

Our goal is to create nutrient-dense food that fuels your body for whatever you're doing next. It's important to us to help redefine what "healthy" eating looks like. To us it's about eating more plants, less processed foods, and omitting chemicals and artificial ingredients. This means our delicious aiolis are 100% plant-based, our pasture-raised, certified-humane eggs are skillet-fried in sunflower seed oil, our breads are 100% non-GMO, and our organic produce is guided by the Environmental Working Group's "Dirty Dozen List." We are always looking for ways to improve our sourcing and nutritional standards and we welcome your feedback!

Reach us at product@eathomegrown.com

## **Nutrition & Allergen Information**

d = contains milk/dairy s = contains soy g = wheat/gluten sul = contains sulfites e = egg nit = nitrates/nitrites
 n = contains nuts gar = contains garlic ses = contains sesame \*veg = vegetarian \*v = vegan

Sandwiches	Size	Calories	Protein (g)		iotal rat (S	) Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	(5/	00901 (9/	Allergens
Charred Broccoli *veg	Half	367	9	148	19	2	0	93	909	39	4	3	d, g,sul,gar
Charred Broccoli *veg	Whole	735	19	295	38	4	0	185	1817	78	7	6	d, g,sul,gar
Chicken Cherry Pecan	Half	506	16	231	28	2	0	27	1022	46	6	8	g, n, gar
Chicken Cherry Pecan	Whole	1012	32	462	57	4	0	54	2044	93	12	16	g, n, gar
Chicken Pesto	Half	420	16	185	23	2	0	32	921	35	1	1	g, n, gar
Chicken Pesto	Whole	840	33	371	46	4	0	63	1841	70	3	1	g, n, gar
Grass Fed Steak & Blue	Half	447	21	183	22	6	0	60	1049	37	2	1	d, g,sul,gar
Grass Fed Steak & Blue	Whole	893	42	366	45	12	0	120	2098	74	4	2	d, g,sul,gar
Smoked Pastrami	Half	469	25	200	24	6	0	45	1677	34	2	1	d, g,sul,nit,ga
Smoked Pastrami	Whole	939	49	400	48	12	0	90	3354	68	3	1	d, g,sul,nit,ga
Turkey, Bacon & Avocado	Half	470	25	176	26	4	0	33	1219	34	1	1	d, g, nit, gar
Turkey, Bacon & Avocado	Whole	940	50	353	52	9	0	65	2438	68	3	1	d,g,nit, gar
Za'atar Smashed Chickpea *v	Half	489	11	179	25	2	0	0	818	58	7	6	g, sul, ses, gar
Za'atar Smashed Chickpea *v	Whole	978	23	357	50	3	0	0	1637	115	13	13	g, sul, ses, gar
Kids	Size	Calories	Protein (g)	Calories from Fat	Total Fat (g	) Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Allergens
ABJ *v	Half	415	11	150	19	2	0	0	375	52	4	17	g,n, ses
ABJ *v	Whole	830	22	300	38	3	0	0	750	103	8	34	g,n, ses
Grilled Cheese *veg	Half	395	17	160	22	12	0	60	775	30	1	0	d,g
Grilled Cheese *veg	Whole	790	34	320	44	24	0	120	1550	59	2	0	d,g
3							_		000	70		0	
Turkey & Cheese	Half	320	22	80	12	6	0	48	890	30		U	d,g
•	Half Whole	320 640	22 44	80 160	12 24	12	0	48 95	1780	59	2	0	d,g
Turkey & Cheese				160	24		0				2 Dietary Fiber (g)	0	
Turkey & Cheese Turkey & Cheese	Whole	640	44	160	24	12	0	95	1780	59	2 Dietary Fiber (g)	0	d,g
Turkey & Cheese Turkey & Cheese Bowls	Whole Size	640 Calories	44 Protein (g)	160 Calories from Fat	24 Total Fat (g	12 a) Saturated Fat (g)	0 Trans Fat (g)	95 Cholesterol (mg)	1780 Sodium (mg)	59 Carbohydrates (g)		0 Sugar (g)	d,g Allergens
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg	Whole Size Full portion	640 Calories 623	44 Protein (g) 22	160 Calories from Fat 276	24 Total Fat (g 32	12 a) Saturated Fat (g) 4	0 <b>Trans Fat (g)</b> 0	95 Cholesterol (mg) 185	1780 Sodium (mg) 1950	59 Carbohydrates (g) 73	15	0 Sugar (g)	d,g Allergens d, gar
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg Farmstead Cobb	Whole Size Full portion Full portion	640 Calories 623 696	44 Protein (g) 22 45	160 Calories from Fat 276 322	24 Total Fat (g 32 47	12 y) Saturated Fat (g) 4 11	0 Trans Fat (g) 0 0	95 Cholesterol (mg) 185 304	1780 Sodium (mg) 1950 1242	59 Carbohydrates (g) 73 23	15 3	0 Sugar (g) 19 4	d,g Allergens d, gar
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg Farmstead Cobb Matcha Chicken Avocado	Whole Size Full portion Full portion Full portion	640 Calories 623 696 757	44 Protein (g) 22 45 37	160 Calories from Fat 276 322 357	24 Total Fat (g 32 47 47	12 ) Saturated Fat (g) 4 11 4	0 Trans Fat (g) 0 0	95 Cholesterol (mg) 185 304 248	1780 Sodium (mg) 1950 1242 1074	59 Carbohydrates (g) 73 23 48	15 3 5	0 Sugar (g) 19 4	d,g Allergens d, gar d, e, nit d
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg Farmstead Cobb Matcha Chicken Avocado Sonoran Grass-Fed Steak	Whole Size Full portion Full portion Full portion Full portion	640 Calories 623 696 757 800	44 Protein (g) 22 45 37 31	160 Calories from Fat 276 322 357 266	24 Total Fat (9 32 47 47 39	12 ) Saturated Fat (g) 4 11 4	0 Trans Fat (g) 0 0 0	95 Cholesterol (mg) 185 304 248 45	1780 Sodium (mg) 1950 1242 1074 1341	59 Carbohydrates (g) 73 23 48 97	15 3 5	0 Sugar (g) 19 4 4 5	d,g Allergens d, gar d, e, nit d sul, gar
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg Farmstead Cobb Matcha Chicken Avocado Sonoran Grass-Fed Steak Spicy Braised Tofu *v	Whole Size Full portion Full portion Full portion Full portion Full portion	640 Calories 623 696 757 800 564	44 Protein (g) 22 45 37 31 21	160 Calories from Fat 276 322 357 266 200 285	24 Total Fat (9 32 47 47 39 29 34	12 ) Saturated Fat (g) 4 11 4	0 Trans Fat (g) 0 0 0 0 0 0 0	95 Cholesterol (mg) 185 304 248 45	1780 Sodium (mg) 1950 1242 1074 1341 1263	59 Carbohydrates (g) 73 23 48 97 55	15 3 5 5 8 9	0 Sugar (g) 19 4 4 5 6 7	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg Farmstead Cobb Matcha Chicken Avocado Sonoran Grass-Fed Steak Spicy Braised Tofu *v Wasabi Chicken Crunch	Whole Size Full portion Full portion Full portion Full portion Full portion Full portion	640 Calories 623 696 757 800 564 642	44 Protein (g) 22 45 37 31 21 38	160 Calories from Fat 276 322 357 266 200 285	24 Total Fat (9 32 47 47 39 29 34	12 3) Saturated Fat (g) 4 11 4 5 3 4	0 Trans Fat (g) 0 0 0 0 0 0 0	95 Cholesterol (mg) 185 304 248 45 0	1780 Sodium (mg) 1950 1242 1074 1341 1263 1017	59 Carbohydrates (g) 73 23 48 97 55	15 3 5 5 8 9	0 Sugar (g) 19 4 4 5 6 7	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar s, ses
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg Farmstead Cobb Matcha Chicken Avocado Sonoran Grass-Fed Steak Spicy Braised Tofu *v Wasabi Chicken Crunch Breakfast Bowls	Whole Size Full portion Full portion Full portion Full portion Full portion Full portion Size	640 Calories 623 696 757 800 564 642 Calories	44 Protein (g) 22 45 37 31 21 38 Protein (g)	160 Calories from Fat 276 322 357 266 200 285 Calories from Fat	24 Total Fat (g 32 47 47 39 29 34 Total Fat (g	12 3) Saturated Fat (g) 4 11 4 5 3 4	0 Trans Fat (g) 0 0 0 0 0 Trans Fat (g)	95 Cholesterol (mg) 185 304 248 45 0 63 Cholesterol (mg)	1780 Sodium (mg) 1950 1242 1074 1341 1263 1017 Sodium (mg)	59 Carbohydrates (g) 73 23 48 97 55 47 Carbohydrates (g)	15 3 5 5 8 9	0 Sugar (g) 19 4 4 5 6 7 Sugar (g)	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar s, ses Allergens
Turkey & Cheese Turkey & Cheese Bowls Chermoula Roasted Veggie *veg Farmstead Cobb Matcha Chicken Avocado Sonoran Grass-Fed Steak Spicy Braised Tofu *v Wasabi Chicken Crunch Breakfast Bowls Braised Greens & Avocado *veg	Whole Size Full portion	640 Calories 623 696 757 800 564 642 Calories 441	44 Protein (g) 22 45 37 31 21 38 Protein (g) 18	160 Calories from Fat 276 322 357 266 200 285 Calories from Fat	24 Total Fat (9 32 47 47 39 29 34 Total Fat (9 22	12  1) Saturated Fat (g)  4  11  4  5  3  4  1) Saturated Fat (g)	0 Trans Fat (g) 0 0 0 0 0 Trans Fat (g) 0	95 Cholesterol (mg) 185 304 248 45 0 63 Cholesterol (mg) 304	1780 Sodium (mg) 1950 1242 1074 1341 1263 1017 Sodium (mg) 977	59 Carbohydrates (g) 73 23 48 97 55 47 Carbohydrates (g)	15 3 5 5 8 9 Dietary Fiber (g)	0 Sugar (g) 19 4 4 5 6 7 Sugar (g)	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar s, ses Allergens d,e n, ses
Turkey & Cheese Turkey & Cheese Bowls  Chermoula Roasted Veggie *veg Farmstead Cobb  Matcha Chicken Avocado Sonoran Grass-Fed Steak Spicy Braised Tofu *v  Wasabi Chicken Crunch Breakfast Bowls  Braised Greens & Avocado *veg Coconut Chia Porridge *v	Whole Size Full portion Size Full portion Full portion	640 Calories 623 696 757 800 564 642 Calories 441 774	44 Protein (g) 22 45 37 31 21 38 Protein (g) 18 16	160 Calories from Fat 276 322 357 266 200 285 Calories from Fat 147 262 254	24 Total Fat (g 32 47 47 39 29 34 Total Fat (g 22 30 29	12  1) Saturated Fat (g)  4  11  4  5  3  4  1) Saturated Fat (g)	0 Trans Fat (g) 0 0 0 0 0 Trans Fat (g) 0 0 0 0 0 0	95 Cholesterol (mg) 185 304 248 45 0 63 Cholesterol (mg) 304 0	1780 Sodium (mg) 1950 1242 1074 1341 1263 1017 Sodium (mg) 977 188	59 Carbohydrates (g) 73 23 48 97 55 47 Carbohydrates (g) 46 111	15 3 5 5 8 9 Dietary Fiber (g) 4 15 7	0 Sugar (g) 19 4 4 5 6 7 Sugar (g) 6 39 5	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar s, ses Allergens d,e n, ses
Turkey & Cheese Turkey & Cheese Bowls  Chermoula Roasted Veggie *veg Farmstead Cobb  Matcha Chicken Avocado Sonoran Grass-Fed Steak Spicy Braised Tofu *v  Wasabi Chicken Crunch Breakfast Bowls  Braised Greens & Avocado *veg Coconut Chia Porridge *v  Two Fried Eggs	Whole Size Full portion Full portion Full portion Full portion Full portion Full portion Size Full portion Full portion Full portion Full portion	640 Calories 623 696 757 800 564 642 Calories 441 774 560	44 Protein (g) 22 45 37 31 21 38 Protein (g) 18 16 25	160 Calories from Fat 276 322 357 266 200 285 Calories from Fat 147 262 254	24 Total Fat (g 32 47 47 39 29 34 Total Fat (g 22 30 29	12  1) Saturated Fat (g)  4  11  4  5  3  4  1) Saturated Fat (g)  4  12  4	0 Trans Fat (g) 0 0 0 0 0 Trans Fat (g) 0 0 0 0 0 0	95 Cholesterol (mg) 185 304 248 45 0 63 Cholesterol (mg) 304 0 422	1780 Sodium (mg) 1950 1242 1074 1341 1263 1017 Sodium (mg) 977 188 1453	59 Carbohydrates (g) 73 23 48 97 55 47 Carbohydrates (g) 46 111 49	15 3 5 5 8 9 Dietary Fiber (g) 4 15 7	0 Sugar (g) 19 4 4 5 6 7 Sugar (g) 6 39 5	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar s, ses Allergens d,e n, ses sul,e, nit, gar
Turkey & Cheese Turkey & Cheese Bowls  Chermoula Roasted Veggie *veg Farmstead Cobb  Matcha Chicken Avocado Sonoran Grass-Fed Steak Spicy Braised Tofu *v  Wasabi Chicken Crunch Breakfast Bowls  Braised Greens & Avocado *veg Coconut Chia Porridge *v Two Fried Eggs  Breakfast Sandwiches	Whole Size Full portion Size Full portion Full portion Full portion Full portion Full portion	640 Calories 623 696 757 800 564 642 Calories 441 774 560 Calories	44 Protein (g) 22 45 37 31 21 38 Protein (g) 18 16 25 Protein (g)	160 Calories from Fat 276 322 357 266 200 285 Calories from Fat 147 262 254 Calories from Fat	24 Total Fat (9 32 47 47 39 29 34 Total Fat (9 22 30 29 Total Fat (9	12  3) Saturated Fat (g)  4  11  4  5  3  4  1) Saturated Fat (g)  4  12  4  1) Saturated Fat (g)	0 Trans Fat (g)  0 0 0 0 0 Trans Fat (g) 0 Trans Fat (g) 0 Trans Fat (g)	95 Cholesterol (mg) 185 304 248 45 0 63 Cholesterol (mg) 304 0 422 Cholesterol (mg)	1780 Sodium (mg) 1950 1242 1074 1341 1263 1017 Sodium (mg) 977 188 1453 Sodium (mg)	59 Carbohydrates (g) 73 23 48 97 55 47 Carbohydrates (g) 46 111 49 Carbohydrates (g)	15 3 5 5 8 9 Dietary Fiber (g) 4 15 7	0 Sugar (g) 19 4 4 5 6 7 Sugar (g) 6 39 5	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar s, ses Allergens d,e n, ses sul,e,nit,gar Allergens
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Turkey & Cheese  Turkey & Cheese  Bowls  Chermoula Roasted Veggie *veg Farmstead Cobb  Matcha Chicken Avocado  Sonoran Grass-Fed Steak  Spicy Braised Tofu *v  Wasabi Chicken Crunch  Breakfast Bowls  Braised Greens & Avocado *veg  Coconut Chia Porridge *v  Two Fried Eggs  Breakfast Sandwiches  Avocado Egg & Cheese  Avocado Egg & Cheese  Bacon Egg & Cheese  Bacon Egg & Cheese	Whole Size Full portion Full portion Full portion Full portion Full portion Size Full portion Full portion Full portion Full portion Full portion Full portion Hull portion Whole Half Whole	640 Calories 623 696 757 800 564 642 Calories 441 774 560 Calories 352 703 538 1077	44 Protein (g) 22 45 37 31 21 38 Protein (g) 18 16 25 Protein (g) 15 30 25 51	160 Calories from Fat 276 322 357 266 200 285 Calories from Fat 147 262 254 Calories from Fat 85 169 261 552	24 Total Fat (9 32 47 47 39 29 34 Total Fat (9 22 30 29 Total Fat (9 18 36 34 68	12  3) Saturated Fat (g)  4  11  4  5  3  4  1) Saturated Fat (g)  4  12  4  1) Saturated Fat (g)  5  11  5  11	0 Trans Fat (g)  0 0 0 0 0 Trans Fat (g) 0 0 Trans Fat (g) 0 0 0 Trans Fat (g) 0 0	95 Cholesterol (mg) 185 304 248 45 0 63 Cholesterol (mg) 304 0 422 Cholesterol (mg) 226 452 221 442	1780 Sodium (mg) 1950 1242 1074 1341 1263 1017 Sodium (mg) 977 188 1453 Sodium (mg) 810 1620 1244 2488	59 Carbohydrates (g) 73 23 48 97 55 47 Carbohydrates (g) 46 111 49 Carbohydrates (g) 34 69 31 62	15 3 5 8 9 Dietary Fiber (g) 4 15 7 Dietary Fiber (g) 1 2	0 Sugar (g) 19 4 4 5 6 7 Sugar (g) 6 39 5 Sugar (g) 2 4 1	d,g Allergens d, gar d, e, nit d sul, gar s, sul, gar s, ses Allergens d,e n, ses sul,e,nit,gar Allergens d,e,g d,e,g d,e,g d,e,g,nit,gar d,e,g,nit,gar
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