


# 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:**

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

**VG EGG SANDWICH ON 8 GRAIN BREAD**     7

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 HB HUEVOS RANCHEROS**     10

Tri-Color Quinoa, Himalayan Ruby Rice, Roasted Corn, Black Beans, Mango, Jicama Salad, Multi-Grain 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 EGGS IN SUNDAY SAUCE**    10

Poached Omega 3 Eggs, San Marzano Tomato Sauce, Piave Cheese, Basil, Mixed Micro Greens, Toasted Seeded Sourdough

**STEAK & EGG SANDWICH**     13

HB Seasoned Grass-Fed Sirloin Steak, Avocado, Over Easy Omega 3 Egg, Arugula, Truffle Pecorino Labneh Spread, 8 Grain Ciabatta

# TOASTS (ALL DAY)

**V AVOCADO CRUSH**    10.5

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

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

**SMOKED SALMON TOAST**    11.5

Atlantic Salmon, Labneh Spread, Cucumber, Fresh Dill, Lemon Zest, Sourdough

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

**VG TAHINI DATE TOAST**    7

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

**ADD BEE POLLEN (+1)**

**VG SEASONAL VEGGIE TOAST**     9

Roasted Brussels Sprouts, Red Onions, Fennel & Grape Tomatoes, Labneh, Piave Cheese, Hemp Seeds, Basil Olive Oil, Seeded Sourdough

**VG HONEY & BUTTER TOAST**   6.5

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

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

**VG DARK CHOCOLATE GANACHE PRALINE TOAST**    8

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

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



# BOWLS

## THE 5 HB FOOD GROUPS

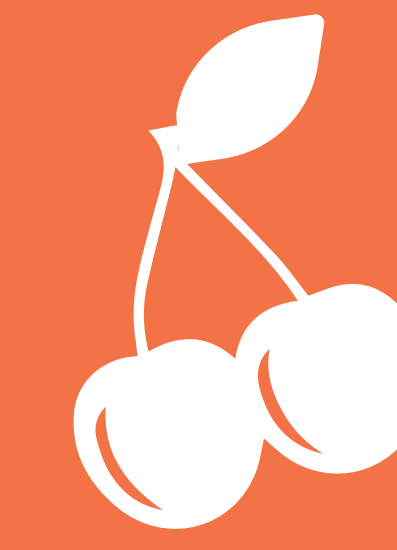
Each of our menu items is made from sustainably farmed foods rich in essential nutrients for the brain, so that you can feel good and think clearly throughout life. According to science, all of our vital body and brain nutrients can come from five delicious food groups: legumes, omega-3s, fruits, vegetables,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



LEGUMES



OMEGA-3s



FRUITS



VEGGIES



GRAINS

**HB CHICKEN & RICE BOWL**     11.5  
 Pulled Free-Range HB Seasoned Chicken, Mediterranean Zaatar Herb Chickpeas, Himalayan Ruby Rice, Baby Spinach

**DAILY CATCH BOWL**    13.5  
 Atlantic Salmon or Daily Whitefish, Kale, HB Seasoned Sweet Potatoes, Crushed Peanuts

**(v) CURRY CAULIFLOWER BOWL**     11.5  
 Roasted Curry Cauliflower, Coconut Himalayan Ruby Rice, Cauliflower Hummus, Dried Mangos, Kale

**(v) BUCKWHEAT SOBA BOWL**    11.5  
 100% Buckwheat Noodles, Raw Vegetable Slaw, Pickled Cabbage, Chilies, Creamy Thai Style Peanut Dressing

**WAKE & STEAK BOWL**   14  
 Coffee & Herb Crusted Grass-Fed Sirloin Steak, Roasted Garlic, Basil & Hemp Seed Mashed Potatoes, Organic Mesclun Greens

**CHICKEN TIKKA BOWL**      13  
 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

**(VG) THAI-INSPIRED PENNE PASTA**     11.5  
 Warm Organic Whole Wheat Penne, Daikon Radish, Red Potatoes, Pickled Cucumber, Snow Pea Sprouts, Broccoli, Edamame, Red Chilies, Soy Ginger Vinaigrette

**(VG) QUINOA RANCHERO POWER BOWL**      12  
 Tri-Color Quinoa, Himalayan Ruby Rice, Roasted Corn, Black Beans, Mango, Jicama Salad, Multi-Grain Tortilla Crisp, Two 8 Minute Omega 3 Eggs

**(VG) HB HUMMUS BOWL**      10.5  
 House Hummus, 8 Minute Omega 3 Egg, Zaatar Spiced Chickpeas, Lentils, Roasted Red Peppers, Parsley, Sourdough Rye Toast

## ADD OR SUBSTITUTE PROTEIN TO BOWLS (+4):

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



# SALADS

**(v) HB FARM SALAD**     11.5  
Tri-Color Quinoa, Zaatar Chickpeas, Avocado, Shaved Fennel, Cucumber, Tomatoes, Sweet Peppers, Pickled Radish, Grapes, Almonds, Raisins, Fresh Herbs, Organic Mesclun Greens

**(v) MEDITERRANEAN MIND SALAD**     11.5  
HB Hummus, Tri-Color Quinoa, Zaatar Chickpeas, Cucumber, Tomatoes, HB Seasoned Walnuts, Baby Spinach

**(v) EVERGREEN SALAD**     11.5  
Tuscan Kale, Spinach, Grapes, Fennel, Spiced Edamame, Pistachios

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

**(v) CAULIFLOWER "STEAK" SALAD**    11.5  
Roasted Cauliflower, Roasted Butternut, Butternut Hummus, Pickled Radishes, Shaved Fennel, Kale, Spinach

## DRESSINGS:

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

Extra Dressing (+.50)

## ADD PROTEIN TO SALAD (+4):

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





# SANDWICHES

**SPICY FISH SANDWICH**    12  
Cornmeal Dusted Cod, Pickled Shishito Chile Labneh, Arugula, Shredded Red Cabbage, Pickled Onions, 8 Grain Ciabatta

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

**(v) 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 Greens, 8 Grain Ciabatta

**(VG) 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

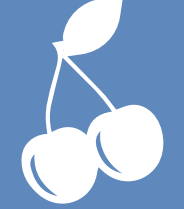


## SOUP OF THE DAY

Seasonal, Made Fresh Daily

**VG 8 MINUTE EGG**   
Perfectly Boiled Omega 3 Egg

**PROTEIN** 

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

**QUINOA TABOULEH SALAD**     
Tri-Color Quinoa, Parsley, Tomatoes, Cucumber, Extra Virgin Olive Oil, Fresh Lemon Juice

**HALF AVOCADO**    
Chia Hemp Flax Seed Medley, Maldon Salt, Chili Oil

**HB SEASONED SWEET POTATOES**   
Roasted Sweet Potatoes with HB Seasoning

**VG GARLIC MASHED POTATOES**    
Roasted Garlic, Basil & Hemp Seed Mashed Potatoes


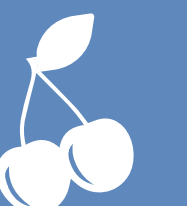

**STEAMED SPINACH**    
Baby Spinach, Chia Hemp Flax Seed Medley, Maldon Salt




**LEMON TUSCAN KALE**    
Tuscan Kale, Fresh Lemon Juice

**HIMALAYAN RUBY RICE** 

**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 TAHINI DATE TOAST**    7  
6 Tahini, Raw Wildflower Honey & Cinnamon Date Spread, Black and White Sesame Seeds, Seeded Sourdough  
ADD BEE POLLEN (+1)

4.5 **VG MARKET BERRY BOWL**  6  
Mixed Berries, HB Raw Wildflower Honey, Mint

**VG CHIA CHARGE**    8  
4 Gluten-Free Overnight Oats, Chia Seeds, Old Chatham Sheep's Milk Yogurt, HB Raw Wildflower Honey, Blueberry Compote, Banana, HB Granola

# SNACKS

5 **HB HUMMUS**    5  
Served with Plain or Pickled Baby Carrots  
4.5 **CHOOSE ONE:** *Plain, Curry Cauliflower, or Butternut*

**VG ZAATAR SPICED CHICKPEAS**   4  
Mediterranean Zaatar Spices, Chickpeas, Old Chatham Sheep's Yogurt

4 **HB SEASONED NUTS**  4  
Almonds, Walnuts & Cashews

4.5 **VG EDAMAME**   5  
**CHOOSE ONE:** *HB Seasoned or Chia & Maldon Salt*