.5	3	0	0	5	11	0	10	0			x		x			
STREUSEL CRUMBLE	120	45	5	3	0	15	160	18	0	7	1	x		x					
WHIPPED CREAM	110	80	9	6	0	30	5	6	0	6	1			x					

SIDES + EXTRAS

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	sesame	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			

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 garlic oil made with Canola oil. Customization of your order may impact the accuracy and/or completeness of the available nutritional information.