

# BREAKFAST

<b>(VG) POWER OATMEAL*</b>	7.5
Gluten-Free Oatmeal, Quinoa, Coconut Milk, Raw Honey CHOOSE ONE TOPPING: (Additional Charge for Extra Toppings) Mixed Berries, Bananas, Walnuts	
<b>(VG) SAUCY EGGS*</b>	10
Two Over Easy Eggs, Tomato Sauce, Avocado, Pickled Holland Peppers, Chive Mix, Side of Toast	
<b>BACON, EGG &amp; CHEESE*</b>	9
Two Over Easy Eggs, Turkey Bacon, Cheddar Cheese, Mixed Greens, Tomatoes, Multi-Grain Bread	
<b>(VG) TEX MEX*</b>	10
Two Over Easy Eggs, Pico de Gallo, Black Beans, Potatoes, Crushed Avocado, Add Steak (+4)	
<b>(VG) BERRY BOWL (Available All Day)</b>	7
Strawberries, Blueberries, Raw Honey, Mint	
<b>STEAK AND EGGS*</b>	12.5
Grass-Fed Steak, Two Eggs Over Easy, Spinach, Chive Mix	
<b>(VG) GREEK YOGURT (Available All Day)</b>	6.5
Served with Raw Honey and Granola CHOOSE ONE TOPPING: (Additional Charge for Extra Toppings) Mixed Berries, Bananas, Walnuts	
<b>(VG) PB &amp; BANANA (Available All Day)</b>	7
Homemade Peanut Butter, Banana, Raw Honey	
<b>WRAPS</b> <i>Available All Day</i>	
<b>CHICKEN, LETTUCE, TOMATO</b>	9.5
Free-Range Chicken, Pico de Gallo, Mesclun Greens, Black Beans, Saffron Yogurt, Pickled Onions, Pickled Holland Peppers in a Whole Wheat Wrap	
<b>(VG) EGG, SPINACH, AVOCADO</b>	8.5
Scrambled Eggs, Roasted Tomatoes, Spinach, Avocado in a Whole Wheat Wrap	



**HONEYBRAINS**  
— CATERING —

## HOW WE SERVE YOU

We know that different types of events may call for different serving styles, and that is why we are happy to offer a variety of ordering and serving options for your guests.

- ✓ **INDIVIDUAL PLATES**
- ✓ **BUFFET STYLE**
- ✓ **PERSONAL POP-UPS**

## TYPES OF EVENTS WE CATER

At Honeybrains, we believe that healthy food doesn't have to be boring or bland, and we love creating new recipes that are both delicious and nutritious. From corporate events to private parties and business lunches, we are committed to making each event unique and extraordinary.

- ✓ **CORPORATE EVENTS**
- ✓ **PRIVATE PARTIES**
- ✓ **BUSINESS LUNCHEONS**

VISIT US: NOHO • MIDTOWN • FLATIRON • SAKS

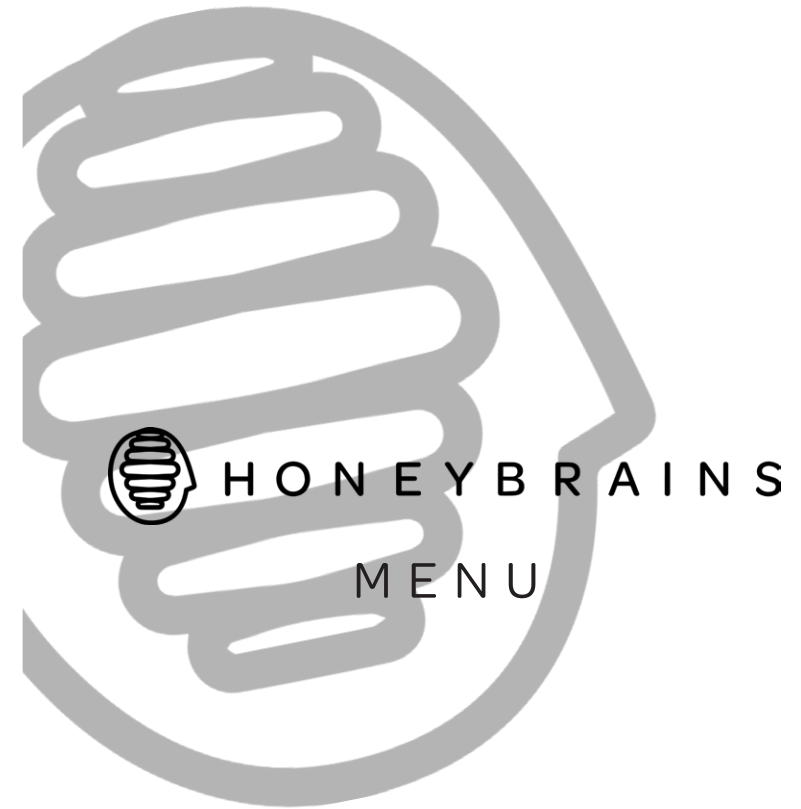
### CONTACT US:

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**BREAKFAST • LUNCH • DINNER**



A happy place to  
nourish your brain.

.....  
**NOHO** 372 Lafayette Street | 646 - 678 - 4092  
.....

**FLATIRON** 34 West 22<sup>nd</sup> Street | 917 - 472 - 7682  
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**SAKS** 611 Fifth Avenue, 5<sup>th</sup> Floor | 646 - 226 - 6238  
.....

honeybrains.com

@honeybrainslife



# SALADS & SANDWICHES

## COBB SALAD 15.5

Diced Chicken, Turkey Bacon, 8 Minute Egg, Avocado, Grape Tomatoes, Walnuts, Chickpeas, Blue Cheese, Mixed Greens

## Ⓥ FARM SALAD 15.5

Quinoa, Chickpeas, Avocado, Fennel, Cucumbers, Tomatoes, Sweet Peppers, Pickled Radish, Grapes, Almonds, Raisins, Mixed Greens

## GREEN GODDESS SALAD 15.5

Kale, Avocado, Corn, Pistachios, Red Chilies, Pickled Red Onions, Anchovy-Labneh Dressing

## HB CHICKEN SANDWICH 14.5

Mesclun Greens, Tomatoes, Pickled Red Onions, Vegan Aioli, Multi-Grain Bread

## TUNA SANDWICH 12.5

Tuna, Vegan Aioli, Tomatoes, 8 Minute Eggs, Arugula, Multi-Grain Bread

## Ⓥⓖ GRILLED KIM-CHEESE 10

Kimchi, Cheddar, Mozzarella, Gochujang, Basil, Vegan Aioli, Pullman Bread

 SUBSTITUTE GLUTEN FREE BREAD (+2)

### DRESSINGS:

Ⓥⓖ • Basil and Honey

Ⓥⓖ • Honey Balsamic

Ⓥⓖ • Lemon and Flax

Ⓥ • EV Olive Oil & Balsamic Vinegar

Ⓥⓖ • Sriracha

All Dressings are Gluten Free

Ⓥ Vegan Ⓥⓖ Vegetarian ⓖⓖ Gluten Free

# BOWLS

Each Bowl 10.75 (Protein Not Included)

## Ⓥⓖ NORI NIRVANA

Farro, Curry Squash, Pickled Apples, Cucumber Salad, Oyster Mushrooms, Nori

## Ⓥ ZEN CURRY

Coconut Corn Curry, Collard Greens, Raisins, Pickled Onions, Almonds

## Ⓥ HB NOODLES

Broccoli, Red Peppers and Red Cabbage Vegetable Mix, Whole Wheat Noodles, Sesame Seeds

## Ⓥ SUPER SWEET POTATO

Sweet Potato Puree, Sautéed

Broccoli, Spinach, Chimichurri, Almonds

## Ⓥ HAWAIIAN BOWL

Roasted Shallots, Scallions, Cucumber, Edamame, Mango Salsa, Served With Vegan Aioli Dressing

## Ⓥⓖ THE FIESTA

Brown Rice, Pico de Gallo, Black Beans, Corn, Avocado, Yogurt Sauce

### ADD PROTEIN TO ANY BOWL (+4.75):

Miso Salmon, Salmon, Chopped Chicken Schnitzel, Paillard Styled Chicken, Coffee Steak, Crispy Tofu

Ⓥ Vegan Ⓥⓖ Vegetarian ⓖⓖ Gluten Free

# TOASTS & SEASONAL SOUP

## Ⓥ AVOCADO 9.5

Avocado, Chia Hemp Flax Seed Medley, EVOO  
Additional Topping (+1): Pickled Onions

## Ⓥⓖ STRAWBERRY & HONEY 9.5

Greek Yogurt, Raw Honey, Strawberries, Walnuts

## SMOKED SALMON 9.5

Smoked Salmon, Labneh, Cucumbers, Chive Mix

## SEASONAL SOUP 6

Ask About Our Soup Of The Day

 SUBSTITUTE GLUTEN FREE BREAD (+2)

## THE HONEYBRAINS 5 FOOD GROUPS

According to science, all of our vital body and brain nutrients can come from five delicious food groups: legumes, omega-3's, fruits, vegetables, and whole grains with healthful garnishing (herbs, spices, fermented foods and natural sweeteners).

At Honeybrains, we make these five food groups flavorful and fun!



LEGUMES



OMEGA-3s



FRUITS



VEGGIES



WHOLE GRAINS

Ⓥ Vegan Ⓥⓖ Vegetarian ⓖⓖ Gluten Free