

# BREAKFAST (WEEKDAYS UNTIL 11AM WEEKENDS UNTIL 4 PM)

**VG POWER OATMEAL**     6.5

Tri-Color Quinoa, Gluten-Free Steel-Cut Oatmeal, Warm Spiced Coconut Milk, HB Raw Wildflower Honey

**CHOOSE ONE TOPPING:**

*Organic Mixed Berries, Bananas, Almonds, Walnuts, House Peanut Butter, 80% Belgian Dark Chocolate (.50 Each Additional Topping)*

**VG EGG SANDWICH ON 8 GRAIN BREAD**     7.5

Two Over Easy Omega 3 Eggs, HB Honey "Sriracha," Arugula, 8 Grain Ciabatta

**ADD TOPPING (+1):**

*Plainville Farms Turkey Bacon, Truffle Pecorino Labneh Spread, Steamed Spinach, Hummus, Mashed Avocado*

**VG POWER BREAKFAST BOWL**    11

Two Sunny Side Omega 3 Eggs, Arugula, Red New Potatoes, Chickpeas, Hearts of Palm, Lentils, Edamame, Pumpkin Seeds, Red Chilies, Red Onions, Cilantro

**VG HB HUEVOS RANCHEROS**      10

Tri-Color Quinoa, Micro Greens, Himalayan Ruby Rice, Roasted Corn, Black Beans, Mango, Jicama Salad, Seeded Corn Tortilla Crisp, Two Sunny Side Omega 3 Eggs

**VG CHIA CHARGE**    8

Gluten-Free Overnight Oats, Chia Seeds, Old Chatham Sheep's Milk Yogurt, HB Raw Wildflower Honey, Blueberry Compote, Banana, HB Granola

**VG BAKED EGGS POMODORO**    10

Two Baked Omega 3 Eggs, San Marzano Tomato Sauce, Piave Cheese, Basil, Arugula, Toasted Seeded Sourdough

# TOASTS (ALL DAY)

**V AVOCADO CRUSH**    11

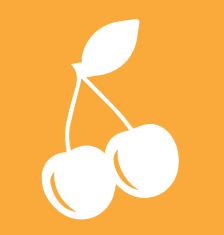
Crushed Avocado, Lemon, Chia Hemp Flax Seed Medley, Maldon Salt, Chia Chili Infused Extra Virgin Olive Oil, Seeded Sourdough

**ADD 8 MINUTE OMEGA 3 EGG (+1.5)**

**SMOKED SALMON TOAST**    11.5

Atlantic Salmon, Labneh Spread, Cucumber, Fresh Dill, Extra Virgin Olive Oil, Lemon Zest, Sourdough

**ADD 8 MINUTE OMEGA 3 EGG (+1.5)**

**VG TUSCAN TOAST**     9

Fresh Mozzarella, Roasted Grape Tomatoes, Red Onions, Garlic, Basil Infused Extra Virgin Olive Oil, Seeded Sourdough

**VG SEASONAL VEGGIE TOAST**     9.5

Roasted Brussels Sprouts, Red Onions, Fennel & Grape Tomatoes, Basil Labneh Spread, Piave Cheese, Extra Virgin Olive Oil, Seeded Sourdough

**VG HONEY TAHINI TOAST**    7

Tahini, Raw Wildflower Honey & Cinnamon Date Spread, Black and White Sesame Seeds, Seeded Sourdough

**ADD BEE POLLEN (+1)**

**VG HONEY & BUTTER TOAST**   6.5

House Butter with Chia Hemp Flax Seed Medley, Black and White Sesame Seeds, HB Raw Wildflower Honey, Seeded Sourdough

**ADD 8 MINUTE OMEGA 3 EGG (+1.5)**

**ADD HALF TOAST TO ANY BOWL OR SALAD (+5)**

# BOWLS

## THE 5 HB FOOD GROUPS

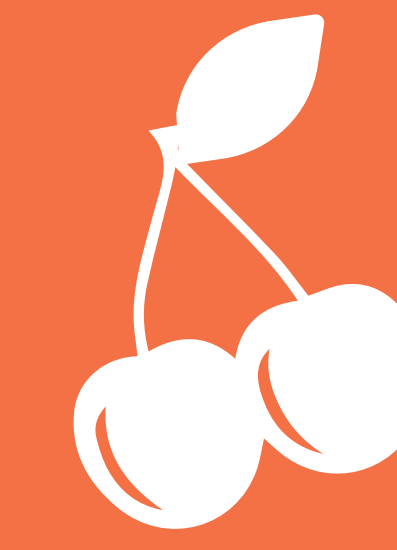
Each of our menu items is made from sustainably farmed foods rich in essential nutrients for the brain, so that you can feel good and think clearly throughout life. According to science, all of our vital body and brain nutrients can come from five delicious food groups: legumes, omega-3s, fruits, vegetables, and whole grains. At Honeybrains, we make these five food groups flavorful and fun!



LEGUMES



OMEGA-3s



FRUITS



VEGGIES



GRAINS

### HB CHICKEN & RICE BOWL

Pulled Free-Range HB Seasoned Chicken, Zaatar Spiced Chickpeas, Himalayan Ruby Rice, Baby Spinach

*\*You can substitute Sweet Potatoes for Chickpeas / Ruby Rice and Kale for Spinach.*

12

### CHICKEN TIKKA BOWL

Yogurt Marinated Grass-Fed Chicken Breast with Indian Spices, Tamarind Himalayan Ruby Rice with Chana Dal & Peanuts, Mint, Cilantro, Kale, Roasted Tomatoes, Broccoli & Red Onions

13

### CAULIFLOWER COUSCOUS BOWL

Cauliflower, Whole Wheat Couscous, Kale, Zaatar Spiced Chickpeas, Toasted Almonds, Flax, Hemp & Chia Seeds, Serrano Peppers, Curry Sauce

11.5

### WAKE & STEAK BOWL

Coffee & Herb Crusted Grass-Fed Sirloin Steak, Roasted Garlic, Basil & Hemp Seed Mashed Potatoes, Organic Mesclun Greens

14

### QUINOA RANCHERO POWER BOWL

Tri-Color Quinoa, Himalayan Ruby Rice, Micro Greens, Roasted Corn, Black Beans, Mango, Jicama Salad, Seeded Corn Tortilla Crisp, Two 8 Minute Omega 3 Eggs

12

### DAILY CATCH BOWL

Atlantic Salmon or Daily Whitefish, Kale, HB Seasoned Sweet Potatoes, Crushed Peanuts, Cilantro, Red Chillies

*\*You can substitute Sweet Potatoes for Chickpeas / Ruby Rice and Kale for Spinach.*

13.5

### CARNE ASADA BOWL

Grass-Fed Sirloin Steak, Pinto & Black Beans, Organic Mesclun Greens, Watermelon, Himalayan Ruby Rice, Watermelon Radishes, Red Onions, Red Chillies, Cilantro, HB Achiote Marinade

14

### HB HUMMUS BOWL

House Hummus, 8 Minute Omega 3 Egg, Zaatar Spiced Chickpeas, Lentils, Roasted Red Peppers, Parsley, Sourdough Rye Toast

10.5

### CURRY CAULIFLOWER BOWL

Roasted Curry Cauliflower, Coconut Himalayan Ruby Rice, Cauliflower Hummus, Dried Mangos, Kale

11.5

### ADD OR SUBSTITUTE PROTEIN TO BOWLS (+3.5):

• Coffee & Herb Crusted  
Grass-Fed Sirloin Steak

• Atlantic Salmon  
• Daily White Fish

• Pulled Free-Range Chicken  
• Free-Range Chicken Breast



legumes



omega-3s



fruits



veggies



grains



vegetarian



vegan

# SALADS

**GREEN GODDESS SALAD**    12  
 Tuscan Kale, Avocado, Corn, Pistachios, Red Chilies, Pickles, Red Onions, Anchovy-Labneh Dressing

**HB FARM SALAD**     12  
 Tri-Color Quinoa, Zaatar Spiced Chickpeas, Avocado, Shaved Fennel, Cucumber, Tomatoes, Sweet Peppers, Pickled Radish, Grapes, Almonds, Raisins, Fresh Herbs, Organic Mesclun Greens

**MEDITERRANEAN MIND SALAD**     12  
 HB Hummus, Tri-Color Quinoa, Zaatar Spiced Chickpeas, Cucumber, Tomatoes, HB Seasoned Walnuts, Baby Spinach

**EVERGREEN SALAD**     12  
 Tuscan Kale, Spinach, Watermelon Radish, Hearts of Palm, Corn, Grapes, Spiced Edamame, Pumpkin Seeds, Fennel

**HB COBB SALAD**     13  
 Sliced Free-Range Chicken, Plainville Farms Turkey Bacon, 8 Minute Omega 3 Egg, Avocado, Grape Tomatoes, HB Seasoned Walnuts, Zaatar Spiced Chickpeas, Bleu Cheese, Organic Mesclun Greens

## DRESSINGS:

-  • Basil and Honey
-  • Lemon and Flax
-  • White Truffled Tahini
-  • Red Curry Vinaigrette
-  • Peanut Vinaigrette
-  • EV Olive Oil & Balsamic Vinegar

Extra Dressing (+.50)

## ADD PROTEIN TO SALAD (+3.5):

- Coffee & Herb Crusted Grass-Fed Sirloin Steak
- Atlantic Salmon
- Daily White Fish
- Pulled Free-Range Chicken
- Free-Range Chicken Breast

# SANDWICHES


**CRAB SHACK SANDWICH**    13  
 Jumbo Lump Crab, Arugula, HB Tartar Sauce, Whole Wheat Roll

**CHILI-MANGO CHICKEN SANDWICH**     11.5  
 Pulled Free-Range HB Seasoned Chicken, Daikon-Carrot Slaw, Mango Chutney, Pickled Red Radishes, Scallions, Whole Wheat Roll


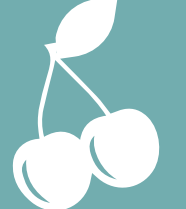
**CHICKEN SCHNITZEL SANDWICH**     11.5  
 Crisp Free-Range Chicken, Tangy Mango Israeli Amba Sauce, House Pickled Onions, Micro Greens, Kalamata Olives, 8 Grain Ciabatta

**VEGAN OPTION: GRILLED CURRY CAULIFLOWER**

**SLOW ROASTED STEAK SANDWICH**    13  
 Slow Roasted Grass-Fed Black Angus Steak, BBQ Sauce, Bleu Cheese-Labneh Spread, Seeded Sourdough Bread

**SALMON SANDWICH**     12  
 Atlantic Salmon, Sliced Vine-Ripened Tomato Marinated with Olive Oil & Basil, Hummus, 8 Grain Ciabatta

**"BLT" EGG SANDWICH**     9  
 Two Poached Omega 3 Eggs, Plainville Farms Turkey Bacon, Tomato, Avocado Spread, Organic Mesclun Greens, 8 Grain Ciabatta

**HB PB & J**    8  
 HB Raw Wildflower Honey, House Blueberry Compote, House Peanut Butter, 8 Grain Pullman Bread

 **SUBSTITUTE GLUTEN-FREE BREAD (+1.5)**

# SIDES

## SOUP OF THE DAY

Seasonal, Made Fresh Daily

### **VG** 8 MINUTE EGG

Perfectly Boiled Omega 3 Egg, Chia Hemp Flax Seed Medley, Chia Chili Infused Extra Virgin Olive Oil

### **PROTEIN**

**CHOOSE ONE:** *Coffee & Herb Crusted Grass-Fed Sirloin Steak, Atlantic Salmon, Pulled Free-Range Chicken, Sliced Chicken Schnitzel, Free-Range Chicken Breast*

### **V** BROCCOLI SPROUTS & COUSCOUS

Broccoli Sprouts, Whole Wheat Couscous, Toasted Almonds, Chia Hemp Flax Seed Medley, Curry Sauce

### **V** HALF AVOCADO

Chia Hemp Flax Seed Medley, Maldon Salt, Chia Chili Infused Extra Virgin Olive Oil

### **V** HB SEASONED SWEET POTATOES

Roasted Sweet Potatoes with HB Seasoning

### **VG** GARLIC MASHED POTATOES

Roasted Garlic, Basil & Hemp Seed Mashed Potatoes

### **V** STEAMED SPINACH

Baby Spinach, Chia Hemp Flax Seed Medley, Maldon Salt

### **V** LEMON TUSCAN KALE

Tuscan Kale, Fresh Lemon Juice

### **V** HIMALAYAN RUBY RICE

### **V** ROASTED VEGETABLES

Roasted Brussels Sprouts, Red Onions, Fennel & Grape Tomatoes

# SWEETS

### 5 **VG** DARK CHOCOLATE GANACHE PRALINE TOAST 8

Toasted Pecan Pralines in Molasses, Banana, HB Raw Wildflower Honey, 80% Belgian Dark Chocolate, Cranberry Walnut Bread

### 1.5 **VG** HONEY TAHINI TOAST 7

Tahini, Raw Wildflower Honey & Cinnamon Date Spread, Black and White Sesame Seeds, Seeded Sourdough

ADD BEE POLLEN (+1)

### 6 **VG** MARKET BERRY BOWL 6.5

Mixed Organic Berries, HB Raw Wildflower Honey, Mint

### 8 **VG** CHIA CHARGE 8

Gluten-Free Overnight Oats, Chia Seeds, Old Chatham Sheep's Milk Yogurt, HB Raw Wildflower Honey, Blueberry Compote, Banana, HB Granola

# SNACKS

### 4.5 **V** HB HUMMUS 5

Served with Plain or Pickled Baby Carrots

**CHOOSE ONE:** *Plain or Curry Cauliflower*

### 4.5 **VG** ZAATAR SPICED CHICKPEAS 4

Mediterranean Zaatar Spices, Chickpeas, Old Chatham Sheep's Yogurt

### 4 **V** HB SEASONED NUTS 4

Almonds, Walnuts & Cashews

### 4.5 **V** EDAMAME 5

**CHOOSE ONE:** *HB Seasoned or Chia & Maldon Salt*

