



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Nick Reisini*

**Week of January 13th, 2025**

## *HONEST PLATE WEEKLY MENU CHOICES*

### *SALAD & SOUP*

#### **ASIAN MUSHROOM BROTH GF/PB/V**

Oyster Mushroom, Ginger, Carrot, Celery, Liquid Aminos, California Stock, Sesame Oil

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

Cal: 200 Protein: 7.1g Fat: 14.5g Carb: 15.8g

#### **CRUNCHY GREENS SALAD GF**

Leaf & Romaine Lettuce, Mint, Feta Cheese & **RADISH VINAIGRETTE** (Radish, White Vinegar,

Dijon, E.V.O.O. & Sea Salt)

*Cook Time: Serve Chilled*

Cal: 372 Protein: 11.7g Fat: 25.1g Carb: 26.8g

### *MAINS*

#### **SATAY TOFU VERMICELLI BOWL GF/V**

Organic Tofu, Carrots, Cucumber, Romaine Lettuce, Vermicelli Noodles, **SATAY SAUCE** (Coconut Milk,

Tahini, Tamari, Rice Vinegar, Garlic, Sriracha) & Sea Salt

*Cook Time: Serve Chilled*

Cal: 435 Protein: 33.8g Fat: 30.8g Carb: 15.3g

#### **MARRY ME CHICKPEAS GF/V**

Chickpeas, Garlic, Sundried Tomatoes, Tomato, Dried Oregano, Tomato Paste, Veggie Broth,

Spinach, Parsley, GF Toasted Bread & Sea Salt

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

Cal: 442 Protein: 16g Fat: 17.8g Carb: 62.5g

#### **VEGGIE RAMEN PB/GF/V**

**TARE PASTE** (Tahini, Miso, Tamari & Organic Sugar) **BROTH** (Seaweed Kombu, Mushroom, Tamari & Water) & **TOPPING** (Broccoli, Tofu, Mushroom, Nori, Scallion & Ramen Rice Noodle)

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

Cal: 446 Protein: 37g Fat: 15g Carb: 54.7g

## PROTEINS

### YOGURT MARINATED GRILLED CHICKEN GF

Boneless Chicken, Greek Yogurt, Mint, Lemon Zest, Olive Oil & Sea Salt

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

Cal: 491 Protein: 65.8g Fat: 21.9g Carb: 5.7g

### BEEF STIR FRY GF

Beef Steak, Sake, Red Onion, Bell Pepper, Scallion, Parsley, Sesame Seed, Tamari & Avocado Oil

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

Cal: 433 Protein: 55.4g Fat: 15.9g Carb: 17g

### COD CAKES GF

Cod, Turmeric, Potatoes, Thyme, Olive 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

### SHRIMP SCAMPI GF

Shrimp, Sake, Cultured Butter, Lemon, Garlic, Red Pepper Flakes, Parsley, Olive Oil & Sea Salt

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

Cal: 416 Protein: 62.4g Fat: 9.5g Carb: 20.8g

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

**\*\* We do not use seed oils in any of our meals. We only use Olive, Coconut or Avocado Oil. Consuming oils in their whole food form provides a broader array of nutrients, including vitamins, minerals, and antioxidants, which are essential for overall health. \*\***

## SIDES

### RUSSIAN POTATO SALAD GF

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

*Cook Time: Serve Chilled*

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

### MEDITERRANEAN COUSCOUS SALAD PB/GF

Organic Couscous, Cucumber, Dried Oregano, Parsley, Rice Vinegar, EVOO & Sea Salt

*Cook Time: Serve Chilled*

Cal: 670 Protein: 21.6g Fat: 8.6g Carb: 130.2g

## *Chef's Choice Selections*

### **PORRIDGE WITH CARAMELIZED APPLE GF**

Oats, Almond Milk, Apple, Maple Syrup, Cinnamon Powder

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

Cal: 546 Protein: 15.3g Fat: 17.6g Carb: 86.4g

### **EGG OR TOFU PERICOS GF**

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*

**\$15.00**

#### **CHICKPEA CHICKEN SALAD PB/GF**

Organic Boneless Chicken, Arugula, Baby Tomato, Black Olive, **SPICY CHICKPEAS** (Chickpeas, Cumin, Paprika, Cayenne Pepper) **HARISSA DRESSING** (Harissa Paste, Greek Yogurt, Olive Oil, Lemon Juice, Honey & Sea Salt)

*Cook Time: Serve Chilled*

Cal: 490 Protein: 71.7g Fat: 12g Carb: 22.7g

### *BLACK LABEL ENTRÉE*

**\$28.00**

#### **GRILLED NY STRIP GF**

Wood-Fire Grilled Skirt Steak topped with **HONESTLY GOOD CHIMICHURRI** © (Basil, Parsley, Lemon Juice, Roasted Garlic, E.V.O.O., Dried Habanero & Sea Salt) Marble Potato & Wilted Greens

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

Cal: 349 Protein: 10.4g Fat: 7g Carb: 67g

## *KIDS' MENU*

### *KIDS' MEAL 1*

#### **GRILLED CHEESE AND TOMATO SOUP GF**

GF Bread, Cheddar Cheese, **TOMATO SOUP** (Tomatoes, Basil, White Onion, Garlic, Olive Oil)

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

Cal: 380 Protein: 14g Fat 25g Carb: 28.9g

### *KIDS' MEAL 2*

#### **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

## *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**

Organic Greens, Avocado, Mixed Berries, Dates, Almond Milk & Banana With  
Maca Powder, 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***