



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Nick Reisini*

**Week of May 12th, 2025**

## *HONEST PLATE WEEKLY MENU CHOICES*

### *SALAD & SOUP*

#### **MUSHROOM BROTH W30/PB/V**

Shiitake & Button Mushroom, Ginger, Carrot, Celery, Liquid Aminos, California Stock, Sesame Oil

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

Cal: 200 Protein: 7.1g Fat: 14.5g Carb: 15.8g

#### **RED CABBAGE WITH ORANGE AND ARUGULA SALAD GF/V**

Red Cabbage, Arugula, Orange, **APPLE CIDER VINAIGRETTE** (Apple Cider Vinegar, EVOO, Dijon Mustard, Maple Syrup)

*Cook Time: Serve Chilled*

Cal: 339 Protein: 12.1g Fat: 19.6g Carb: 37.7g

### *MAINS*

#### **LENTIL DAL & BASMATI RICE PB/GF**

Organic Lentils, Cumin, Curry, Red Onion, Basmati Rice & Sea Salt

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

Cal: 676 Protein: 30.6g Fat: 3.6g Carb: 130.1g

#### **KUNG PAO TOFU PB/GF**

Organic Tofu, Green and Red Cabbage, Carrot, Bell Pepper, Jasmine Rice, Scallion,

**SAUCE** (Sesame Oil, Tamari, Organic Agave, Corn Starch)

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

Cal: 294 Protein: 16.1g Fat: 6g Carb: 45.3g

#### **CELLOPHANE NOODLES GF**

Cellophane Asian Noodle, Spicy Sesame Oil, Tamari, Tahini, Scallion, Red Cabbage, Carrot, Sweet Chili & Sea Salt

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

Cal: 491 Protein: 2g Fat: 8.8g Carb: 101g

## PROTEINS

### THAI-STYLE PORK RIBS GF

Pork Ribs, Ginger, Garlic, Tamari, Sesame Oil, Honey, Scallion, EVOO & Sea Salt  
*Cook Time: Place in medium saucepan over medium high flame for 8-10 minutes*  
Cal: 358 Protein: 45.6g Fat: 6.7g Carb: 9.7g

### GLAZED CHICKEN GF

Chicken Legs & Thighs, Tamari, Sesame Oil, Light Brown Sugar, Ginger, Garlic & Sea Salt  
*Cook Time: Remove lid, Place container in 350 oven for 8-10 minutes*  
Cal: 576 Protein: 40.7g Fat: 40.3g Carb: 12g

### MISO COD GF

Line-Caught Pan-Roasted Cod, Miso, Sake Mirin Marinade  
*Cook Time: Remove lid, place container in 350 oven for 8-10 minutes*  
Cal: 232 Protein: 33g Fat: 6.2g Carb: 1.5g

### SALMON CAKES GF

Salmon, Ginger, Tamari, Scallion, Potatoes, **SIRACHA SAUCE** (Siracha Paste, **HP Aioli**, Lemon Juice) EVOO & Sea Salt  
*Cook Time: Remove lid and place container in 350 oven for 8-10 minutes*  
Cal: 241 Protein: 27.8g Fat: 2g Carb: 28.2g

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

**\*\* We do not use seed oils in any of our meals. We only use Olive, Coconut or Avocado Oil. Consuming oils in their whole food form provides a broader array of nutrients, including vitamins, minerals, and antioxidants, which are essential for overall health. \*\***

## SIDES

### SAUTÉED BOK CHOY PB/GF

Baby Bok Choy, Tamari, Sesame Oil, Sesame Seeds, Local Honey and Cornstarch  
*Cook Time: Serve Chilled*  
Cal: 107 Protein: 2.9g Fat: 6.3g Carb: 11.7g

### SPICY SESAME BRUSSEL BITES PB/GF

Brussels Sprouts, Sesame Oil, Red Pepper Flakes, Ginger, Rice Vinegar, Sesame Seeds, Liquid Aminos & Sea Salt  
*Cook Time: Serve Chilled*  
Cal: 447 Protein: 18.9g Fat: 22.5g Carb: 75.5g

## *Chef's Choice Selections*

### **APPLE QUINOA PORRIDGE GF**

Apple, Quinoa, Almond Milk, Coconut Sugar & Vanilla

*Cook Time: Serve Chilled*

Cal: 407 Protein: 11.7g Fat: 9g Carb: 75.2g

### **SPINACH EGG MUFFINS GF**

Organic Farm Fresh Eggs, Spinach, Onion, EVOO & Sea Salt

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

Cal: 190 Protein: 13g Fat: 13.7g Carb: 5.4g

*\*ADD THESE DELICIOUS OPTIONS TO YOUR MEAL PLAN TODAY!*



## **HONEST PLATE BLACK LABEL**

### *BLACK LABEL SIDE*

**\$15.00**

#### **KOREAN STYLE BLACK BEANS AND BROCCOLI PB/GF/V**

Black Beans, Sesame Oil, Onion, Garlic, Tamari, Gochujang Sauce, Broccoli,  
Sesame Seeds & Sea Salt

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

Cal: 490 Protein: 71.7g Fat: 12g Carb: 22.7g

### *BLACK LABEL ENTRÉE*

**\$30.00**

#### **SESAME SEARED TUNA GF**

Fresh Tuna Marinated With Tamari & Sesame Oil, Sesame Seeds over Twice Smashed Potatoes &  
Wilted Greens, EVOO & Sea Salt

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

Cal: 583 Protein: 48.5g Fat: 29.1g Carb: 32g

## *KIDS' MENU*

### *KIDS' MEAL 1*

#### **GRILLED CHEESE AND TOMATO SOUP GF**

GF Bread, Cheddar Cheese, **TOMATO SOUP** (Tomatoes, Basil, White Onion, Garlic, EVOO)

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

Cal: 380 Protein: 14g Fat 25g Carb: 28.9g

### *KIDS' MEAL 2*

#### **TURKEY BURGER GF**

Corn-fed Turkey, Potato Bun, 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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#### **GREEK YOGURT & BERRY SAUCE**

Greek Yogurt, Blueberry, Blackberry, Strawberry, Raspberry & Organic Local Honey

*Cook Time: Serve Chilled*

Cal: 103 Protein: 6.3g Fat: 1.4g Carb: 15.6g

## *SMOOTHIES*

#### **HONEST SMOOTHIE**

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

*Cook Time: Serve Chilled*

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

#### **DETOX GREEN JUICE**

Organic Parsley, Celery, Ginger, Green Apple, Pineapple & Coconut Water

*Cook Time: Serve Chilled*

Cal: 203 Protein: 5.2g Fat: 2g Carb: 47.2g

#### **HONEST IMMUNE BOOSTER**

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

*Cook Time: Serve Chilled*

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

#### **PEANUT POWER**

Organic Banana, Peanut Butter, Almond Milk, Dates

*Cook Time: Serve Chilled*

Cal: 392 Protein: 10.2g Fat: 28.4g Carb: 31.9g

**MANGO SMOOTHIE**

Almond Milk, Mango & Raw Honey  
Cook Time: Serve Chilled  
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.*

**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 OUR MEALS  
THANK YOU  
CHEF NICK AND THE HONEST PLATE TEAM!**