



TRANSPARENCY CHART

summer // fall // 2025

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 CHIPS & 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
BISON MEATBALLS (serves 4)	203	10 // 12 // 16	x	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		

HG STAPLES												
calories	protein // fat // carb		gluten	dairy	soy	egg	tree nuts	peanuts	shellfish	fish	sesame	sweetened with
BISON CHILI (CUP)	269	15 // 16 // 18		x								
BISON CHILI (BOWL)	538	30 // 31 // 36		x								
AHI TUNA POKE BOWL	567	28 // 25 // 58			x	x				x	x	honey

MEAT+BREAD												
calories	protein // fat // carb		gluten	dairy	soy	egg	tree nuts	peanuts	shellfish	fish	sesame	sweetened with
BACKYARD BURGER	772	59 // 41 // 44	x	x		x						turbinado (bun)
BISON BURGER	1066	57 // 73 // 46	x	x		x						turbinado (bun)
TURKEY CLUB	801	56 // 53 // 63	x	x		x						
FISH TACOS	408	22 // 13 // 52	x	x						x		honey
FARMHOUSE CHICKEN SANDWICH	537	44 // 28 // 30	x	x	x	x				x		turbinado (bun)
CRISPY CAMPFIRE CHICKEN SANDWICH	866	35 // 49 // 76	x	x	x							honey turbinado (bun)

HUNTED												
calories	protein // fat // carb		gluten	dairy	soy	egg	tree nuts	peanuts	shellfish	fish	sesame	sweetened with
FARMHOUSE CHICKEN BREAST	233	37 // 07 // 02			x							
CAMPFIRE CHICKEN KBOBS (original & bbq)	343	32 // 22 // 04			x							
CAMPFIRE CHICKEN K-BOBS (garlic parm)	343	32 // 22 // 04		x	x							
SHRIMP K-BOBS (original & bbq)	192	30 // 07 // 00			x				x			
SHRIMP K-BOBS (garlic parm)	192	30 // 07 // 00		x	x				x			
GRILLED SALMON	354	35 // 23 // 00								x		
BISON MEATBALLS	371	28 // 27 // 01										
CHOPPED STEAK	437	46 // 24 // 10		x								

HUNTED												
calories	protein // fat // carb	gluten	dairy	soy	egg	tree nuts	peanuts	shellfish	fish	sesame	sweetened with	
BEEF FILET 6 oz	317	32 // 18 // 04		x								
BISON RIBEYE OZ	307	50 // 10 // 00										
SEARED #1 TUNA	217	35 // 08 // 00		x					x		honey	
QUINOA “MEAT” BALLS	313	07 // 20 // 27		x		x				x		
CRISPY CHICKEN (BREAST)	489	34 // 26 // 31		x								
GATHERED												
calories	protein // fat // carb	gluten	dairy	soy	egg	tree nuts	peanuts	shellfish	fish	sesame	sweetened with	
HONEY GARLIC BRUSSELS SPROUTS	266	06 // 16 // 22		x							honey	
SWEET POTATO HASH	208	03 // 10 // 29										
CHARRED BROCCOLI	255	09 // 18 // 22		x								
GARLIC MASHED POTATOES	286	05 // 13 // 39			x							
GRILLED ZUCCHINI	162	03 // 14 // 07		x								
COCONUT CAULIFLOWER	141	04 // 11 // 08										
COCONUT JASMINE RICE	308	05 // 10 // 49										
STREET CORN	397	09 // 25 // 42		x	x							
REFRIED BLACK BEANS	213	13 // 01 // 40		x								
GOLDEN RICE	254	06 // 06 // 45		x								

HG BRUNCH												
	calories	protein // fat // carb	gluten	dairy	soy	egg	tree nuts	peanuts	shellfish	fish	sesame	sweetened with
HG BREAKFAST PLATE (bacon)	562	30 // 20 // 68	x			x						honey
HG BREAKFAST PLATE (sausage)	792	34 // 37 // 69	x			x						honey
BREAKFAST TACOS	695	34 // 46 // 32	x	x		x						
FARMHOUSE BREAKFAST	849	23 // 63 // 78	x	x		x						
HARVEST BREAKFAST	629	29 // 43 // 35				x						
CHICKEN & SWEET POTATO WAFFLES	1058	28 // 48 // 132				x	x					maple, honey & agave
BACON BREAKFAST ON A BUN	525	25 // 36 // 27	x	x		x						turbinado (bun)
EGGS ON TOAST	650	26 // 53 // 40	x	x		x	x					honey
STEAK & EGGS	523	45 // 26 // 26				x						
HUEVOS RANCHEROS	590	26 // 28 // 61		x		x						honey