



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of April 29th, 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

GREEK SALAD W30/PB/V

Romaine Lettuce, Cucumber, Tomato, Black Olives, Red Onion, **DRESSING** (Oregano, Lemon Juice, Olive Oil & Sea Salt)

Cook Time: Serve Chilled

Cal: 114 Protein: 3.5g Fat: 8.5g Carb: 8.7g

MAINS

VEGGIE BOWL PB/V/GF

Fried Tofu, Organic Quinoa, Cucumber, Cauliflower, Pickled Shallots, Grilled Asparagus, Chickpea, **TOFU DRESSING** (Tofu, Parsley, Dill, Nutritional Yeast, Garlic, Lemon Juice & Sea Salt)

Cook Time: Serve Chilled

Cal: 361 Protein: 29g Fat: 11.5g Carb: 44.3g

RATATOUILLE PB/V

Zucchini, Yellow Squash, Tomato, Eggplant, **SAUCE** (Tomato, Red Bell Pepper, Shallot, Garlic, Basil & Red Wine) Avocado Oil & Sea Salt

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

Cal: 344 Protein: 11g Fat: 15.8g Carb: 50.3g

GRILLED CAULIFLOWER STEAKS W30/PB

Organic Cauliflower, Mixed Herbs, EVOO & Sea Salt, Turmeric and Cauliflower Purée

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

Cal: 109 Protein: 5.5g Fat: .5g Carb: 19.3g

PROTEINS

CHICKEN ENCHILADAS GF

Organic Chicken, White Onion, Cumin, Tomatillo, Cilantro, GF Corn Tortilla, Jalapeño, EVOO & Sea Salt

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

Cal: 440 Protein: 35.1g Fat: 19g Carb: 29.7g

MONGOLIAN BEEF GF

Hormone-Free Flank Steak, Soy Sauce, Sesame Oil, Light Brown Sugar, Mirin, Corn Starch, Ginger, Crushed Red Pepper, Scallion & 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

SALMON CAKES

Salmon, Turmeric, Potato, Avocado Oil, **REMOULADE** (Sweet Gherkin, Parsley, **HP Aioli**, Lemon Juice) & Sea Salt

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

Cal: 388 Protein: 78g Fat: 4g Carb: 5.2g

FLOUNDER SICILIANO W30/GF

Oven-Roasted Line-Caught Gulf Flounder in Caper, Olive, Tomato, White Wine Sauce

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

Cal: 214 Protein: 37.9g Fat: 9.5g Carb: 3g

*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

BULGUR TABBOULEH PB

Bulgur, Mint, Parsley, Tomato, Onion, Lemon Juice, Sweet Bell Pepper & Sea Salt

Cook Time: Serve Chilled

Cal: 404 Protein: 13.4g Fat: 6.4g Carb: 80.5g

ROASTED BROCCOLI PB/W30

Oven-Roasted Broccoli, White Onion, Garlic Oil & Sea Salt

Cook Time: Serve Chilled

Cal: 100 Protein: 4g Fat: 5.2g Carb: 12.4g

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Chef's Choice 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

Cook Time: Serve Chilled

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

EGG QUESADILLA GF

Brown Rice Tortilla, Mixed Greens, Organic Eggs, Cheddar Cheese, Avocado Oil & Sea Salt

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

Cal: 306 Protein: 17.5g Fat: 15.7g Carb: 23.9g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$12.00

POTATO & LEEK SOUP PB/GF

Potato, Leek, Garlic Confit, Vegetable Stock & Sea Salt

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

Cal: 238 Protein: 6.8g Fat: 0.7g Carb: 54.2g

BLACK LABEL ENTRÉE

\$26.00

BIBIMBAP

Sliced Filet Mignon, Garlic, White Onion, Ginger, Tamari, Brown Sugar, Mirin, Olive Oil, Rice, **GOCHUJANG SAUCE** (Gochujang, Mirin, Tamari, Sesame Oil, Apple Cider Vinegar, Organic Sugar) **TOPPINGS** (Carrot, Spinach, Mushrooms, Green Beans, Cucumber, Soft Boiled Egg, Sesame Seeds) & Sea Salt

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

Cal: 542 Protein: 61.2g Fat: 16.8g Carb: 40.3g

KIDS' MENU

KIDS' MEAL 1

TURKEY CHEESE BURGER

Organic Turkey, Sautéed Onion, Cheddar Cheese & Sea Salt with Roasted Potato Wedges (Sea Salt & Avocado Oil)

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

Cal: 325 Protein: 42.9g Fat 9.1g Carb: 15.4g

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GREEK YOGURT & BERRY SAUCE

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

Cook Time: Serve Chilled

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

KIDS' MEAL 2

BBQ SAUCE PULLED PORK QUESADILLA GF

Pulled Pork Marinated With **HONESTLY GOOD BBQ SAUCE** (Tomato, Dijon, White Vinegar, Red Onion, Dates, Clover Honey & Sea Salt) Cheddar Cheese & Brown Rice Tortilla

Cook Time: Remove lid, place glass container in 350 oven for 6-10 minutes

Cal: 472 Protein: 33.5g Fat: 13.8g Carb: 53.9g

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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.

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