



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Jon Albrecht & Chef Nick Reisini

Week of May 24, 2021

HONEST PLATE WEEKLY CORE MENU CHOICES

MEAL 1

SHAVED FENNEL & GRANNY SMITH ARUGULA SALAD W30/PB

Organic Fennel, Granny Smith Apples, Farmstand Arugula with our "HONESTLY GOOD" CARROT & GINGER VINAIGRETTE © (Carrot, Ginger, Dijon, White Vinegar, E.V.O.O. & Sea Salt)

Cook Time: Serve Chilled

Cal:417 Protein:9.3g Fat: 4.2g Carb: 97.4g

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GRILLED PORTOBELLO

Wood Fire Grilled Organic Portobello Mushroom with a Hickory Smoked Baby Heirloom Red Onion Salad (Basil, Roasted Garlic Oil & Sea Salt)

Cook time: Remove lid and Lettuce, Tomato, Onion, place container in 350 oven for 8-10 minutes

Cal:175 Protein:4.2g Fat:14.2g Carb: 10.6g

MEAL 2

SPRING SALAD W30/ PB

Shaved Farmstand Carrot, Hot House Jersey Beefsteak, Baby Spinach & our Famous "HONESTLY GOOD" Smoked Balsamic Vinaigrette © (Balsamic, Dijon, Hickory Smoke, E. V. O.O.)

Cook Time: Serve Chilled

Cal: 215 Protein: 4.5g Fat: 15.2g Carb: 11.9g

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SUNSHINE WRAPS PB/ GF

Organic Pinto & Garbanzo Beans, Smoked Paprika, Red Onion, Habanero, Tomato

Cook Time: Serve Chilled

Cal: 607 Protein:28g Fat:7.4g Carb:107.6g

MEAL 3

WEDGE SALAD

Organic California Iceberg Lettuce, Red Onion, Cucumber & our famous HONESTLY GOOD MUSHROOM

"BACON" ©

& "HONESTLY GOOD" DELICIOUSLY DAIKON DRESSING © (Daikon, Dijon, White Vinegar, E.V.O.O & Sea Salt)

Cook Time: Serve Chilled

Cal:116 Protein: 6.5g Fat:3.7g Carb: 17g

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ASIAN PASTA SALAD W30/ PB

"Cellophane" Nori Noodles, Tamari, Chili Oil, Almond Milk, Lime Juice, Red Cabbage, Carrot, Cilantro, Basil, Plant Based Guar Gum

Cook Time: Serve Chilled

Cal:460 Protein:7.2g Fat:28g Carb: 49.7g

HONEST PLATE SIGNATURE DISHES

FAVORITE MEAL 1

PICKLED MUSHROOM SALAD W30/PB

Button Mushrooms, Cauliflower, White Vinegar, Rice Wine Vinegar, Red Onion, Parsley & Sea Salt

Cook Time: Serve Chilled

Cal: 139 Protein: 4.5g Fat: .4g Carb: 28.4g

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ASIAN WRAPS W30/PB

Organic Cauliflower, Carrot, Ginger, Tamarind & Red Onion

Wrapped in Red Cabbage

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes

Cal: 101 Protein: 5.7g Fat: 2.1g Carb: 17.8

FAVORITE MEAL 2

SWEET PEA GAZPACHO PB/W30

Organic Sweet Peas, Cucumber, White Vinegar, Black Pepper, E.V.O.O. & Sea Salt

Cook Time: Serve Chilled

Cal: 122 Protein: 6.7g Fat: 2.3g Carb: 19.4g

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SWEET POTATO GNOCCHI & ALMOND MILK BECHAMEL PB/W30

Organic Sweet Potato, Tapioca Flour & Almond Milk Bechamel (Almond Milk, Roasted Garlic, GF All purpose Flour, Butter & Sea Salt)

Cook Time: Remove lid and place glass container in 350 oven for 8-10 minutes

Cal: 460 Protein: 8.4g Fat: 15.2g Carb: 73g

FAVORITE MEAL 3

CAULIFLOWER TABBOULEH PB/W30

"Riced" Organic Cauliflower, Lemon, Parsley, E.V.O.O & Sea Salt

Cook Time: Serve Chilled

Cal: 163 Protein: 3.1g Fat: 13.8g Carb: 9.3g

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RED BEAN & BEET CUTLETS PB

Organic Beets, Red Kidney Beans, Walnuts, Red Onion, Nutritional Yeast, Chia Seeds, Smoked Paprika, Roasted Garlic & Sea Salt

Cook Time: Remove lid and place in 350 oven for 8-10 minutes

Cal: 745 Protein: 38.2g Fat: 24g Carb: 101.7

*PROTEINS**

All proteins are \$9 with a one-time stocking fee of \$2

***DUE TO THE VARIATION IN HOME OVENS, ALL OF OUR COOK TIMES ARE SUGGESTED TIMES & TEMPERATURE MAY VARY FROM OVEN TO OVEN**

BONE IN ROASTED CHICKEN BREAST **

Free Range Chicken Marinated in our " HONESTLY GOOD " BLACKBERRY BBQ SAUCE © (Blackberry, Tomato, Dates, Dijon, White Vinegar, Red Onion & Sea Salt)

Cook Time: Remove lid and place container in 350 oven for 10-12 minutes

** We recommend our Couscous & Coconut side with this dish*

Cal:252 Protein:37.2g Fat:4.5g Carb:13g

****COWBOY RUB PORK LOIN****

Wood Fire Grilled Corn Fed Pork in our Famous " Honestly Good " COWBOY RUB (Coffee, Red Pepper Flake, Chocolate & Sea Salt)

Time: Remove lid, and place container in 350 oven for 8-10 minutes

***We recommend our Farro & Basil side with this dish*

Cal:348 Protein:32.4g Fat: 19.8g Carb: 9.2g

\$4.00 upcharge

**** GRILLED FAROE ISLAND SALMON**

Wood Fire Grilled Line Caught Organic Salmon with a Melon & Pineapple Salsa (Cantaloupe, Watermelon, Pineapple, Red Onion, Cilantro, Pickled Habanero & Sea Salt)

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes

*** We recommend our Risotto & Orange side with this dish*

Cal:278 Protein: 34.5g Fat: 10.8g Carb: 12g

***\$4.00 upcharge*

****ROASTED COD****

Line Caught Atlantic Cod, oven roasted with a Tomato, Black Olive Tapenade (Tomato, Capers, Red Onion, Black Olives, Parsley & E.V.O.O.

***\$4.00 upcharge*

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes

Cal:365 Protein:40.9g Fat: 18.5g Carb: 8.8g

Our Family Dinner

Scallop Stuffed Flounder

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Roasted Sweet Potatoes

Cook Time for entrée : Remove from container and place in oven-safe pan at 350 for 8-10 minutes

Hot Sides: Remove from container and place on oven-safe tray in 350 oven for 8-10 minutes

\$35 family of 2 / \$45.00 family of 4 / \$60.00 family of 6

Per portion Cal: 679 Protein: 59.3g Fat: 16.1g Carb: 77g

SIDES

\$8 with a one-time stocking fee of \$2

FARRO, BASIL & LEMON OIL

Toasted Organic Farro, Basil, Meyer Lemon, Roasted Garlic Oil, Rice Wine Vinegar & Sea Salt

Cook Time: Serve Chilled

Cal: 351 Protein: 14.6g Fat: .2g Carb: 71g

COUSCOUS & COCONUT

Organic Couscous, Turmeric, Shredded Coconut & Sea Salt

Cook Time: Serve Chilled

Cal: 735 Protein: 20g Fat: 19.9g Carb: 118.6g

RISOTTO, THYME & ORANGE

Organic Risotto, Thyme, Mandarin Orange, Rice Wine Vinegar & Sea Salt

Cook Time: Serve Chilled

Cal: 692 Protein: 12.5 Fat: 3g Carb: 148.1g

**DISHONEST DESSERTS*

by

CHEF NICK

All desserts are \$9 with a one-time stocking fee of \$2

LEMON PUDDING CAKES WITH SUGARED RASPBERRIES GF

Butter, Eggs, Organic Cane Sugar, Milk, Lemon, Zest, Lemon Juice & Salt

Cal: 268 Protein: 4.7g Fat: 10.8g Carb: 40.5g

SWEET POTATO BROWNIES GF PB

Sweet Potato, Peanut Butter, Cocoa Powder, GF Flour, Baking powder

Vanilla Extract, Dark Chocolate Chips & Salt

Cal: 141 Protein: 2.9g Fat: 5.7g Carb: 21.2g

***ADD THESE DELICIOUS DESSERTS TO ANY OF OUR MEALS** (We promise, we won't tell anyone!)

PLEASE NOTE: DUE TO THE FACT THAT WE USE AND COOK WITH FRESH INGREDIENTS

AND NON-PROCESSED FOODS, WE RECOMMEND A 3-5 DAY SHELF LIFE MAXIMUM

FOR ALL OF OUR MEALS

THANK YOU

CHEF JON & CHEF NICK



Honest Plate

CHEF DAVID BURKE

DAVID BURKE SIDE

\$11.00

ARUGULA & BABY SPINACH

Organic Arugula & Baby Spinach, Beefsteak Tomato, Red Onion, Lemon & E.V.O.O.

Cook Time: Serve Chilled

Cal: 168 Protein: 3.8g Fat: 14.4g Carb: 8.2g

DAVID BURKE ENTREE

\$15.00

** GRILLED HANGER STEAK

Wood Fire Grilled, Smoked Paprika & Roasted Garlic Oil rubbed Hanger Steak over Roasted Red Potato & Grilled Zucchini

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes

Cal: 480 Protein: 53g Fat: 24.3g Carb: 10g

KIDS' MENU

(It's good for them but, we won't tell)

All kids meals are \$9 with a one time stocking fee of \$2

KIDS' MEAL 1

TURKEY CHEDDAR BURGER

Corn fed Turkey, Sweet Potato, Mushroom, Cheddar Cheese & Roasted Potato Wedges

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes

Cal: 335 Protein: 39.5g Fat: 14.5g Carb: 15.4g

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BERRY & YOGURT PARFAIT

Organic Blueberries, Blackberries, Strawberries & Honey Sweetened Greek Yogurt

Cook Time: Serve Chilled

Cal: 157 Protein: 5.3g Fat: 1.2g Carb: 30.2g

KIDS' MEAL 2

GF SPAGHETTI & CAULIFLOWER ALFREDO

Gluten free Spaghetti & Cauliflower Alfredo Sauce (Cauliflower, Almond Milk, Roasted Garlic & Guar Gum)

Cook Time: Remove lid and place glass container in 350 oven for 8-10 minutes

Cal: 577 Protein: 17.2g Fat: 16.7g Carb: 90.7

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HANDMADE TRAIL MIX

Roasted Oats, Cranberries, Shredded Coconut, Roasted Almonds & Carob Chips

Cal: 251 Protein: 8g Fat: 6g Carb: 42g

KIDS' MEAL 3

CHICKEN QUESADILLA GF

Cilantro & Cumin Marinated Pulled Chicken, Cheddar Cheese & Rice Tortillas

Cook Time: Remove lid and place container in 350 oven for 10-15 minutes

Cal: 379 Protein: 49.7g Fat: 11.4g Carb: 21.1g

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MANGO & BANANA SMOOTHIE

Organic Mango, Banana, Almond Milk & Raw Honey

Cal: 163 Protein: 1g Fat 2g Carb: 49g

KIDS' MEAL 4

CHICKEN NUGGETS GF

Oven Roasted Organic Chicken in Seasoned Gluten Free Bread Crumbs, Whole Eggs, with Honey Mustard Dipping Sauce

Cook Time: Remove lid, place glass container in 350 oven for 10-15 minutes

Cal: 420 Protein: 36g Fat: 6g Carb: 49g

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STRAWBERRY SMOOTHIE

Organic Strawberries, Raw Honey & Oat Milk

Cal: 163 Protein: 1g Fat: 1g Carb: 40g

SMOOTHIES

All drinks are \$6, (except Super Honest Smoothie is \$9), with a one-time stocking fee of \$2

HONEST SMOOTHIE

Organic Greens, Avocado, Mixed Berries, Dates, Oat Milk & Banana

Cal: 267 Protein: 6g Fat: 5g Carb: 53g

SUPER HONEST SMOOTHIE

With Adaptogens, Flaxseeds & Collagen Peptides

Cal: 283 Protein: 8g Fat: 6g Carb: 53g

HONEST IMMUNE BOOSTER

Garlic, Ginger, Apple Cider Vinegar, Cayenne Pepper, Black Pepper, Turmeric & Fresh Orange Juice

Cal: 6 Protein: 0g Fat: 0g Carb: 0g

STRAWBERRY SMOOTHIE

Organic Strawberries, Raw Honey & Oat Milk

Cal: 163 Protein: 1g Fat: 1g Carb: 40g

FRESH BERRY SMOOTHIE

Blueberries, Raspberries, Strawberries, Raw Honey & Oat Milk

Cal: 183 Protein: 2g Fat: 1g Carb: 43g

MANGO SMOOTHIE

Oat Milk, Mango & Raw Honey

Cal: 185 Protein: 1g Fat: 1g Carb: 47g

PRO TIP: If you want to make your smoothie less thick, just add a little oat milk or water and mix it in. This also helps your smoothie go further.