



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Jon Albrecht & Chef Nick Reisini

Week of April 3rd, 2023

HONEST PLATE WEEKLY MENU CHOICES

SALADS & SOUPS

ASIAN GREENS SALAD W30/PB

Organic Mesclun Greens, Bok Choy, Frisée, Red Onion, Cucumber **HONESTLY GOOD CARROT & GINGER**

VINAIGRETTE (Carrot, Ginger, Dijon, White Vinegar, E.V.O.O. & Sea Salt)

Cook Time : Serve Chilled

Cal: 177 Protein: 7.5g Fat: 4.4g Carb: 30.7g

CREAMY CAULIFLOWER SOUP PB/GF

Organic Cauliflower, Vidalia Onion, Spring Water & Sea Salt

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

Cal:40 Protein:2.6g Fat:0.1g Carb:8.7g

ARUGULA, PICKLED CHAYOTE & ROASTED RED ONION SALAD W30/PB

Organic Farmstand Arugula, Roasted Red Onion, Anise, Pickled Chayote, Cucumber & Tomato

HONESTLY GOOD DELICIOUS DAIKON VINAIGRETTE (Daikon, White Vinegar, Dijon, E.V.O.O. & Sea Salt)

Cook Time : Serve Chilled

Cal: 225 Protein: 5.9g Fat: 17.9g Carb: 14.3g

MAINS

MUSHROOM CHICHARRÓN TACOS PB/GF

Oyster & Portobello Mushroom, Cilantro, Red Onion, Roasted Garlic, IceBerg Lettuce Wrap

HONESTLY GOOD PICO DE GALLO © (Tomato, Cilantro, Red Onion, Lime Juice, Pickled Habanero)

Cook Time: Remove lid, remove Pico de Gallo & Tortillas, place container in 350 oven for 8-10 minutes

Cal: 156 Protein: 7.6g Fat: 2.1g Carb: 30.3g

SPRING NAPOLEON PB/W30

Wood-Fire Grilled Eggplant, Beefsteak Tomatoes, Zucchini, Squash, Charred Citrus Oil & Balsamic Reduction

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

Cal: 55 Protein: 3.7g Fat: .3g Carb: 10.7g

TOFU BOWL

Extra-Firm Tofu, Farro, Chili Powder, Roasted Garlic, Local, Carrot, Cilantro, Lime, Peanut Butter Sauce (Peanut Butter, Tamari, Ginger) & Sea Salt

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 381 Protein: 19.7g Fat: 9.3g Carb: 60.4g

PROTEINS

HP TURKEY BURGER GF

Hormone-Free Organic Turkey, Potato, Feta, Red Onion, Iceberg Lettuce, BeefSteak Tomato & Sea Salt

Cook Time: Remove lid and Lettuce, Tomato, Red Onion Place container in 350 oven for 8-10 minutes
Cal: 319 Protein: 44.7g Fat: 10.3g Carb: 9.7g

THAI LARB SALAD

Ground Chicken Breast, Red Onion, Lime Juice, Pickled Habanero, Cilantro, Mint, Fish Sauce Over Iceberg Lettuce & Sea Salt

Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes
Cal: 257 Protein: 43.2g Fat: 4.8g Carb: 43.2g

GRILLED CURRY SHRIMP

Gulf-Caught Jumbo Shrimp marinated in Curry, Smoked Paprika & Roasted Garlic Oil Cast Iron Grilled & finished with Cilantro over Saffron Basmati

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 222 Protein: 33g Fat: 7.7g Carb: 4.7g

CRAB CAKES GF

Jumbo Lump Crab Meat, Dijon Mustard, Mayonnaise, Smoked Paprika, Sweet Gherkin, Red Onion & Sea Salt

Cook Time: Remove lid and place container in 350 oven for 10-12 minutes
Cal: 246 Protein: 25.6g Fat: 9.9g Carb: 15.1g

*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 / OUR SEAFOOD IS ORGANIC AND WILD-CAUGHT****

HIGH PROTEIN VEGETARIAN OPTIONS

HARISSA & WHITE BEAN CHILI PB/GF

Organic White Beans, Sweet Harissa Chili Paste, Sweet Bell Pepper, Baby Tomato, Red Onion, Jalapeño, Roasted Garlic, Cilantro, Oregano, Tamari, E.V.O.O. & Sea Salt

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal:139 Protein:3.7g Fat:6g Carb:21.1g

PORTOBELLO PEPPER "STEAK " PB/ GF

Organic Portobello, Red Onion, Bell Pepper, Broccoli, Ginger & Tamari

Cook Time: Remove lid, remove lettuce, tomato, onion, and place in 350 oven for 8-10 minutes
Cal:303 Protein: 6.9g Fat: 16.5g Carb: 36.5g

SIDES

RUSSIAN POTATO SALAD

Beet, Potato, Green Peas, Dill, Carrot, Red Onion, White Vinegar, Lemon Juice, E.V.O.O. & Sea Salt

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

Cal: 275 Protein: 9.1g Fat: 15.6g Carb: 33.3g

ASIAN SLAW PB/W30

Organic Red Cabbage, Bok Choy, Spicy House Fermented Kimchi, Ginger & Sea Salt

Cook Time: Serve Chilled

Cal: 100 Protein: 2.5g Fat: 5.2g Carb: 11.2g

ROASTED BROCCOLI PB/W30

Oven Roasted Broccoli, Red Onion, Garlic Oil & Sea Salt

Cook Time: Serve Chilled

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

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Try our Honest Plate Chef's Choice Selections!!

COCONUT MILK PANNA COTTA

Candied Lemon Zest, Coconut Milk, Agar Agar, Organic Cane Sugar

Cook Time: Serve Chilled

Cal: 345 Protein: 7.6g Fat: 19.3g Carb: 41.5g

VEGAN MUSHROOM PATTIES W30/PB

Organic Wild Mushroom "Sausage", Cumin, Paprika, Fresh Ground Pepper, Hemp Hearts, Thyme, Vegan PepperJack Cheese, Tofu Scramble, E.V.O.O. & Sea Salt

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

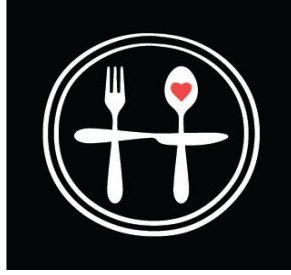
Cal: 237 Protein: 15.7g Fat: 17.6g Carb: 8.2g

***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

\$14.00

CAST-IRON GRILLED SHRIMP

Shrimp, Lemon, Ginger Tea With Wasabi, Sweet Bell Pepper Sauce, E.V.O.O. & Sea Salt

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

Cal: 300 Protein: 40.7g Fat: 8g Carb: 17.6g

BLACK LABEL ENTRÉE

\$24.00

TAMARI MARINATED GRILLED TUNA

Fresh Tuna, Tamari, Select Mixed Greens, **DRESSING:** (Rice Vinegar, Scallions, Spicy Sesame Oil) & Sea Salt

Cook Time: Serve Chilled

Cal: 409 Protein: 47.9g Fat: 18.4g Carb: 9.8g

KIDS' MENU

KIDS MEAL 1

TURKEY BOLOGNESE GF

Organic Ground Turkey, Red Onions, Garlic, Milled Tomatoes, E.V.O.O, Basil, GF Penne Pasta & Sea Salt

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

Cal: 345 Protein: 39.9g Fat: 6.8g Carb: 30.5g

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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

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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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

Oven-Roasted Organic Chicken in Seasoned GF 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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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, 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.