



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Nick Reisini*

**Week of October 13th, 2025**

## *HONEST PLATE WEEKLY MENU CHOICES*

### *SALAD & SOUP*

#### **VEGETABLE SOUP V/PB/GF**

Carrot, Spinach, Celery, Potato, Zucchini, Barley, EVOO & Sea Salt  
*Cook Time: Place in saucepan over medium high flame for 10 minutes*  
Cal: 355 Protein: 13g Fat: 5g Carb: 63g

#### **WINTER SALAD PB/GF**

Romaine, Pear, Candied Pecans, Dried Blueberry & **CIDER VINAIGRETTE** (Apple cider, Maple Syrup, Dijon Mustard, Olive Oil)  
*Cook Time: Serve Chilled*  
Cal: 356 Protein: 4.8g Fat: 19.6g Carb: 45.2g

### *MAINS*

#### **MONGOLIAN MUSHROOMS GF/V**

Shitaki Mushroom, Tamari, Sesame Oil, Light Brown Sugar, Mirin, Corn Starch, Ginger, Crushed Red Pepper, Scallion & Sea Salt  
*Cook Time: Place in 350 oven for 8-10 minutes*  
Cal: 285 Protein: 9.1g Fat: 13.5g Carb: 33.8g

#### **VEGETARIAN SKILLET CHILI PB/GF**

White & Red Beans, Onion, Tomato, Chili Powder, Oregano, Parsley, Avocado Oil  
**PICKLED SHALLOTS** (Shallot, Rice Vinegar, Sugar & Sea Salt)  
*Cook Time : Remove lid, and place in 350 oven for 8-10 minutes*  
Cal: 358 Protein: 13.4g Fat: 2.1g Carb: 64.1g

#### **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

### MONGOLIAN BEEF GF

Grass-Fed Flank Steak, Tamari, 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

### OVEN-ROASTED BONE-IN LEMON & OREGANO CHICKEN BREAST GF/W30

Free-Range, Organic Bone-In Chicken Breast, Roasted Garlic Oil, Oregano, Lemon, Thyme & Sea Salt

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

Cal: 439 Protein: 27g Fat: 28.8g Carb: 28.3g

### COD CAKES GF

Cod, Turmeric, Potato, EVOO, **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

### SESAME GINGER SHRIMP MARINADE GF

Shrimp, Sesame Oil, Tamari, Ginger, Red Pepper Flakes, Scallion & EVOO

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

Cal: 198 Protein: 25.5g Fat: 8.2g Carb: 2.3g

\*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

### ROASTED CAULIFLOWER & CARROTS V/PB/GF

Cauliflower, Carrot, Rosemary, Avocado Oil & Sea Salt

*Cook Time: Remove lid wrap container in foil and place in 350 oven for 10-15 minutes*

Cal:237 Protein:17.6g Fat:11g Carb:17.3g

### CRAISIN & SWEET POTATO GF

Craisins, Roasted Sweet Potatoes, Parsley, Thyme & Sea Salt

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

Cal: 281 Protein: 4.9g Fat: 2.3g Carb: 64.7g

## *Chef's Choice Selections*

### **ROASTED FIGS WITH GREEK YOGURT GF**

Fresh Figs, Lemon Zest, Lemon Juice, Maple Syrup, Over Greek Yogurt

*Cook Time:* Serve Chilled

Cal: 242 Protein: 9.6g Fat: 3.8g Carb: 45.5g

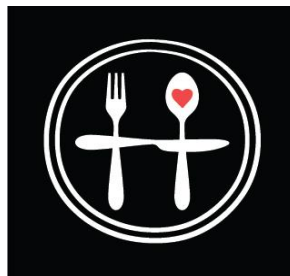
### **FRENCH TOAST & BERRY COMPOTE**

Local Fresh Sourdough Bread (Egg, Vanilla, Almond Milk, Cinnamon, Raw Sugar) & Berry Compote

*Cook Time:* Remove lid and place glass container in 350 oven for 4-6 minutes

Cal: 311 Protein: 15.6g Fat: 11.5g Carb: 37.9g

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



## **HONEST PLATE BLACK LABEL**

### *BLACK LABEL SIDE*

**\$15.00**

#### **SPICY PEANUT AND PUMPKIN SOUP GF**

Pumpkin Purée, Garlic, Onion, Ginger, Vegetable Stock, Peanut Butter, Parsley, EVOO & Sea Salt

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

Cal: 236 Protein: 6.8g Fat: 14.5g Carb: 20.2g

### *BLACK LABEL ENTRÉE*

**\$35.00**

#### **CAST-IRON GRILLED SWORDFISH TOPPED WITH SPAGHETTI SQUASH GF**

Cast-Iron Grilled Swordfish Topped with Rosemary Spaghetti Squash, Rosemary, Confit Garlic, Parsley, EVOO & Sea Salt

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

Cal: 205 Protein: 23.3g Fat: 9.7g Carb: 6.1g

## *KIDS' MENU*

### *KIDS' MEAL 1*

#### **CHICKEN NUGGETS GF**

Oven-Roasted Organic Chicken, Seasoned GF Bread Crumbs with Honey Mustard Dipping Sauce

*Cook Time: Remove lid, place glass container in 350 oven for 10-15 minutes*

Cal: 310 Protein: 37g Fat: 10g Carb: 16g

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#### **GRAPE SALAD**

Grapes, Greek Yogurt, Organic Local Honey

*Cook Time: Serve Chilled*

Cal: 210 Protein: 10g Fat: 4g Carb: 37g

### *KIDS' MEAL 2*

#### **TURKEY BOLOGNESE GF**

Organic Ground Turkey, Red Onions, Garlic, Milled Tomatoes, EVOO, 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 & Organic Local Honey

*Cook Time: Serve Chilled*

Cal: 150 Protein: 10g Fat: 3g Carb: 25g

## *SMOOTHIES*

#### **HONEST SMOOTHIE**

Organic Greens, Avocado, Mixed Berries, Dates, Almond Milk & Banana

*Cook Time: Serve Chilled*

Cal: 295 Protein: 4g Fat: 12g Carb: 47g

#### **DETOX GREEN JUICE**

Organic Parsley, Celery, Ginger, Green Apple, Pineapple & Coconut Water

*Cook Time: Serve Chilled*

Cal: 95 Protein: 1g Fat: 0g Carb: 23g

#### **HONEST IMMUNE BOOSTER**

Garlic, Ginger, Apple Cider Vinegar, Cayenne Pepper, Black Pepper, Turmeric & Fresh Orange Juice

*Cook Time: Serve Chilled*

Cal: 45 Protein: 1g Fat: 0g Carb: 11g

**PEANUT POWER**

Organic Banana, Peanut Butter, Almond Milk, Dates

*Cook Time: Serve Chilled*

Cal:295 Protein: 7g Fat:9g Carb: 52g

**MANGO SMOOTHIE**

Almond Milk, Mango & Raw Honey

*Cook Time: Serve Chilled*

Cal: 185 Protein:2g Fat:3g 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 AND THE HONEST PLATE TEAM!**