

# 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 & Marlon | 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                        | 792      | 315               | 33.5          | 12                | 0             | 204              | 1266.5      | 88.5                   | 6                 | 7          | 30          | x     |     |      |          | x   |           |      |
| SESAME GARLIC - Cherry Hill & Marlon | 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     |     |      |          |     |           |      |
| FRESHLY MADE WHOLE WHEAT NOODLES           | 150      | 6                 | <1            | 0                 | 0             | 0                | 304         | 30                     | 0                 | <1         | 5           | x     |     |      |          |     |           |      |
| WHOLE WHEAT NOODLES - Cherry Hill & Marlon | 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 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 |
|-----------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-------|-----|------|----------|-----|-----------|------|
| CRUMBLIED 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 |   |  |  |
| 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 |  |  |   |  | 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   |           |      |   |
| 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           |       |     |      |          |     |           |      | x |
| 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         | 15                     | 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           |       |     |      |          |     |           |      |  |
| MISO CORN            | 40       | 25                | 3             | 0                 | 0             | 5                | 210         | 8                      | 1                 | 2          | 1           | 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     |     |      |          |     |           |      |  |
| 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          |       |     |      |          |     |           |      |  |
| 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           |       |     |      |          |     |           |      |  |
| 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           |       |     |      |          |     |           |      |  |
| 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        |     |           |      |  |
| <b>HONEY</b>            |          |                   |               |                   |               |                  |             |                        |                   |            |             |       |     |      |          |     |           |      |  |
| 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           |       |     |      |          |     |           |      |  |

|  |          |                   |               |                   |               |                  |             |                        |                   |            |             |       |     |      |          |     |           |      |  |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-------|-----|------|----------|-----|-----------|------|--|
| <b>HG EXTRAS</b>                           |          |                   |               |                   |               |                  |             |                        |                   |            |             |       |     |      |          |     |           |      |  |
| <b>HG GOALS</b>                            |          |                   |               |                   |               |                  |             |                        |                   |            |             |       |     |      |          |     |           |      |  |
| 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        |     |           |      |  |
| PALEO 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 & Marlon | 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    |  |
| <b>BREADS/SIDES</b>                        |          |                   |               |                   |               |                  |             |                        |                   |            |             |       |     |      |          |     |           |      |  |
| 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   |           |      |  |
| KIDSMAC 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.