



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of September 30th, 2024

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

KABOCHA SQUASH SOUP

Kabocha Squash, White Onion, Garlic, Avocado Oil, Vegetable Stock & Sea Salt
Cook Time: Place in medium saucepan over medium high flame for 8-10 minutes
Cal: 350 Protein: 6.5g Fat: 19.6g Carb: 42.7g

FALL SALAD GF

Arugula, Apple, Pickled Shallots, Pumpkin seeds & **MUSTARD DRESSING** (Honey, Dijon Mustard, Lemon Juice, E.V.O.O. & Sea Salt)
Cook Time: Serve Chilled
Cal: 401 Protein: 13.4g Fat: 14.6g Carb: 62.9g

MAINS

VEGAN CASSOULET PB/GF

Cauliflower, White Bean, White Onion, Thyme, slowly roasted Shallot
Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 235 Protein: 15.4g Fat: 0.6g Carb: 44.6g

BAKED TOFU & COCONUT LIME RICE PB/GF

Tofu, Bell Pepper, Lime, Coconut Milk, Tahini, Miso, Ginger, Habanero, Honey, Basmati Rice, E.V.O.O & Sea Salt
Cook Time: Remove lid, and place in 350 oven for 8-10 minutes
Cal: 335 Protein: 11.2g Fat: 12g Carb: 50.3g

MUSHROOM MEDLEY & BLACK BEAN BURGER PB

Organic Black Bean, Mushroom, Quinoa, Roasted Garlic, Thyme, Cayenne Pepper
Lettuce, Tomato, GF Bread Side: Pickled Shallots & Sea Salt
Cook Time: Remove lid and Lettuce, Tomato Red Onion Place container in 350 oven for 8-10 minutes
Cal: 218 Protein: 14.7g Fat: 1g Carb: 39.9g

PROTEINS

TARRAGON CHICKEN BREAST GF

Chicken Breast, Fresh Tarragon, Lemon, Olive Oil & Sea Salt
Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 481 Protein: 51.6g Fat: 27.2g Carb: 9.6g

PORK RIB ADOBO GF

Pork Rib, Apple Cider Vinegar, Tamari, Bay Leaf, Garlic & Sea Salt
Cook Time: Place in medium saucepan over medium high flame for 8-10 minutes
Cal: 485 Protein: 45g Fat: 30.1g Carb: 0.9g

SCALLOP PICCATA W30/GF

Diver Scallop, White Wine, Garlic, Parsley, Lemon & Sea Salt
Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 147 Protein: 24.3g Fat: 1.2g Carb: 6g

GOCHUJANG SHRIMP GF

Shrimp, Gochujang Paste, Bell Pepper, Olive Oil & Sea Salt
Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 421 Protein: 61.1g Fat: 4.6g Carb: 30.7g

*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

BULGUR & SUNFLOWER SEEDS

Organic Bulgur, Thyme, Parsley, Sunflower Seed, Rice Vinegar & Sea Salt
Cook Time: Serve Chilled
Cal: 653 Protein: 25g Fat: 29g Carb: 77g

ROASTED MARBLE POTATOES & BRUSSEL SPROUTS

Farmstand Marble Potatoes, Brussel Sprouts, Avocado Oil & Sea Salt
Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes
Cal: 137 Protein: 4g Fat: 7g Carb: 17g

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Chef's Choice Selections!!

BANANA BLONDIES

GF Flour, Brown Sugar, Whole Egg, Butter, Banana, Vanilla

Cook Time: Serve Chilled

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

SAVORY EGG CUSTARD W30/GF

Egg, Almond Milk, Shallot, Parsley, Ghee & Sea Salt

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

Cal: 187 Protein: 6g Fat: 9.7g Carb: 19.3g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$14.00

CREAMY MUSHROOM SOUP

Organic Mixed Mushroom, GF Flour, Rosemary, Garlic, Olive Oil & Sea Salt

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

Cal:128 Protein:4.2g Fat:11.4g Carb:4.6g

BLACK LABEL ENTRÉE

\$30.00

PAN-SEARED TUNA GF

Fresh Pan-Seared Tuna, Topped with Ginger, Curry, Tamari Glaze, Sautéed Bok Choy, Turmeric Jasmine Rice, Avocado Oil & Sea Salt

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

Cal: 372 Protein: 41.1g Fat: 13.4g Carb: 21.6g

KIDS' MENU

KIDS' MEAL 1

PENNE MARINARA GF

GF Penne Pasta & Classic Marinara Tomato Sauce
(Beefsteak Tomato, Onions, Garlic, Oregano, Basil, Olive Oil, & Sea Salt) Parmesan Cheese

Cal: 463 Protein: 13.4g Fat: 16.2g Carb: 65.5g

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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

GRILLED CHICKEN FINGERS W30

Organic Chicken, BBQ Sauce (Tomato, Dates, Red Onion, Dijon, White Vinegar, & Sea Salt)
with Honey Mustard Dipping Sauce

Cook Time: Remove lid, place glass container in 350 oven for 5-10 minutes

Cal: 238 Protein: 34.4g Fat: 4.6g Carb: 11.4g

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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**