



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of January 15th, 2024

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

CREAM OF BROCCOLI W30/PB (Puréed)

Farmstand Broccoli, White Onion, California Stock & Sea Salt

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

Cal: 113 Protein: 7.8g Fat 1.3g Carb: 22.7g

WEDGE SALAD PB/W30

Organic Iceberg Lettuce, Baby Tomato, Red Onion, Cucumber and our famous HONESTLY GOOD MUSHROOM "BACON" & **HP DAIKON DRESSING** (Daikon, Dijon, White Vinegar, Roast Garlic Oil & Sea Salt)

Cook Time: Serve Chilled

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

MAINS

GRILLED BBQ TOFU PB/GF

Grilled Tofu in our **HP BBQ SAUCE** (Tomato, Dijon, White Vinegar, Red Onion, Dates, Clover Honey & Sea Salt)

Cook Time : Remove lid, Place container in 350 oven for 8 - minutes

Cal: 373 Protein: 33g Fat: 16.7g Carb: 26.9g

RED BELL PEPPER PESTO & GF PENNE PB/GF

GF Penne Pasta, Tossed with Red Bell Pepper Pesto

(Bell Pepper, Basil, Walnuts, Roasted Garlic, Avocado Oil & Sea Salt)

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

Cal: 358 Protein: 13.7g Fat: 7.6g Carb: 67.2g

MUSHROOM BOURGUIGNON PB

Organic Mixed Mushrooms, White Onion, Leeks, Carrots, Tomato Paste, Tamari, Red Wine, Bay Leaf, Vegetable Broth & Sea Salt

Cook Time: Remove lid, remove lettuce, tomato, onion, and place in 350 oven for 8-10 minutes

Cal: 107 Protein: 7.6g Fat: 1.1g Carb: 20.8g

PROTEINS

BBQ PORK LOIN

Pork Loin, **HONESTLY GOOD BBQ SAUCE** (Tomato, Dijon, White Vinegar, Red Onion, Dates, Clover Honey & Sea Salt)

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

Cal: 369 Protein: 21.6g Fat 23.4g Carb: 17.7g

BRAISED BEEF AREPAS GF

Organic Free-Range Braised Beef, Thyme, Garlic, Hand-Made Corn Arepas & Sea Salt

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

Cal: 532 Protein: 19.9g Fat: 12.6g Carb: 84.4g

MIXED CEVICHE GF

Shrimp, Squid, Monkfish, Lime & Lemon Juice, Sweet Bell Pepper, Celery, Red Onion, Pickled Habanero, Cilantro & Sea Salt

Cook Time: Serve Chilled

Cal: 325 Protein: 48.4g Fat: 4.5g Carb: 19.3g

MONKFISH WITH CAPER BUTTER GF

Monkfish, Unsalted butter, Shallots, Capers, Lemon Juice, Tarragon Leaves, Black Pepper, GF Flour, Olive Oil & Sea Salt

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

Cal: 385 Protein: 61.1g Fat: 11.6g Carb: 7g

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

****ALL LAND PROTEINS ARE GRASS-FED, HORMONE AND ANTIBIOTIC-FREE / OUR SEAFOOD IS ORGANIC AND WILD-CAUGHT****

SIDES

CRANBERRIES & TOASTED FARRO PB/GF

Craisins, Toasted Farro, Lemon Zest, Parsley & Sea Salt

Cook Time: Empty Mason jar onto oven safe tray and place in oven for 8-10 minutes

Cal:305 Protein:9.5g Fat:8.3g Carb:50g

QUINOA PILAF WITH GREEN OLIVES PB/GF

Organic Quinoa, Green Olives, Parsley, Dried Apricots & Sea Salt

Cook Time: Empty Mason jar onto oven safe tray and place in 350 for 8-10 minutes

Cal: 452 Protein: 18.4g Fat: 7.5g Carb: 81.5g

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Chef's Choice Selections!!

GF BANANA BREAD WITH VEGAN CHOCOLATE CHIP

Banana, Oats, Peanut Butter, Malt Syrup, Baking Soda, Almond Milk, Vegan
Dark Chocolate, Vanilla Extract, Cinnamon

Cook Time: Serve Chilled

Cal: 457 Protein: 9.8g Fat: 17.9g Carb: 63.9g

EGG SCRAMBLE PERICOS

Egg Scramble, Turmeric, Red Onion, Bell Pepper, Tomato, E.V.O.O. & Sea Salt
Cook Time: Place in a medium saucepan over medium high flame for 8-10 minutes
Cal: 284 Protein: 15.7g Fat: 15.2g Carb: 23.9g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$10.00

ASIAN SMASHED CUCUMBER SALAD PB/GF

English Cucumber, Sesame Oil, Tamari, Rice Vinegar, White Onion, Ginger,
Crushed Red Pepper, Sesame Seed & Sea Salt

Cook Time: Serve Chilled

Cal: 97 Protein: 2.4g Fat: 6.2g Carb: 8.8g

BLACK LABEL ENTRÉE

\$25.00

GROUND TURKEY & LAMB MEATBALLS WITH ROMESCO SAUCE GF

Ground Turkey & Lamb, Parsley, Cumin, Egg, Black Pepper, GF Bread Crumb, **ROMESCO SAUCE** (Roasted Red
Pepper, Garlic, Almonds, Sherry Vinegar, Olive Oil) Roasted Rosemary Potato Wedges & Sea Salt

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

Cal: 595 Protein: 32.9g Fat: 37.7g Carb: 37.5g

KIDS' MENU

KIDS' MEAL 1

BUTTERNUT MAC & CHEESE GF

Organic Butternut, Oatmilk, Cheddar Cheese, GF Penne Pasta & Sea Salt
Cook Time: Remove lid, place glass container in 350 oven for 10-15 minutes

Cal: 497 Protein: 21g Fat: 12g Carb: 74g

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GREEK YOGURT & BERRY SAUCE

Greek Yogurt, Blueberry, Blackberry, Strawberry, Raspberry & Brown Sugar
Cook Time: Serve Chilled

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

KIDS' MEAL 2

CHICKEN NUGGETS GF

Organic Chicken, Rice Cracker Breading, Whole Egg & Sea Salt Fried in Canola Oil, 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

HONEST SMOOTHIE

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

Cook Time: Serve Chilled

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

SUPER HONEST SMOOTHIE

With Adaptogens, Flaxseeds & Collagen Peptides

Cook Time: Serve Chilled

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

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

STRAWBERRY SMOOTHIE

Organic Strawberries, Raw Honey & Almond Milk

Cook Time: Serve Chilled

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

FRESH BERRY SMOOTHIE

Blueberries, Raspberries, Strawberries, Raw Honey & Almond Milk

Cook Time: Serve Chilled

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

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**