



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Jon Albrecht & Chef Nick Reisini*

**Week of December 14, 2020**

HONEST PLATE WEEKLY CORE MENU CHOICES

**MEAL 1**

**ROASTED BROCCOLI & KALE SOUP W30/PB**

Organic Roasted Onion, Broccoli & Kale, Avocado Oil, California Stock, & Sea Salt

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

*Cal: 62 Protein: 3.5g Fat: 1g Carb: 11.3g*

**&**

**SUGAR PUMPKINS W30/PB**

Organic Baby Pumpkin with Toasted Farro, Radicchio, Walnuts, Thyme, & Sea Salt

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

*Cal: 432 Protein: 15.3g Fat: 5.8g Carb: 79.3g*

**MEAL 2**

**CELERY ROOT & PARSNIP SOUP W30/PB**

Farmstand Roasted Celery Root, Parsnips, California Stock, & Sea Salt

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

*Cal: 80 Protein: 2.4g Fat: .6g Carb: 17.5g*

**&**

**PENNE & BELL PEPPER PESTO PB**

Penne Pasta tossed with Sweet Bell Pepper Pesto (Bell Peppers, Basil, Walnut, Avocado Oil, Roasted Garlic, & Sea Salt)

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

*Cal: 358 Protein: 13.7g Fat: 5.2g Carb: 67.2g*

**MEAL 3**

**KALE & ARUGULA SALAD W30/PB**

Organic Kale, Arugula, Baby Heirloom Tomatoes with Roasted Pear Vinaigrette (Bosc Pear, White Vinegar, Dijon Mustard, Extra Virgin Olive Oil & Sea Salt)

*Cook Time: Serve Chilled*

*Cal: 171 Protein: 5.4g Fat: 7.6g Carb: 22.8g*

**&**

**GRILLED EGGPLANT W30/PB**

Wood Fire Grilled Farmstand Eggplant, Beefsteak Tomatoes & Zucchini, Thyme, Roasted Garlic Oil, & Sea Salt

*Cook Time: Remove lid, place glass container in 350 oven for 10-12 minutes*

*Cal: 60 Protein: 3g Fat: .5g Carb: 13.2g*

**MEAL 4**

**RED LENTIL & THYME CAKES PB**

Organic Red Lentils, Thyme, California Stock, & Sea Salt

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

*Cal: 151 Protein: 10.3g Fat: 4.5g Carb: 26.5g*

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### **BUTTERNUT SQUASH PB**

Organic Roasted Butternut Squash, Rosemary with Saffron Pearl Couscous (Saffron, California Stock, & Sea Salt)

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

*Cal: 196 Protein: 4g Fat: .7g Carb: 42.7g*

### *HONEST PLATE SIGNATURE DISHES*

#### **FAVORITE MEAL 1**

##### **MEXICAN TORTILLA SOUP PB/GF**

Gluten Free Rice Tortilla Strips, Beefsteak Tomatoes, Roasted Garlic, Habanero Chilies, & California Stock

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

*Cal: 179 Protein: 5.5g Fat: 1.7g Carb: 36g*

&

##### **3 BEAN CHILI PB**

Organic Kidney, Pinto & Black Beans, Red Onion, Beefsteak Tomato, Sweet Bell Pepper, Cayenne Pepper, Chili Powder & Sea Salt, & California Stock

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

*\*(add a splash of Spring Water)*

*Cal: 76 Protein: 3.8g Fat: .4g Carb: 17g*

#### **FAVORITE MEAL 2**

##### **WARM SPICY POTATO SALAD W30/PB**

Organic Russet & Marble Potatoes, Scallions, White Onion, Roasted Garlic, Smoked Paprika, & Sea Salt

*Cook Time: Remove lid, place glass container in 350 oven for 10-12 minutes*

*Cal: 393 Protein: 5g Fat: 14g Carb: 11g*

&

##### **VEGETARIAN PHO W30/PB**

Farmstand Onion, Ginger, Lemon Grass, Star Anise, Cardamon, Cellophane Noodles, Cilantro, Basil, Mint, & California Stock with "Honestly Good" Hot Sauce (White Vinegar, Habanero, Ancho Peppers, Roasted Garlic & Sea Salt)

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

*Cal: 303 Protein: 3g Fat: 1g Carb: 74g*

#### **FAVORITE MEAL 3**

##### **BLACK MISSION FIG SALAD W30/PB**

Arugula, Roasted Parsnip, Black Mission Figs, "Honestly Good" Smoked Balsamic Vinaigrette (Balsamic, Dijon Mustard, Avocado Oil, Sea Salt, & Applewood Smoked)

*Cook Time: Serve Chilled*

*Cal: 300 Protein: 3g Fat: 30g Carb: 32g*

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##### **SQUASH, POTATO & CORN STEW PB**

Organic Roasted Acorn Squash, Corn, Scallions, Roasted Red Onion, Beefsteak Tomatoes, Marble Potatoes, Baby Heirloom, Serrano Peppers, California Stock, Thyme, Basil and Spinach Puree, & Sea Salt

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

*Cal: 342 Protein: 12g Fat: 4g Carb: 77g*

#### **SIDES**

**\$7 with a one-time stocking fee of \$2**

##### **BASMATI & SPLIT PEA**

Organic Basmati Rice, Split Pea, Thyme, Parsley, Sea Salt, & California Stock

*Cook Time: Place in medium saucepan with a splash of spring water, over medium high flame for 8- 10 minutes*

*Cal: 483 Protein: 19.7g Fat: 1.6g Carb: 97.9g*

##### **ROASTED BRUSSEL SPROUTS & MARBLE POTATOES**

Organic Brussel Sprouts, Marble Potatoes, Rosemary, Avocado Oil, & Sea Salt

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

*Cal: 464 Protein: 13.4g Fat: 5.7g Carb: 99g*

## POLENTA CAKES

Organic Polenta, Thyme Rosemary, Sea Salt, & California Stock  
Cook Time: Remove lid, place container in 350 oven for 8-10 minutes  
Cal: 520 Protein: 13.4g Fat: 1.3g Carb: 114g

## PROTEINS

All proteins are \$8 with a one-time stocking fee of \$2

### ANCHO CHILI & CURRY RUB ROASTED CHICKEN BREAST

Free Range Chicken Breast Rubbed with Ancho Chili, Curry, & Sea Salt  
Cook Time: Remove lid, place glass container in 350 oven for 10-12 minutes  
Cal: 295 Protein: 51g Fat: 6.9g Carb: 5.6g

### SEARED PORK MEDALLIONS

Organic Coconut & Lime Coated with Sea Salt, & Avocado Oil  
Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes  
Cal: 262 Protein: 44.7g Fat: 2.8g Carb: 1.1g

### SHRIMP & COD CAKES

Gulf Caught Shrimp, Line Caught Cod, Saffron, & Potatoes  
Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes  
Cal: 388 Protein: 78g Fat: 4g Carb: 5.2g

### GRILLED TUNA

Line Caught Pacific Tuna with Tomato & Ginger Jam (Baby Heirloom Tomatoes, Ginger Root,  
Roasted Garlic, & Vegetable Pectin)  
Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes  
Cal: 278 Protein: 42.5g Fat: 3g Carb: 19.6g

## *Our Family Dinner\**

### *LONDON BROIL*

*Marinated in our "Honestly Good, Better than A1 Sauce" (Red Wine Vinegar, Orange Juice,*

*Dijon Mustard, Curry, Chili Powder, & Garlic)*

*Wood Fire Grilled, Hand Sliced*

*Garlic Whipped Potatoes*

*Pan Seared Broccoli & Sauteed Red Onion*

\$45.00 family of 4

\$60.00 family of 6

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

*\*Complete your family meal with one or both of our Dishonest Desserts created by The Savory Fig*

Per portion Cal: 277 Protein: 29.9g Fat: 5.9g Carb: 21.9g

### **DISHONEST DESSERTS\* by**

*The Savory Fig*

All desserts are \$9 with a one-time stocking fee of \$2

### CHERRY HAND PIES GF/V

Cherries, Orange Juice, Coconut Sugar, Almonds, Brown Sugar, & GF Flour  
Cal: 501 Protein: 7g Fat: 33.9g Carb: 46.4g

### CHAI SPICED LOAF GF/V

Chai Tea, Chia Seeds, Apple Cider Vinegar, Rice Milk, Maple Syrup, Almond Oil, Vanilla, Orange Zest, GF Flour, Baking Powder, Cardamom, Ginger, Cinnamon, Nutmeg, & Salt

*Cal: 328 Protein: 4.9g Fat: 8.2g Carb: 60.8g*

**\*ADD THESE DELICIOUS DESSERTS TO ANY OF OUR MEALS** (We promise, we won't tell anyone!)

**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 OF OUR MEALS**

**THANK YOU**

**CHEF JON & CHEF NICO**



# Honest Plate

**CHEF DAVID BURKE**

### SIDES

**\$10.00**

#### CARROT & GINGER SOUP

Organic Carrot, Ginger Root, Roasted Garlic, California Stock, & Sea Salt

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

*Cal: 116 Protein: 3.4g Fat: 1.8g Carb: 23.4g*

#### GRILLED RADICCHIO & SPINACH SALAD

Organic Radicchio, Baby Spinach, & Blackberry Vinaigrette (Black Berries, Balsamic Vinegar, Dijon Mustard, Avocado Oil, & Sea Salt)

*Cook Time: Serve Chilled*

*Cal: 191 Protein: 4.3g Fat: 15.2g Carb: 8.2g*

### PROTEINS

**\$14.00**

#### GRILLED FLANK STEAK

Grass Fed Flank Steak with Red Onion Jam (Red Onion, Thyme, Parsley, White Vinegar, & Vegetable Pectin)

Whipped Parsnips (Parsnips, Oat Milk, & Sea Salt)

& Roasted Zucchini (Avocado Oil & Sea Salt)

*Cook Time: Remove lid, place glass container in 350 oven for 10-12 minutes*

*Cal: 441 Protein: 43.4g Fat: 13.2g Carb: 34.8g*

#### FLOUNDER ALMONDINE

Line Caught Flounder, Almonds, Butter, Lemon, White Wine, & Parsley

over Saffron Risotto (Saffron, Thyme, & Butter)

with Roasted Broccoli

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

*Cal: 768 Protein: 44.6g Fat: 11.5g Carb: 119.5g*

## KIDS' MENU

(It's good for them but, we won't tell)

**All kids meals are \$8 with a one time stocking fee of \$2**

### KIDS' MEAL 1

#### CHICKEN & CHEESE QUESADILLA GF

Organic Chicken, Cheddar & Mozzarella Cheese, & Brown Rice Tortilla  
*Cook Time: Remove lid, place glass container in 350 oven for 5-10 minutes*  
*Cal: 386 Protein: 30g Fat: 14g Carb: 31g*

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#### FRESH BERRY SMOOTHIE

Blueberries, Raspberries, Strawberries, Raw Honey, Oat Milk  
*Cal:183 Protein: 2g Fat: 1g Carb: 43g*

### KIDS' MEAL 2

#### TURKEY BURGER

Organic Turkey, Mushroom, Potato, Sea Salt, & Cheddar Cheese  
Roasted Potato Wedges (Sea Salt, Avocado Oil)  
*Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes*  
*Cal: 455 Protein: 42.6g Fat: 22g Carb: 27g*

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#### HANDMADE TRAIL MIX

Roasted Oats, Cranberries, Shredded Coconut, Roasted Almonds, & Carob Chips  
*Cal: 251 Protein: 8g Fat: 6g Carb: 42g*

### KIDS' MEAL 3

#### BUTTERNUT MAC & CHEESE

Organic Butternut, Oatmilk, Cheddar Cheese, Sea Salt, & Penne Pasta  
*Cook Time: Remove lid, place glass container in 350 oven for 10-15 minutes*  
*Cal: 497 Protein: 21g Fat: 12g Carb: 74g*

&

#### BERRY PARFAIT

Organic Strawberries, Blueberries, Blackberries, Raspberries with Oat Milk, Vanilla & Yogurt  
*Cook Time: Serve Chilled*  
*Cal: 133 Protein: 7g Fat: 2g Carb: 20g*

### KIDS' MEAL 4

#### CHICKEN NUGGETS GF

Oven Roasted Organic Chicken in Seasoned Gluten Free 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

**All drinks are \$6, (except Super Honest Smoothie is \$9), with a one-time stocking fee of \$2**

#### 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.*