Drinks*+

Start at \$6

Honest Smoothie

Super Honest Smoothie

Honest Immune Booster



Menu Week of August 3rd, 2020

Join the clean eating movement with us! We are a plant forward, local, healthy meal program designed to feed your body and mind while caring for the planet

Visit www.honestplate.com/mealindex for our full meal ingredient index

sides/ wnch* +

Rosemary Risotto (C)

Farro Salad (C)

Quinoa & Herbs (C)

Plant Based Weals**

Monday**

\$12

Thursday

MEAL 1

Tricolore Salad PB/V/30 (C) &

T.L.T PB (C)

MEAL 2

Garden Tomato Salad

W30/PB (C)

GF Humus

Wrap PB (C)

MEAL 3 Summer Corn PB

(H-1)

Pickled

Cauliflower &

Broccoli W30/PB

MEAL 4

Baby Garden Salad

W30/PB (C)

Summer Melon

W30/PB (H-1)

MEAL 5

Smoke 'Em W30/PB (C)

Asian Vegetable Stuffed

Cabbage W30/PB (H-1)

Proteins* +

Stuffed Chicken Breast (H-1)

Curry Pork Loin (H-1)

Black Bean Marinated Swordfish (H-1)

Line Caught Tuna (H-1)

Kids Meals* +

MEAL 1

MEAL 2

MEAL 3

MEAL 4

Chicken Fingers (H-2)

Penne & Creamy Broccoli

Turkey Burger (H-1)

Vegetable Stir Fry

(H-1)

Fresh Berry Smoothie (C)

Mango Smoothie

Handmade Trail Mix

Strawberry Smoothie (C)

(H-1) = Served hot: Cook Time: Remove lid, wrap the container in foil, place in 350 oven for 10-15 minutes for medium rare (H-2) = Served hot: Cook Time: Remove lid, wrap the container in foil, place in 350 oven for 5-10 minutes (H-3) = Served hot: Cook Time: Place in saucepan and gently heat over medium-high flame for 5-10 minutes (C) = Served chilled

Sauce (H-3)

+ One time stocking fee of \$2

Orders Call: (631) 771-0910 Email: eat@honestplate.com

^{*} All items available BOTH Monday & Thursday ** Select item available Monday or Thursday



Ready to order?
Call us: (631) 771-0910

Chef bavid Burke & Honest Plate Preview Menu

Our hearty, healthy(ish) meal options created by Chef David Burke exclusively for Honest Plate are 100% organic and rooted in locally curated ingredients, many grown in our recently erected greenhouse located on the Honest Plate's Riverhead campus. These meals follow our Honest Plate planet aware philosophy, served in our fully recyclable, zero waste glass containers. Items from both our weekly menu and this menu can be combined and added to your order!

Sides

The Beet Goes On (C)

Smoked Zucchini "Bacon" (C)

Proteins \$14

Cowboy Campfire Steak (H)

Roasted Cod (H)

Dishonest pessert

Flax Seed Custard (C)