

Homegrown Menu Information - Allergens

July 18, 2022

Menu Type	Menu Category	Menu Item	Milk & Dairy		Wheat & Gluten		Meat	Egg	Natural Nitrates/Nitrites			
			Soy	Sulfites	Nuts	Sesame			Garlic			
Breakfast	Bowl	Sunrise Bowl	X				X					
Breakfast	Bowl	Two Fried Eggs Bowl			X		X	X				X
Breakfast	Sandwich	Avocado Egg & Cheese	X		X*		X					
Breakfast	Sandwich	Bacon Egg & Cheese	X		X*		X	X				X
Kids	Sandwich	Grilled Cheese	X		X*							
Kids	Sandwich	Turkey & Cheese	X		X*		X				X	
Kids	Sandwich	Egg & Cheese	X		X*			X				
Kids	Sandwich	PBJ			X*						X	
Kids	Sandwich	Protein Box	X				X				X	
Lunch	Bowl	Chermoula Roasted Veggie	X									X
Lunch	Bowl	Farmstead Cobb	X				X	X		X		
Lunch	Bowl	Matcha Chicken Avocado	X				X					X
Lunch	Bowl	Sonoran Grass-Fed Steak				X	X					X
Lunch	Bowl	Spicy Braised Tofu		X		X						X
Lunch	Sandwich	Broccoli Melt	X		X*	X						X
Lunch	Sandwich	Chicken Cherry Pecan			X*		X			X		X
Lunch	Sandwich	Chicken Pesto			X*		X					X
Lunch	Sandwich	Grass Fed Steak & Blue	X		X*	X	X					X
Lunch	Sandwich	Smoked Pastrami	X		X*	X	X			X		X
Lunch	Sandwich	Turkey, Bacon & Avocado	X		X*		X			X		X
Lunch	Sandwich	Za'atar Smashed Chickpea			X*	X					X	X
Lunch	Sides	Clean Greens										
Lunch	Sides	Tomato Bisque	X									

NOTES:

All Homegrown products are prepared in a facility that also handles gluten, dairy, eggs, and nuts
 Menus may differ by location
 X* = all sandwiches can be made with gluten free bread

Homegrown Menu Information - Nutritional

July 18, 2022

Menu Type	Menu Category	Menu Item	Size	Total Calories	Protein (g)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates				Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
												Dietary Fiber (g)	Sugar (g)	Fiber (g)	Sugar (g)				
Breakfast	Bowl	Sunrise Bowl		406	22	191	21	5	0	515	515	34	3	2	13%	0%	9%	36%	
Breakfast	Bowl	Two Fried Eggs Bowl		560	25	254	29	4	0	422	1453	49	7	5	201%	149%	31%	43%	
Breakfast	Sandwich	Avocado Egg & Cheese	half	352	15	85	18	5	0	226	810	34	1	2	5%	3%	12%	16%	
Breakfast	Sandwich	Avocado Egg & Cheese	whole	703	30	169	36	11	0	452	1620	69	2	4	10%	6%	25%	31%	
Breakfast	Sandwich	Bacon Egg & Cheese	half	532	25	270	33	5	0	221	1235	31	1	1	5%	1%	14%	19%	
Breakfast	Sandwich	Bacon Egg & Cheese	whole	1063	51	539	67	11	0	442	2470	62	2	2	10%	2%	28%	38%	
Kids	Sandwich	Grilled Cheese	half	395	17	160	22	12	0	60	775	30	1	0	0%	0%	33%	10%	
Kids	Sandwich	Grilled Cheese	whole	790	34	320	44	24	0	120	1550	59	2	0	0%	0%	66%	20%	
Kids	Sandwich	Turkey & Cheese	half	320	22	80	12	6	0	48	890	30	1	0	0%	0%	17%	13%	
Kids	Sandwich	Turkey & Cheese	whole	640	44	160	24	12	0	95	1780	59	2	0	0%	0%	34%	25%	
Lunch	Bowl	Chermoula Roasted Veggie		607	20	286	33	4	0	185	2153	68	11	18	19%	23%	10%	44%	
Lunch	Bowl	Farmstead Cobb		696	45	321	47	11	0	304	1242	22	3	3	363%	247%	32%	25%	
Lunch	Bowl	Matcha Chicken Avocado		757	37	357	47	4	0	248	1074	48	5	4	197%	141%	12%	41%	
Lunch	Bowl	Sonoran Grass-Fed Steak		800	31	266	39	5	0	45	1341	97	4	5	208%	141%	13%	57%	
Lunch	Bowl	Spicy Braised Tofu		550	21	200	29	3	0	0	1036	52	8	5	187%	210%	31%	44%	
Lunch	Sandwich	Broccoli Melt	half	357	9	139	18	2	0	93	884	39	4	3	59%	98%	6%	16%	
Lunch	Sandwich	Broccoli Melt	whole	715	18	277	36	4	0	185	1768	77	7	5	119%	196%	12%	31%	
Lunch	Sandwich	Chicken Cherry Pecan	half	490	17	211	26	2	0	28	1008	47	6	8	57%	42%	4%	15%	
Lunch	Sandwich	Chicken Cherry Pecan	whole	979	33	423	52	3	0	56	2017	94	12	17	114%	83%	9%	31%	
Lunch	Sandwich	Chicken Pesto	half	413	16	179	22	2	0	32	911	35	1	1	64%	57%	4%	15%	
Lunch	Sandwich	Chicken Pesto	whole	827	33	358	45	4	0	63	1823	69	3	1	128%	114%	9%	30%	
Lunch	Sandwich	Grass Fed Steak & Blue	half	440	21	176	22	6	0	60	1040	37	2	1	52%	36%	11%	17%	
Lunch	Sandwich	Grass Fed Steak & Blue	whole	880	42	353	43	12	0	120	2080	73	4	2	103%	71%	21%	34%	
Lunch	Sandwich	Smoked Pastrami	half	463	25	193	23	6	0	45	1669	34	2	1	6%	2%	15%	37%	
Lunch	Sandwich	Smoked Pastrami	whole	925	49	386	47	12	0	90	3338	68	3	1	13%	4%	31%	75%	
Lunch	Sandwich	Turkey, Bacon & Avocado	half	463	25	170	25	4	0	33	1210	34	1	1	52%	36%	12%	17%	
Lunch	Sandwich	Turkey, Bacon & Avocado	whole	927	50	340	51	9	0	65	2420	67	3	1	103%	72%	23%	33%	
Lunch	Sandwich	Za'atar Smashed Chickpea	half	489	11	179	25	2	0	0	818	58	7	6	57%	43%	7%	20%	
Lunch	Sandwich	Za'atar Smashed Chickpea	whole	978	23	357	50	3	0	0	1637	115	13	12	115%	86%	14%	39%	
Lunch	Sides	Clean Greens		114	2	37	8	1	0	0	74	10	1	2	137%	94%	6%	6%	
Lunch	Sides	Tomato Bisque Bowl	Bowl	270	5	150	17	9	0	45	840	27	3	15	30%	30%	9%	6%	
Lunch	Sides	Tomato Bisque Cup	Cup	180	3	100	11	6	0	30	560	18	2	10	20%	20%	6%	4%	
Lunch	Sides	Veggie Chili Bowl	Bowl	180	8	30	3	0	0	0	840	12	9	5	68%	53%	6%	15%	
Lunch	Sides	Veggie Chili Cup	Cup	120	5	20	2	0	0	0	560	8	6	3	45%	35%	4%	10%	