

## BOWLS

- GF** **CHICKEN & RICE**      15  
Pulled Chicken, Chickpeas, Ruby Rice, Raw Baby Spinach
- GF** **STEAK & MASH**  15.75  
Grass-Fed Steak, Mashed Potatoes, Sautéed Broccoli, Mixed Greens
- GF** **SALMON & SWEET POTATOES**    15.75  
Atlantic Salmon garnished with Peanuts, Cilantro & Red Chilies, Sweet Potatoes, Kale

## SEASONAL BOWLS

- GF** **PULLED STEAK**      15.75  
**BURRITO BOWL**  
Pulled Grass-Fed Steak, Ruby Rice, Black Beans, Pico de Gallo, Guacamole
- JERK SALMON**     15.75  
Jerk-Spiced Salmon served over HB Bulgur Medley, Sautéed Red Cabbage
- BOWL OF THE MONTH** 15.75  
Please Ask About Our Specialty HB Bowl

ADD HALF TOAST TO ANY BOWL OR SALAD (+6)

SUBSTITUTE ANY PROTEIN WITH TOFU

FEELING GRAINS?

Substitute Greens with HB Bulgur



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

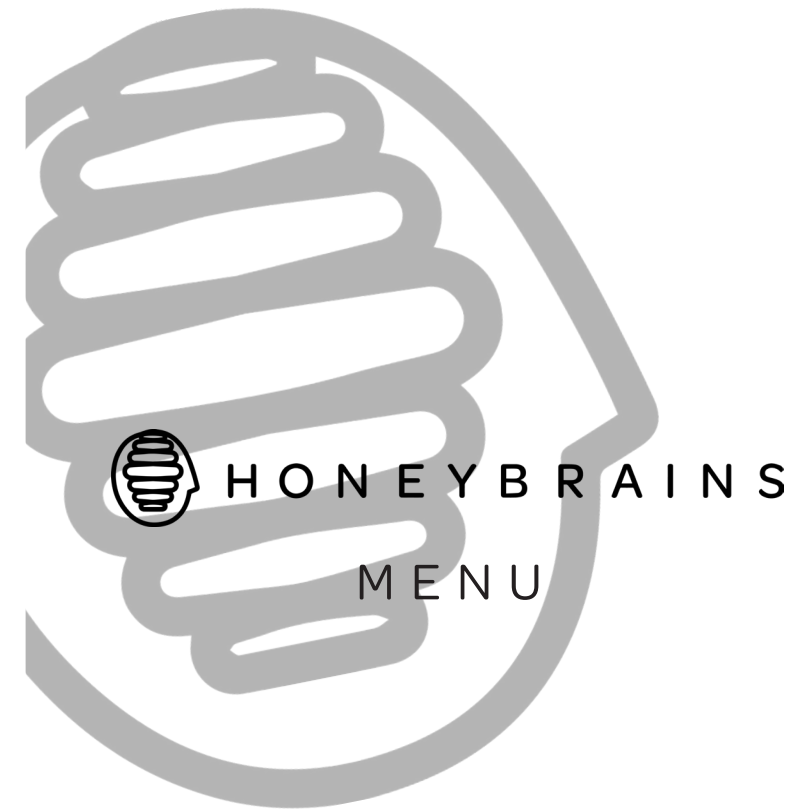
#### CONTACT US:

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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

SAKS 611 Fifth Avenue, 5<sup>th</sup> Floor | 646 - 226 - 6238

MIDTOWN WEST 916 8<sup>th</sup> Ave. | 917 - 423 - 8060

CHICAGO 700 N. Michigan Ave, 7<sup>th</sup> Fl | 773-999-2279

honeybrains.com

@honeybrainslife



# SALADS & SANDWICHES

**HB SIGNATURE SANDWICH**    14.5  
**Choice of Protein: Chicken, Steak, Salmon, or Tofu**  
Mesclun Greens, Tomatoes, Pickled Red Onions,  
Vegan Aioli, Multi-Grain Bread






**TUNA SANDWICH**    12.5  
Tuna, Vegan Aioli, Basil-Tomato, 8 Minute Egg,  
Arugula, Multi-Grain Bread

 **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

 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*



\*All dressings are gluten free.



# BREAKFAST




\*SERVED WEEKDAYS UNTIL 11AM

\*SERVED WEEKENDS UNTIL 4 PM

  **POWER OATMEAL**  8.25  
Gluten-Free Oatmeal, Quinoa, Coconut Milk, Raw Honey  
CHOOSE ONE TOPPING: (Additional Charge for Extra Toppings)  
Organic Berries, Bananas, Almonds, Granola, Walnuts,  
Homemade Peanut Butter, Belgian Dark Chocolate

  **EGGS & VEGGIES**   12.5  
Two Over Easy Eggs, Arugula, Potatoes,  
Chickpeas, Pumpkin Seeds, Roasted Peppers,  
Red Onions, Cilantro

**BACON, EGG & CHEESE**   10  
Turkey Bacon, Two Over Easy Eggs, Tomato,  
Labneh Cheese, Multi-Grain Bread





 **HB GRANOLA CEREAL**   10  
Homemade HB Granola served with Bananas,  
Mixed Berries, and Choice of Milk  
(Contains Nuts)

SERVED ALL DAY

 **PB & J SANDWICH**   9.25  
Homemade Peanut Butter, Homemade Blueberry  
Compote, HB Raw Honey, Multi-Grain Bread

  **MARKET BERRY BOWL**  8.25  
Mixed Berries, Raw Honey, Mint

  **PB & BANANA MINI BOWL**   7.75  
Homemade Peanut Butter, Banana, Raw Honey

  **BLUEBERRY PARFAIT**   8.75  
Greek Yogurt, Blueberries, Homemade Blueberry  
Compote, Raw Honey, HB Granola with Walnut

  **HB HUMMUS CUP**   5  
HB Hummus, Carrots, Celery

# TOASTS

**SMOKED SALMON TOAST**   14.75  
Atlantic Salmon, Labneh Spread, Cucumber,  
Dill, EVOO, Seeded Sourdough

 **AVOCADO TOAST** 13.75  
Avocado, Chia Hemp Flax Seed Medley, EVOO,  
Seeded Sourdough

 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