













TRANSPARENCY CHART











spring // summer // 2026

INDULGE WISELY

high-quality protein. no seed oils. occasionally sweetened with only local honey, organic agave, molasses, or turbinado. dressings and sauces made in-house with pasture-raised eggs and avocado oil. organic where it counts. 100% pure wagyu beef tallow for frying. full macros for every single dish.

*macros & calories for starters are per serving

STARTERS	calories	protein // fat // carb	 gluten	 dairy	 soy	 egg	 tree nuts	 peanuts	 shellfish	 fish	 sesame	 sweetened with
HG CASHEW QUESO (serves 4)	134	03 // 11 // 07					x					
COCHINTA NACHOS (serves 4)	296	13 // 24 // 07		x								
DEVILED AVOCADOS (serves 3)	325	06 // 26 // 23			x							
AVOCADO HUMMUS (serves 3)	184	03 // 14 // 15									x	
CHARRED CAMPFIRE CHICKEN (serves 3)	212	11 // 16 // 06			x	x				x		honey
CRISPY TUNA (serves 3)	216	09 // 11 // 19			x	x				x	x	honey
STEAK BITES (serves 4)	133	10 // 09 // 03			x	x						
SALMON TOSTADAS (serves 4)	199	06 // 18 // 07			x					x	x	

SALADS	calories	protein // fat // carb	 gluten	 dairy	 soy	 egg	 tree nuts	 peanuts	 shellfish	 fish	 sesame	 sweetened with
HG KALE CAESAR	366	17 // 24 // 23		x		x				x		
THE MED SALAD	475	11 // 37 // 27		x								honey
FARMHOUSE CHICKEN RANCH	523	56 // 24 // 23		x	x	x				x		
SMOKED CHICKEN SALAD	693	41 // 44 // 42			x	x	x					honey
SEARED TUNA SALAD	472	40 // 25 // 23			x	x				x	x	honey
TURKEY COBB	647	49 // 44 // 17		x	x	x	x			x		

