



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Jon Albrecht & Chef Nick Reisini

Week of September 25th, 2023

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

ROASTED ZUCCHINI, SQUASH & BLISTERED TOMATO SOUP W30/PB/GF

Oven-Roasted Squash, Zucchini, Baby Tomato, Red Onion, Thyme, Roasted Garlic Oil & Sea Salt, **HONESTLY GOOD CALIFORNIA BLONDE STOCK** © (Parsnip, Cauliflower, White Onion, Thyme & Celery)

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

Cal: 76 Protein: 1.8g Fat: 4.8g Carb: 7.9g

CAST-IRON GRILLED APPLE & LATE SUMMER NECTARINE SALAD PB/GF

Cast-Iron Grilled Apple & Nectarine over Baby Mesclun Greens, Cucumber & **HONESTLY GOOD CARROT & GINGER VINAIGRETTE** (Organic Carrots, Ginger, Dijon Mustard, White Vinegar, & Sea Salt)

Cook Time: Serve Chilled

Cal: 237 Protein: 5.2g Fat: 2.8g Carb: 53.9g

MAINS

FARRO-FILLED ROASTED EGGPLANT WITH CRISPY GARLIC PB

Toasted Farro, Eggplant, Cranberries, Parsley, Roasted Garlic, Thyme, E.V.O.O & Sea Salt

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

Cal: 368 Protein: 11.9g Fat: 7.6g Carb: 64.9g

ZOODLES & TOMATO SAUCE PB/GF

Farmstand Zucchini, **TOMATO SAUCE** © (Tomato, Roasted Garlic, Onion, Basil & Sea Salt)

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

Cal: 119 Protein: 4.3g Fat: 5.2g Carb: 16.7g

SWEET POTATO GNOCCHI & ALMOND MILK BECHAMEL PB/W30

Organic Sweet Potato, GF Flour & Almond Milk Bechamel (Almond Milk, Roasted Garlic, GF 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

PROTEINS

CHICKEN MILANESE GF

Organic Chicken Breast, GF Bread Crumbs, Oregano, Parsley, Whole Eggs & Sea Salt
Topped with Arugula, Red Onion, Baby Tomato, Lemon Oil

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

Cal: 445 Protein: 58.7g Fat: 15.2g Carb: 15.9g

GRILLED FLANK STEAK

Wood-Fire Grilled Grass Fed Organic Flank Steak with **HONESTLY GOOD CHIMICHURRI** © (Roasted Garlic, Basil, Parsley, Cilantro, Crushed Red Pepper, E.V.O.O., Lemon Juice & Sea Salt)

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

Cal: 413 Protein: 41.2g Fat: 26.2g Carb: 2.7g

GRILLED CURRY SHRIMP

Gulf-Caught Jumbo Shrimp, Cast-Iron Grilled, Brushed with Curry, Smoked Paprika, E.V.O.O & Sea Salt

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

Cal: 335 Protein: 39.3g Fat: 17.4g Carb: 4.9g

FLOUNDER PICCATA & PARSLEY PURÉE W30/GF

Flounder, White Wine, Garlic, Lemon Zest & Parsley Purée & Sea Salt

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

Cal: 260 Protein: 41.8g Fat: 7.5g Carb: 5.6g

*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

FALL RISOTTO & WALNUT SALAD

Toasted Walnuts, Thyme, Saffron Risotto, & Sea Salt

Cook Time: Place in saucepan over low heat stirring gently for 8-10 minutes

Cal: 616 Protein: 13g Fat: 3g Carb: 136g

TOASTED FARRO & SUNFLOWER SEED SALAD

Organic Farro, Curry, Thyme, Sunflower Seeds, EVOO & Sea Salt

Cook Time: Place in saucepan with a splash of spring water over low heat stirring gently for 8-10 minutes

Cal: 653 Protein: 25g Fat: 29g Carb: 77g

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Chef's Choice Selections!!

BANANA BLONDIES GF

GF Flour, Brown Sugar, Whole Eggs, Butter, Bananas, Vanilla

Cook Time: Serve Chilled

Cal: 143 Protein: 3.7g Fat: 5.8g Carb: 22.8g

EGG MUFFIN GF

Whole Brown Egg, Sweet Bell Pepper, Roasted Sweet Onion, Cheddar Cheese

Cook Time: Remove lid and place glass container in 350 oven for 4-6 minutes

Cal: 223 Protein: 14.4g Fat: 10.2g Carb: 21.4g

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

**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 JON & CHEF NICK



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$12.00

BABY SPINACH, STRAWBERRY & CRISPY PROSCIUTTO SALAD

Organic Spinach, Strawberries & Prosciutto with Sweet Balsamic Reduction

Cook Time: Serve Chilled

Cal: 170 Protein: 11.7g Fat: 5.1g Carb: 22.4g

BLACK LABEL ENTRÉE

\$28.00

AMERICAN POT ROAST WITH TRUFFLE WHIPPED POTATOES & CHARRED BROCCOLI

American Pot Roast, Potatoes, Fresh Broccoli, E.V.O.O. & Sea Salt

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

Cal: 415 Protein: 54.2g Fat: 15.5g Carb: 12.7g

KIDS' MENU

KIDS MEAL 1

TURKEY BURGER

Corn-fed Turkey, 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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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

ZUCCHINI GRILLED CHEESE

Farm stand Zucchini, Whole Egg, Corn Starch, Black Pepper, Shredded Cheddar & Sea Salt

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

Cal: 237 Protein: 28.3g Fat: 10.6g Carb: 7.7g

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HANDMADE TRAIL MIX

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

Cook Time: Serve Chilled

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

KIDS' MEAL 3

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 & Almond Milk

Cook Time: Serve Chilled

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.