



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Jon Albrecht & Chef Nick Reisini

Week of October 12, 2020

HONEST PLATE WEEKLY CORE MENU CHOICES

CREAM OF PUMPKIN SOUP W30/PB

Organic Pumpkin, White Onion, Raw Honey, Raw Honey & Sea Salt

Cook Time: Place in a medium saucepan and heat over medium - high flame for 8-10 minutes

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ROASTED FALL VEGETABLES W30/PB

Farmstand Celery Root, Carrot, Yellow & Red Beets, Parsnips, Avocado Oil, Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10 minutes

FALL SALAD W30/PB

Green Leaf, Escarole, Honey Roasted Cashews, Sweet Dates, Craisins, Honestly Good Smoked Balsamic Dressing
(Balsamic Vinegar, Dijon Mustard, Avocado Oil, Sea Salt and Bourbon Soaked Oak Wood)

Cook Time: Serve Chilled

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ROASTED BUTTERNUT SQUASH W30/PB

Farmstand Butternut Squash, Curry, Avocado

Oil, Toasted Almonds, and Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10-12 minutes

ROASTED MARBLE & SWEET POTATOES W30/PB

Organic Marble Potato, Sweet Potato, Thyme, Raw Honey EVOO and Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10-12 minutes

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MARINATED CAULIFLOWER STEAKS W30/PB

Organic Cauliflower, Basil, Parsley, Thyme, Mint, EVOO and Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10-12 minutes

ROASTED TOMATO BROCCOLI & GREEN BEAN SOUP W30/PB

Roasted Organic Baby Heirloom Tomato, Broccoli, Green Beans, Rosemary, California Stock and Sea Salt

Cook Time: Place in saucepan over medium high flame for 8-10 minutes

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STUFFED ACORN SQUASH W30/PB

Organic Acorn Squash with Quinoa, Craisin & Toasted Pumpkin Seeds, Sea Salt, Avocado Oil

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

HONEST PLATE SIGNATURE DISHES

ASIAN MUSHROOM BROTH W30/PB

Organic Portobello and Button Mushrooms, Ginger, Carrot, Celery, Scallions, Liquid Aminos, Sesame Oil & Sea Salt
Cook Time: Place in saucepan over medium high flame for 8-10 minutes

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SWEET & SOUR EGGPLANT W30/PB

Farmstand Eggplant, Crisp Garlic Chips, Raw Honey, Rice Vinegar, Cilantro, Bell Peppers,
Sesame Oil & Liquid Aminos

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10-12 minutes

CRISPY BRUSSEL SPROUTS & MARBLE POTATOES W30/PB

Organic Brussel Sprouts, Marble Potatoes, Thyme, Avocado Oil, Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10-12 minutes

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BUFFALO CAULIFLOWER BURGER W30/PB

Organic Cauliflower, Sweet Potatoes, Cayenne Pepper, Chili Powder, Curry Powder with Honestly Good
Hot Sauce (White Vinegar, Anchor & Habanero Pepper, Roasted Garlic, Red Onion)

Cook Time: Wrap container in foil, place in 350 oven for 10-12 minutes

ROASTED ZUCCHINI SOUP W30/PB

Organic Zucchini, Mint & Baby Spinach, Roasted Garlic, California Stock & Sea Salt

Cook Time: Place in saucepan over medium high flame for 10 minutes

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VEGETABLE CURRY STEW W30/PB

Organic Marble Potatoes, Zucchini, Squash, Broccoli, Red Onion, Carrot, Cauliflower, Parsley, Curry, Turmeric,
California Stock & Sea Salt

Cook Time: Place in saucepan over medium high flame for 10-12 minutes

SHAVED FENNEL SALAD W30/PB

Shaved Fennel, Roasted Parsnip, Arugula & Toasted Almonds with Sunflower & Oat Milk Dressing (Oat Milk,
Toasted Sunflower Seeds, Roasted Garlic, Avocado Oil, Sea Salt, Guar Gum)

Cook Time: Serve Chilled

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SWEET POTATO GNOCCHI W30/PB

Organic Sweet Potatoes, Almond Flour, Sea Salt & Oat Milk Cream Sauce (Oat Milk, Roasted Garlic,
Avocado Oil, Guar Gum)

Cook Time: Place in saucepan over medium high flame for 8-10 minutes

SIDES

All sides are \$7 with a one-time stocking fee of \$2

RED LENTIL

Red Lentil, Roasted Garlic, Green Bean, Thyme & Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10 minutes

ROASTED FARRO

Farro, Roasted Mushroom, Porcini Powder, Sea Salt, Avocado Oil & Thyme

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10 minutes

PEARL COUSCOUS

Toasted Saffron Pearl Couscous, Roasted Baby Heirloom, Rosemary & Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10 minutes

PROTEINS

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

BONE IN ROSEMARY CHICKEN BREAST

Oven Roasted Bone in Organic Chicken with Rosemary Jus & Sea Salt

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10-15 minutes for medium rare

FALL SAUSAGE

Roasted Sweet & Hot Sausage, Red & White Onion, Red & Green Grapes

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 8-10 minute for medium rare

*GRILLED SALMON

Line Caught Organic Faroe Island Salmon topped with Toasted Almond & Thyme Ghee Butter

*\$4.00 Up Charge

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

LATE SUMMER SWORDFISH

Line Caught Swordfish with Roasted Garlic, Heirloom Tomato, Thyme Coulis, Avocado Oil and Sea Salt

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

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 NICO



SIDES

\$10.00

SPINACH SALAD

Baby Spinach, Bosc Pear, Granny Smith Apple, Chevre Cheese, Balsamic Reduction & Sea Salt

Cook Time: Serve Chilled

ROOT VEGETABLE SOUP

Roasted Parsnip, Turnip, Baby Carrot, Sea Salt, California Stock

Cook Time: Place in Saucepan over medium high flame for 10 minutes

PROTEINS

\$14.00

***STUFFED PORK LOIN**

Organic Pork Loin Stuffed with Roast Mushroom, Date, and Grapes with Rosemary Roasted Potatoes

**\$4.00 up charge*

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 8-10 minutes for medium rare

CURRY FLOUNDER

Curry & Cardamom Squash Cauliflower Stuffing over Jasmine Rice

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 8-10 minutes

DISHONEST DESSERT

\$9.00

OAT MILK CREME BRULEE

Oat Milk, Brown Sugar, Vanilla Bean, Guar Gum

Cook Time: Serve at room temperature

KIDS MENU

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

All kids meals are \$8 with a one time stocking fee of \$2

Meal 1

CHICKEN FINGERS

Grilled Chicken Tenders and Honestly Good Honey Mustard Sauce with Twice Cooked Potatoes

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 5-10 minutes

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FRESH BERRY SMOOTHIE

Blueberries, Raspberries, Strawberries, Raw Honey, Oat Milk

Meal 2

PENNE BOLOGNESE

Organic Ground Beef & Turkey, Red Onion, Garlic, Milled Tomatoes, EVOO, Sea Salt & Basil

Cook Time: Place in a saucepan and gently heat over medium-high flame for 5-10 minutes

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HANDMADE TRAIL MIX

Roasted Oats, Cranberry, Shredded Coconut, Roasted Almonds, Carob Chips

Meal 3

CHEDDAR CHEESE TURKEY BURGER

Organic Ground Turkey, Cheddar Cheese, Baked Potato Wedges

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

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BERRY PARFAIT

Organic Strawberry, Blueberry, Blackberry, Raspberries with Oat Milk, Vanilla & Yogurt

Cook Time: Serve Chilled

Meal 4

ZUCCHINI GRILLED CHEESE

Organic Zucchini, Sea Salt, Egg Yolk, Sea Salt, Cheddar Cheese

Cook Time: Remove lid, wrap the container in foil, place in oven on 350 for 10-15 minutes

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STRAWBERRY SMOOTHIE

Organic Strawberries, Raw Honey, Oat Milk

Optional Drinks: W30/PB

Drinks are \$6, \$9 and \$6 respectively, with a one-time stocking fee of \$2

HONEST SMOOTHIE

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

SUPER HONEST SMOOTHIE

With Adaptogens, Flaxseeds & Collagen Peptides

HONEST IMMUNE BOOSTER

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

STRAWBERRY SMOOTHIE

Organic Strawberries, Raw Honey, Oat Milk

FRESH BERRY SMOOTHIE

Blueberries, Raspberries, Strawberries, Raw Honey, Oat Milk

MANGO SMOOTHIE

Oat Milk, Mango, Raw Honey

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.