



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)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	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, gar
Smoked Pastrami	Whole	939	49	400	48	12	0	90	3354	68	3	1	d, g, sul, nit, gar
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
Turkey & Cheese	Half	320	22	80	12	6	0	48	890	30	1	0	d, g
Turkey & Cheese	Whole	640	44	160	24	12	0	95	1780	59	2	0	d, g
Bowls	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
Chermoula Roasted Veggie *veg	Full portion	623	22	276	32	4	0	185	1950	73	15	19	d, gar
Farmstead Cobb	Full portion	696	45	322	47	11	0	304	1242	23	3	4	d, e, nit
Matcha Chicken Avocado	Full portion	757	37	357	47	4	0	248	1074	48	5	4	d
Sonoran Grass-Fed Steak	Full portion	800	31	266	39	5	0	45	1341	97	5	5	sul, gar
Spicy Braised Tofu *v	Full portion	564	21	200	29	3	0	0	1263	55	8	6	s, sul, gar
Wasabi Chicken Crunch	Full portion	642	38	285	34	4	0	63	1017	47	9	7	s, ses
Breakfast Bowls	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
Braised Greens & Avocado *veg	Full portion	441	18	147	22	4	0	304	977	46	4	6	d, e
Coconut Chia Porridge *v	Full portion	774	16	262	30	12	0	0	188	111	15	39	n, ses
Two Fried Eggs	Full portion	560	25	254	29	4	0	422	1453	49	7	5	sul, e, nit, gar
Breakfast Sandwiches	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
Avocado Egg & Cheese	Half	352	15	85	18	5	0	226	810	34	1	2	d, e, g
Avocado Egg & Cheese	Whole	703	30	169	36	11	0	452	1620	69	2	4	d, e, g
Bacon Egg & Cheese	Half	538	25	261	34	5	0	221	1244	31	1	1	d, e, g, nit, gar
Bacon Egg & Cheese	Whole	1077	51	552	68	11	0	442	2488	62	2	2	d, e, g, nit, gar
Roasted Banana & Almond Butter *v	Half	565	14	194	25	2	0	0	379	77	11	29	n, ses
Roasted Banana & Almond Butter *v	Whole	1130	28	388	49	5	0	0	759	154	21	57	n, ses
Sides	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
Clean Greens *v	Full portion	114	2	37	8	1	0	0	74	10	2	2	n/a