



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of March 24th, 2025

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

VEGAN LOCRO PB/GF/V

Yukon Potatoes, Yellow Onion, Garlic Cloves, Vegan Butter, Cumin, Achiotte Powder, Dried Oregano, Cilantro, Vegetable Broth & Sea Salt

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

Cal: 286 Protein: 4.6g Fat: 14.8g Carb: 36.8g

TRICOLOR SALAD PB/GF

Radicchio, Romaine Lettuce, Endive & **HONESTLY GOOD SMOKED BALSAMIC VINAIGRETTE** ©
(Balsamic Vinegar, Dijon EVOO, Apple Wood Smoke & Sea Salt)

Cook Time: Serve Chilled

Cal: 302 Protein: 3.8g Fat: 29.7g Carb: 9.9g

MAINS

BAKED TOFU & COCONUT LIME RICE PB/GF

Tofu, Bell Pepper, Lime, Coconut Milk, Peanut Butter, Miso, Ginger, Habanero, Honey, Basmati Rice, EVOO & 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

VEGETARIAN PORTOBELLO MILANESE GF

Organic Portobello Mushrooms, Garlic, Rosemary, Thyme, Egg, GF Bread Crumb, Arugula, Baby Tomato & Sea Salt

Cook Time: Serve Chilled

Cal: 341 Protein: 26.1g Fat: 12.9g Carb: 35.3g

PROTEIN BOWL PB/GF

Organic Quinoa, Edamame, Carrots, Black Beans, Romaine Lettuce, Baby Tomatoes, Kalamata & **LEMONY DIJON DRESSING** (Lemon Juice, Dijon Mustard, Agave, Olive Oil)

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

Cal: 468 Protein: 19.1g Fat: 7.6g Carb: 81g

PROTEINS

GRILLED MARINATED CHICKEN THIGHS GF

Chicken Thighs, Greek Yogurt, Dried Oregano, Confit Garlic, Rice Vinegar & Sea Salt
Cook Time: Remove lid and place container in 350 oven for 10-12 minutes
Cal: 364 Protein: 44.4g Fat: 13.4g Carb: 19.2g

FLANK STEAK CILANTRO & TEQUILA MARINATED TACOS W30/GF

Grass-Fed Flank Steak, Cilantro, Tequila, Corn Tortillas, **PICO DE GALLO** (Tomato, Red Onion, Cilantro, Pickled Habanero, Lime Juice)
Cook Time: Remove lid, Pico de Gallo & Tortillas, place container in 350 oven for 8-10 minutes
Cal: 200 Protein: 23.6g Fat: 9.2g Carb: 1.3g

MEDITERRANEAN COD GF

Cod Fish, Unsalted Butter, Lemon Juice, GF Flour, Harissa Paste, Za'atar, Garlic & Sea Salt
Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes
Cal: 454 Protein: 91.4g Fat: 7.3g Carb: 1g

CAST-IRON DIJON CRUSTED GRILLED SALMON W30/GF

Salmon, Dill, Dijon Mustard & Sea Salt
Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 406 Protein: 42.9g Fat: 15.8g Carb: 36.3g

*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

DILL & JASMINE RICE PILAF PB/GF

Jasmine Rice, Dill, Lemon Zest, Olive Oil & Sea Salt
Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 334 Protein: 9.7g Fat: 6.3g Carb: 64.9g

ROASTED MARBLE POTATOES & BRUSSEL SPROUTS PB/GF

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

Chef's Choice Selections

ROASTED PEAR PB/GF

Roasted Cinnamon Dusted Bosc Pears, Organic Honey Whipped Greek Yogurt

Cook Time: Serve Chilled

Cal: 248 Protein: 5.6g Fat: 1.2g Carb: 58.5g

TORTA ESPAÑOLA GF

Potato, Egg, Onion, Chives, Avocado Oil, Black Pepper & Sea Salt

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

Cal: 286 Protein: 19g Fat: 15.1g Carb: 19.6g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$15.00

SAFFRON RISOTTO RICE BALLS GF

Arborio Rice, Parmesan Cheese, Butter, Peas, Saffron, Eggs, GF Panko **TRUFFLE AIOLI** (Truffle, Eggs, EVOO, Dijon Mustard, Fresh Lemon & Sea Salt)

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

Cal: 755 Protein: 26.6g Fat: 29.5g Carb: 96g

BLACK LABEL ENTRÉE

\$35.00

SESAME SEARED TUNA GF

Fresh Tuna, Pan-Seared topped with Ginger, Curry & Tamari Glaze, Sautéed Bok Choy

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

GRILLED CHEESE AND TOMATO SOUP GF

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

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 GF

Corn-fed Turkey, Potato Bun, 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 & Organic Local Honey

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

New! DETOX GREEN JUICE

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

Cook Time: Serve Chilled

Cal: 203 Protein: 5.2g Fat: 2g Carb: 47.2g

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

New! PEANUT POWER

Organic Banana, Peanut Butter, Almond Milk, Dates

Cook Time: Serve Chilled

Cal: 392 Protein: 10.2g Fat: 28.4g Carb: 31.9g

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**