

sweet soy five spice	100	0	0 g	0 g	0 g	0 mg	1440 mg	24 g	0 g	19 g	1 g						x	
spicy miso garlic	90	80	9g	1g	0g	0mg	340mg	2g	0g	<1g	<1g						x	
honeybar nutritional information																		
ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein	wheat	egg	milk	tree nut	soy	shellfish	
cobbler honeybar	260	110	12 g	7 g	0 g	35 mg	180 mg	35 g	2 g	23 g	4 g	x		x				
fruit + granola honeybar	240	50	6 g	4 g	0 g	0 mg	70 mg	48 g	4 g	39 g	2 g							
winter truffle	270	120	13g	7g	0g	35mg	40mg	38g	3g	26g	4g			x	x			
ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein	wheat	egg	milk	tree nut	soy	shellfish	
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							
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	x			x			
housemade whipped cream	110	80	9 g	6 g	0 g	30 mg	5 mg	6 g	0 g	6 g	1 g			x				
roasted pears	20	5	0 g	0 g	0 g	0 mg	55 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			x				
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							
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	x		x				
honeys																		
ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein	wheat	egg	milk	tree nut	soy	shellfish	
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							
honeygrow juice nutritional information																		
ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein	wheat	egg	milk	tree nut	soy	shellfish	
green	60	-	0 g	0 g	0 g	0 mg	15 mg	14 g	0 g	11 g	1 g							
ginger	70	-	0 g	0 g	0 g	0 mg	0 mg	17 g	0 g	15 g	0 g							
watermelon	40	-	0 g	0 g	0 g	0 mg	5 mg	11 g	0 g	9 g	1 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 non-gmo garlic oil.