



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Jon Albrecht & Chef Nick Reisini*

**Week of January 24th, 2022**

*HONEST PLATE WEEKLY MENU CHOICES*

## *SALADS & SOUPS*

### **VEGETABLE MINISTRONE SOUP PB/ GF/W30**

Organic Zucchini, Carrots, Celery, Green Beans, Corn & **HONESTLY GOOD CALIFORNIA BLONDE STOCK** ©  
(Cauliflower, White Onion, Celery, Parsnip, Thyme)

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

Cal: 74 Protein: 4.6g Fat: 0.7g Carb: 14.8g

### **ROASTED BUTTERNUT SQUASH SOUP PB/GF/ W30**

Organic Butternut Squash, Roasted Sweet Onion, Sea Salt

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

Cal: 85 Protein: 2.3g Fat: 5g Carb: 10.1g

### **MIXED GREENS PB/GF/W30**

Gabrielsen's Hydroponically Grown Boston and Red Leaf Lettuce, Sweet Red Onion, Baby Heirloom Tomato and  
**HONESTLY GOOD CARROT & GINGER VINAIGRETTE** © (Ginger, Carrot, Dijon Mustard, White Vinegar,  
E.V.O.O. & Sea Salt)

*Cook Time: Serve Chilled*

Cal: 181 Protein: 2.3g Fat: 15.2g Carb: 11.4g

## *MAINS*

### **GRILLED EGGPLANT & SMOKED TOFU PB/ GF/ W30**

Cast-Iron Grilled Organic Eggplant & Pecan Wood-Smoked Tofu & Rosemary

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

Cal: 207 Protein: 6g Fat: 17.4g Carb: 11.3g

### **SAFFRON COUSCOUS FILLED ZUCCHINI PB/GF/W30**

Oven Roasted Organic Zucchini filled with Saffron Couscous, Rosemary, Garlic Oil & Sea Salt

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

Cal: 271 Protein: 8.6g Fat: 5.2g Carb: 47.7g

### **ROASTED WINTER ROOT VEGETABLES PB/W30/GF**

Organic Parsnip, Carrot, Sweet Potatoes, Red Beets, Sage, Roasted Garlic Oil & Sea Salt

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

Cal: 149 Protein: 2.7g Fat: 5.7g Carb: 24.9g

## *PROTEINS*

### **TURKEY MEATLOAF W30/GF**

Organic Turkey, Button Mushrooms, Sage, Tomatoes & Sea Salt

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

Cal: 348 Protein: 35.8g Fat: 20.6g Carb: 6.4g

### **BRAISED BEEF SHOULDER W30/GF**

Grass Fed Beef Shoulder, Carrots, Red Onion, Celery, Slow-cooked in Merlot and Tomato Broth

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

Cal: 364 Protein: 35.3g Fat: 21.2g Carb: 7.5g

### **SCALLOP STUFFED FLUKE W30/GF**

Line Caught Fluke filled with Scallops, Carrots, Broccoli, Red Onion, Thyme & Sea Salt

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

Cal: 207 Protein: 28.5g Fat: 5.9g Carb: 9.3g

### **ROASTED COD**

Curry and Vanilla Yogurt marinated Cod

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

Cal: 169 Protein: 26.4g Fat: 6g Carb: 1.5g

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

## *HIGH PROTEIN VEGETARIAN OPTIONS*

### **TEMPEH STIR FRY GF/ PB**

Organic Tempeh, Parsnip, Broccoli, Button Mushroom, Sesame Seeds, Ginger & Tamari

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

Cal: 305 Protein: 13.4g Fat: 22g Carb: 19g

### **TOFU PROTEIN BOWL PB/GF**

Organic Extra Firm Tofu, Chickpeas, Roasted Garlic Oil, thyme, Roasted Cauliflower & Sea Salt

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

Cal: 299 Protein: 12.6g Fat: 18.7g Carb: 24g

## *SIDES*

### **ROASTED ALMOND RISOTTO GF**

Organic Almonds, Risotto, Thyme & Sea Salt

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

Cal:442 Protein:11.6g Fat:14.2g Carb:74.5g

### **ROASTED SWEET POTATO PB/GF**

Organic Sweet Potatoes, Red Beets, Sage & Sea Salt

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

Cal:167 Protein:3.2g Fat:5g Carb:29.1g

### **TOASTED FARRO PB/GF**

Toasted Farro, Walnuts, Craisins, Rosemary, Roasted Garlic Oil & Sea Salt

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

Cal:278 Protein:4.9g Fat:11.9g Carb:38.8g

*\*Try our Honest Plate Healthy Selections!!*

### **CHOCOLATE QUINOA CAKE**

**W30/ PB/ GF**

Almond Milk, Quinoa, Whole Eggs, Vanilla Extract, Almond Butter, Coconut Oil,  
Sugar, Cocoa Powder, Baking Soda, Baking Powder & Sea Salt

*Cal: 363 Protein: 13.5 g Fat: 23.3 g Carb: 30g*

### **ALMOND BUTTER AND RASPBERRY OVERNIGHT OATS**

**W30/ PB/ GF**

Almond Milk, Chia seeds, Almond Butter, Vanilla extract, Dates, Oats

*Cal: 254 Protein: 7.7 g Fat: .6g Carb: 40g*

\*ADD THESE DELICIOUS HEALTHY 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

**CHEF DAVID BURKE**

## DAVID BURKE SIDE

### BACON & POTATO SOUP

**\$10.00**

Applewood Bacon, Roasted Russet Potato, Rosemary, Heavy Cream & Sea Salt  
*Cook Time : Place in medium saucepan over medium high flame for 8-10 minutes*  
Cal:332 Protein:12.8g Fat:23g Carb:16.1g

## DAVID BURKE ENTRÉE

### GRILLED FAROE ISLAND SALMON

**\$18.00**

Cast Iron Grilled Faroe Island Salmon, Sage, Sea Salt over Roasted Brussel Sprouts & Marble Potatoes  
*Cook Time: Remove Lid, place container in 350 oven for 8-10 minutes*  
Cal:258 Protein:25.1g Fat:11.9g Carb:15.1g

## KIDS' MENU

### KIDS' MEAL 1

#### TURKEY BURGER

Organic Turkey, Mushroom, Potato & Cheddar Cheese Roasted Potato Wedges  
(Avocado Oil & Sea Salt)

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

Cal: 455 Protein: 42.6g Fat: 22g Carb: 27g

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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

#### CHICKEN NUGGETS GF

Oven Roasted Organic Chicken in Seasoned Gluten Free Bread Crumbs 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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#### HANDMADE TRAIL MIX

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

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

### *KIDS' MEAL 3*

#### **GF GRILLED CHEESE**

Shredded Cheddar, GF White Bread

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

Cal:229 Protein:14.1g Fat:18.8g Carb:0.7g

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#### **TOMATO SOUP**

Organic Peeled Tomato, Roasted Garlic Oil, Fresh Basil

Cal:57 Protein:1.4g Fat: 5g Carb: 3g

### *SMOOTHIES*

#### **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.*